Name of event	Bircher Handicap races		**Date of risk assessment**	03/08/26
Date of event	18/08/2026		**Assessors name**	Sam Harper
Location of event	Bircher Common		**Date of review**	
Host	Croft Ambrey Running Club		**Reviewed by**	
Type of activity: Group run				

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**
Location	Meeting place - access, sufficient parking	Senior members	There is ample parking at Croft Castle. Start times posted on FB and in the club newsletter Sunday before the race. Reminder to use 'exit' gate to enter castle grounds. Remind people that they need to allow time to run across from Croft Castle to Bircher Common. What3Words; ///Coverage.handlebar.offshore	TRIVIAL	Ensure new club members are aware of location and access arrangements.	Committee
Location Junior joining event	Juniors running from parking Croft Castle - distance over recommended for age	Juniors (U16)	Parents will be notified of start point at training session prior to event - will also be advertised on facebook/via weekly newsletter. Parents will be responsible for getting U16 to start point by 7.15pm and for collection at 8pm What3words: ///enhanced.exhaling.treatment	MODERATE	Ensure good communication with parents and junior runners.	Committee
Runners over exerting			For members of CARC only. The route distance will be mentioned			

themselves.			when promoting it on club social media and club newsletter. Juniors ability to participate in the run will be assessed by Kelly and Eric in junior training sessions prior to the event. If Kelly or Eric feel the run is beyond their ability they will be notified of this in a private conversation where parents are present prior to the event. U13 will run a single lap of the coppice. U17 and U15 will run the same route as the seniors. (2 laps of the coppice) See route map in attachments.			
Weather elements	The course	Runners, spectators and marshals	Event is open to the weather elements 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.	MODERATE	Even if conditions are not severe enough to postpone, remind everyone of the need to dress appropriately and bring water etc.	Committee
Collisions	On the route/start finish area	Runners/ marshalls spectators/ members of the public. Finish line officials	Pre-run briefing. 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. Listening to music is not permitted.	ACCEPTABLE		
Getting lost	Going off the course	Runners	The course will be marked with small flags. Pre-run briefing. Runners are advised of the route. All runners reminded to look out for others taking part and to communicate to ensure no one takes a wrong turn. A list of runners taking part is taken as runners start, this will be checked at the end to make sure everyone completes	ACCEPTABLE	Encourage people to run in groups of similar ability.	

			the race.			
Change of plans	During the event	Anyone attending	<u>Pre race briefing</u> 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.	ACCEPTABLE		
Risk of minor medical (slips, trips, falls)	On the course	Runners and anyone attending	<u>Pre-race briefing</u> All runners and volunteers are reminded that they are running/walking on uneven ground. Runners will be reminded that they should check for ticks following the race.	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.	
Risk of medical emergency	On the course	Runners and anyone attending	First aid kit and defibrillator to be kept at the start/finsh point. A nominated volunteer at the Start/finish line has a mobile phone immediately available and is aware if there is sufficient network coverage. **Marshalls know this contact number.** If 999 assistance is required the following details must be given to the emergency services: vehicle access point is: **Bircher Common, Herefordshire**. Nearest postcode **HR6 0BU.** **Ambulance should be directed to Access off B4362 - turning opposite green lane to Yarpole.**	ACCEPTABLE	**Committee members and members who are first aid trained should be encouraged to run with a mobile phone and know the number of the nominated contact at the start/finish area.** **All runners are encouraged to stop and help anyone in distress.**	

			If needed the What3Words for the start/finish area is: ///bats.reissued.sweep			
Additional information						
Other risks you may consider	Safeguarding e.g. if there are unaccompanied juniors; Animals e.g. dogs joining event or route go across land currently grazed; Unsuitable route; Known pre-existing medical conditions					
Notes on risk level methodology	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. 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. For example if Occasionally someone has a Slight injury the risk assessment is Acceptable.					

		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

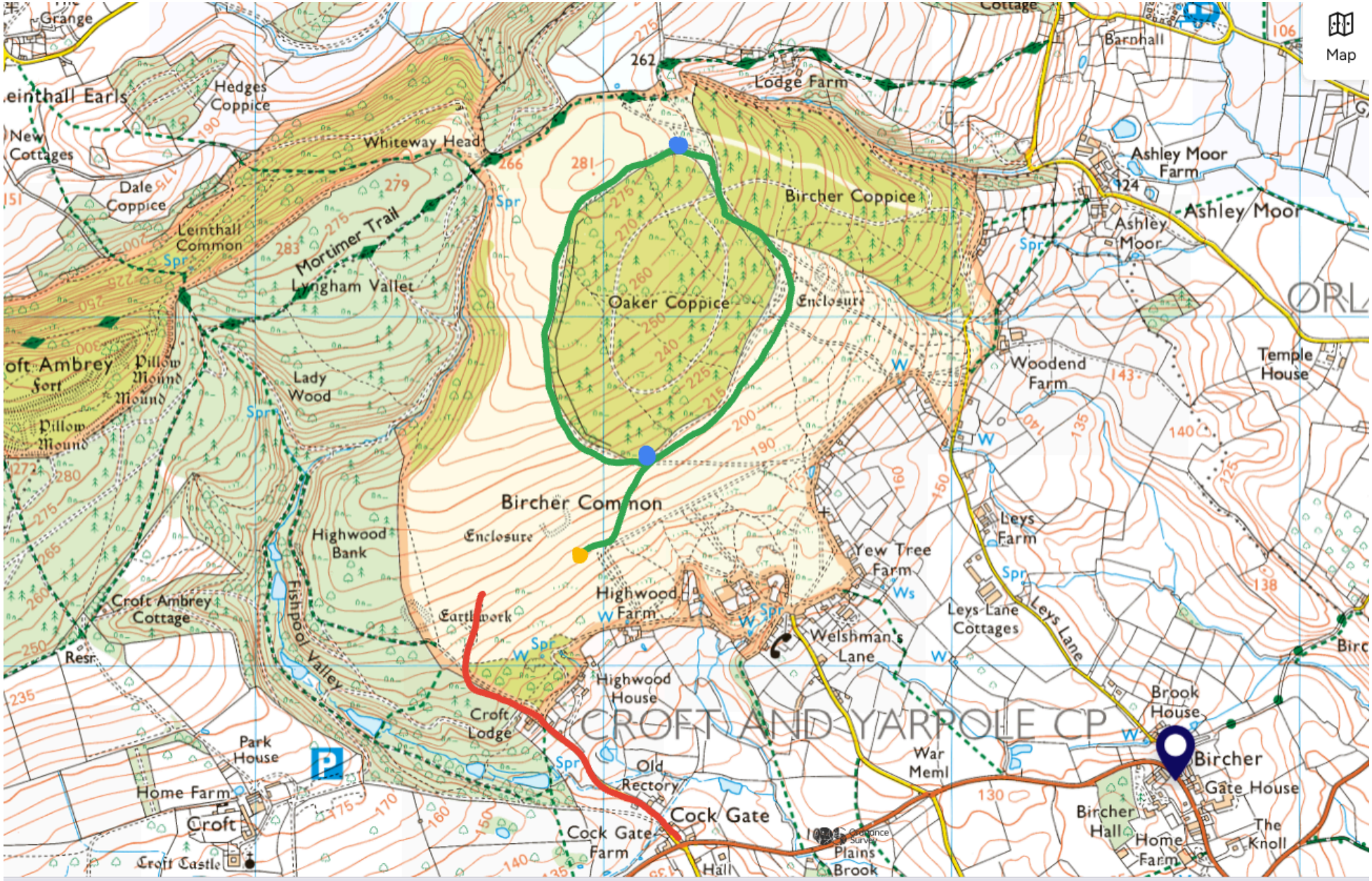
								involves work in progress, the problem should be remedied as quickly as possible.
							High	Activity should not be started or continued until the risk level has been reduced. While the control measures should be cost-effective, the legal duty to reduce the risk so far as reasonably practicable is absolute.

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
●	Pre event briefing to remind anyone attending: Runners are given a verbal route description, this will include how to recognize route markers and any potential sites for taking a wrong turn. Runners are reminded of the distance of the run. Runners are advised of any hazards found during the pre-run route marking. Runners are advised that junior members are taking part and encouraged to watch out to make sure they do not take a wrong turn. Runners are encouraged to look out for everyone taking part - stopping to help if falls, injuries, runners in distress. Runners are reminded that they are on public land so to be aware of members of the public and livestock. Runners are advised that they need to inform whoever has the register that they are back at the finish point prior to departing from the common. Runners are reminded to check for ticks after being on Bircher Common. Ask if unsure of route to/from parking and the course Remind runners to allow time to come across from car park to start/finish area Remind runners to bring to start/finish are any water (if hot) or clothing to put on after race Remind runners that they are on public land so to be aware of members of the public and any errant sheep! Remind everyone that any last minute changes will be posted on Facebook Ask runners that if they abandon the race to tell someone (probably a passing runner) and make their way back to the start.

Appendix - Route map
Blue circles - marshal points south of coppice to ensure U13 directed to finish line after 1 lap of coppice, rest of runners after 2 laps. Marshall on North side of coppice only if route not marked out well at that point.
Start/finish orange circle

Emergency Access Ambulance route marked with red line.


Map
Grange
Hedges Coppice
New Cottages
Dale Coppice
Whiteway Head
Lodge Farm
Barnhall
Ashley Moor Farm
Ashley Moor
Bircher Coppice
Leinthall Common
Mortimer Trail
Lyngham Vallet
Oaker Coppice
Enclosure
Woodend Farm
Temple House
Pillow Mound
Lady Wood
Bircher Common
Enclosure
Highwood Bank
Yew Tree Farm
Leys Farm
Leys Lane
Leys Lane Cottages
Welshman's Lane
Highwood Farm
Earthwork
Croft Ambrey Cottage
Fishpool Valley
Highwood House
Croft Lodge
CROFT AND YARPOLE CP
Brook House
Bircher
Gate House
War Meml
Park House
Home Farm
Croft
Croft Castle
Old Rectory
Cock Gate
Cock Gate Farm
Bircher Hall
Home Farm
The Knoll
Plains Brook