

Pensby Runners 7 mile Summer Handicap – Risk Assessment

This template is based on the current advice of the Health & Safety Executive as published in their guidance notes 'Five Steps to Risk Assessment INDG 163 Rev 2.

RISKS ATHLETES SHOULD EXPECT

A degree of risk is inevitable in almost all sports - e.g. from hard cricket and hockey balls, or being tackled to the ground in rugby. Runners should expect the following (to a point):

- hard physical effort
- adverse weather conditions e.g. cold, wet, wind, snow
- rough, uneven ground at places
- sand and other slippery surfaces
- tight turns
- jostling

This event is part of Pensby Runners' catalogue of formal training events, and participants are expected to have the necessary experience / good health to undertake this race safely. This means that the athletes are expected to bring and wear suitable clothing and footwear as well as to understand the hazards that this race entails. In light of this the risk assessment only considers those hazards which could not reasonably fall under this assumption.

					RISK ASSESSMENT			
							SAFETY PLAN	
							4. How will you put the assessment into action Remember to prioritise. Deal with those hazards that are high-risk and have serious consequences first	
1. What are the hazards	Risk Rating H/M/L	2. Who might be harmed & how	3a. What are you already doing (i.e. pre-event controls)	3b. What further action is required (event day controls)	Resultant Risk Rating M/L	Action by Who	Action by when	Date completed
Obstacles on the course. Overgrown hedgerows, pathways on the main Chester Road in the first 2 miles. Uneven surface on the front beyond Parkgate in front of the golf course	M	Athletes from direct collision or as a result of a fall	Regular monitoring of the pathways. Contact pathways officer if a need for areas to be cut back.	Pre-race course check and removal or marking with visible hazard tape of obstacles if necessary. Marshalls placed in any vulnerable areas if available Pre-Race brief informing athletes of any hazards	L	Race Organiser Race Director	Before Race Start	

Dog Walkers, Horse Riders, Cyclists and other members of the public	M	Athletes and Members of the public as a result of collision.	Event is undertaken in the evening when reduced numbers of public. Marshalls on course will warn public. Course on pavements, pathways and well- defined footpaths with good visibility	Pre-race briefing to address	L	Race Organiser	Before Race Start	
Vehicles. In particular the 3 road crossings required of the A540.	L	Athletes and Marshalls	Athletes are advised to observe good road sense. Because of the nature of the handicap runners are set off in small groups or individuals reducing the chances of large groups on the roads.	Pre-Race Briefing	L	Race Director	Before Race Start	
Adverse Weather	L	Athletes and Marshalls	As these are summer events (April – August) usually means non extreme weather and good visibility.	Dynamic assessment if weather is considered extreme	L	Race Director Race Organiser	Before Race Start and during race.	

Considerations for transmission of virus viz a viz Covid 19	L	Athletes, Marshalls and Public	We will work in accordance with Gov.uk and EA current regulations. Currently we expect no restrictions to be in place at the date of the race.	We will monitor current guidance for any changes and act accordingly	L	Series Director	Considerations for transmission of virus viz a viz Covid 19	L
Individual participant becoming unwell and unable to continue	L	Athletes and Marshalls	We will count numbers participating out and in.	If there are marshalls on course they should have the mobile number of the event organizer.	L	Series Organiser	Before Start	L
5. Review Date		Prior to each years series.						