

Name of event	Chairmans Challenge Race.		Date of risk assessment	05/08/2024
Date of event	06/08/2024		Assessors name	Sam Harper
Location of event	Royal George Pub, Lingen, Bucknell SY70DY Phone: 01544 267322		Date of review	Prior to next race in 2025
Host	Croft Ambrey Running Club		Reviewed by	

Type of activity: Handicap race.

The Hazard	Location of Hazard	Who is at risk	What are you already doing	Risk rating	What else can you do to control the risk	Action by whom
Risk of medical emergency	At any point on race route. See attached Map for route.	Runners and anyone attending	<p>Defibrillator points identified - Lingen Village Hall, SY7 0DY W3W: elevator.kennels.marmalade Kinsham Village Hall LD8 2HP W3W: salads.gentlemen.paving</p> <p>Runners are encouraged to run with phones - committee members should run with phones. Committee members should take note of phone number of pub or start/finish officer to contact to inform if there is an emergency.</p> <p>Phone 999 for help. Guide ambulance to casualty - using W3W app if have a phone signal.</p> <p>If needed - phone Pub or member as start line to bring defibrillator from Lingen Village Hall to casualty.</p>	moderale		Committee

Competitors not able to find location	Meeting point	Senior members	Start point identified to participants prior to event on 'facebook and newsletter. Restricted parking. Ask to car share where possible. Parking at Kinsham Village hall and meet in one car. Park at Lingen Church or George Inn pub carpark, on street.	TRIVIAL	Ensure new club members are aware of location and access arrangements.	Committee
Runners getting lost	On the course	All runners	GPS map will be available on facebook to download. Map and description to be given before start point. Route will be marked with flour			Huw to generate maps/description. Theresa distribute GPS route. Theresa to mark route before race.
All runners accounted for at the end of the event.	On the course	Runners	A list of all participating runners is available with start times at the pub. All runners should be ticked off the list on returning to finish line.	MODERATE		Committee
Risk of minor medical (slips, trips, falls)	On the course	Runners and anyone attending	Committee members run with phones, one member to run with first aid kit (Tim). Committee members to ensure they have Tims phone number. Second first aid kit kept at Pub.	MODERATE		Committee
Runners over exerting themselves.	On route	runners	Runners made aware of distance (5.62 miles) and terrain and should only take place if they are confident of their fitness. Runners to carry own water if required.	ACCEPTABLE		
Weather	The course	Runners,	Event is open to the weather elements	MODERATE	Even if conditions are not	Committee

elements		spectators and marshals	so if there are weather warnings issued (e.g. storms, heatwave) committee members will consult each other by FB messenger in the week/days leading up to the event on the need to postpone.		severe enough to postpone, remind everyone of the need to dress appropriately and bring water etc.	
Collisions	On the route/start finish area	Runners/ marshalls spectators/ members of the public. Finish line officials	<p><u>Written route description</u></p> <p>Runners advised on distributed map and description that they need to take care on public roads, especially on road crossings.</p> <p>Runners to be reminded of taking care and they are running on public land where members of the public may be walking, there may be dogs on leads and sheep grazing.</p> <p>Listening to music is not permitted.</p>	MODERATE		
Withdrawing from event.	During the event	Anyone attending	All runners and volunteers are reminded that if for any reason they cannot continue they should make their way back to the start/finish area and alert the starter that they are back safe and withdrawing.	ACCEPTABLE		
Risk of minor medical (slips, trips, falls)	On the course	Runners and anyone attending	<p><u>Pre-race briefing</u></p> <p>All runners and volunteers are reminded that they are running/walking on uneven ground.</p>	ACCEPTABLE	A first aid kit will be kept at the start/finish area. Runners are asked If they abandon the run they should tell someone and make their way	

						back to the start/finish area.	
Additional information							
Other risks you may consider							
Notes on risk level methodology	<p>Likelihood is the likelihood of the hazard occurring; Severity is the impact of the hazard e.g. what injuries could it cause; Exposure is how frequently the hazard could impact the event.</p> <p>First consider the likelihood of an event happening as Seldom, Occasionally or Frequently. Then the severity or seriousness if it did happen e.g Slight,Medium or Major. Then look at the table below and see where the two assessments meet for the combined risk assessment. The table on the right then shows the action to be applied.</p> <p>For example if Occasionally someone has a Slight injury the risk assessment is Acceptable.</p>						
			Severity			Risk Level	Action and timescale
			Slight L	Medium M	Major H	Trivial	No action is required to deal with trivial risks, and no documentary records need be kept (insignificant risk).
Likelihood	Seldom L		L	L	M	Acceptable	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained.
	Occasionally M		L	M	H	Moderate	Efforts should be made to reduce the risk, but the costs of prevention should be carefully considered. Risk reduction measures should normally be implemented as soon as is practicable.
	Frequently H		M	H	H	Substantial	Activity should not be started until the risk has

								been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied as quickly as possible.
							High	Activity should not be started or continued until the risk level has been reduced. While the control measures should be cost-effective, the legal duty to reduce the risk so far as reasonably practicable is absolute.

Checklist for risk assessment (for example things that may need to be addressed in pre-event briefing)

•	A copy of this risk assessment is at the start/finish area
•	First aid kit at start/finish area
•	Nominated person at start/finish area to coordinate any emergency situations - they should have mobile phone
•	All marshalls and committee members carrying phones should know who this nominated person is and have their mobile phone number
•	<p>Pre event briefing to remind anyone attending:</p> <p>Runners are given a route description and map, this will include how to recognize route markers and any potential sites for taking a wrong turn/significant hazards.</p> <p>Runners are aware of the distance of the run via facebook/newsletter/map.</p> <p>Runners are encouraged to look out for everyone taking part - stopping to help if falls, injuries, runners in distress.</p> <p>Runners are reminded that they are on public land so to be aware of members of the public and livestock and vehicles.</p> <p>Remind runners to allow time to come across from car park to start/finish area - start times issued via facebook/newletter in advance.</p> <p>Remind runners to bring to start/finish area any water or clothing to put on after race</p> <p>Any last minute changes will be posted on Facebook</p> <p>Ask runners that if they abandon the race to tell a fellow passing runner and make their way back to the start.</p>

