

## We Run They Run I Run

### Risk Assessment

Rye Runs 10<sup>th</sup> & 11<sup>th</sup> September 2016

Risk	Precaution	Notes
Mud bank which may be a fall or slip hazard	Take care by walking on the mud bank and walk rather than run	Participants will access the route via mud bank and on each lap
Others on the path used for the race:  Cyclists Walkers Prams Dogs Runners on the reverse lap	Keep left at all times and give way to pedestrians/ cyclists	If wearing headphones we recommend you only have one earphone in use so that you can hear what's going on around you.
Loose gravel and stones on the path, unrepaired and uneven tarmac or concrete path	Take care on all paths. Slow down on uneven surfaces. Watch your footing	
Weather	Please dress appropriately for the weather. I.e. sun-cream or waterproofs.	
In need of assistance on the course	Please carry a phone on the course and store the race directors number to gain assistance	In event of an emergency dial 999

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Medical Emergency	Please carry a phone and dial 999	Please do not leave the course without making sure someone knows you have gone
Steep banks on either side of the course leading to water formations/ lakes	Stay on the marked course and do not get too close to banks to either side	
Rye Harbour access vehicles or emergency vehicles may be on the marked course	Listen for these vehicles and step to one side to let them pass	
Un-cleared dog mess	Watch out for this and do your absolute best to avoid stepping in it	There are plenty of dog bins on the course so hopefully this won't be an issue
Electric Fencing on the course to either side	Observe the warning signs and do not go near the electric fencing	
Wearing Earphones	You can wear earphones at your own risk but please only have one earphone in operation so that you can hear your surroundings	Please don't have earphones in during the pre-race safety speech.