

Event Risk Assessment: <Decoy Dash 10km>

Date: 18/02/18	Assessed by: Russell Gardham	Location :Eastbourne Sports Park	Review :29/07/2018, 13/08/2018 & 17/08/2018
		Cross Levels Way Eastbourne BN21 2UF	

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else will be done on the race day to mitigate do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Coming into contact with: Cyclists Walkers Prams Dogs Other athletes	Athletes Others including the general public	<ul style="list-style-type: none"> • Pre-race email safety briefing 	M	<ul style="list-style-type: none"> • Advisory Signage • Pre- Race Briefing • Marshall Briefing 	L	Race organiser Race Director Event Crew Marshalls Race Entrants Support Crew	Pre – Event and on the day	
Coming into contact with park vehicles or moving vehicles.	Athletes Other Vehicle Users Pedestrians	<ul style="list-style-type: none"> • Pre-race email safety briefing • 2 x Marshalls at road crossing 	M	<ul style="list-style-type: none"> • Advisory Signage • Pre- Race Briefing • Marshall Briefing 	L	Race organiser Race Director Event Crew Marshalls Race	Pre – Event and on the day	

Gaining Emergency Vehicle access	Athletes Marshalls Event Crew Supporters	<ul style="list-style-type: none"> Liaising with land owners to gain emergency access to the Sports Park 	M	<ul style="list-style-type: none"> Keys will be obtained from land owners to allow emergency vehicles access. These will be kept at race HQ or with the appropriate Marshall. Event crew and Marshalls will know the address to provide to emergency services All event crew will carry a mobile phone. Marshall briefing 	L	Entrants Support Crew Race organiser Race Director Event Crew Marshalls Support Crew	Pre – Event and on the day	
Falls Trips Slips Collision with other athlete or signage, posts etc...	Athletes Marshalls Event Crew Supporters	<ul style="list-style-type: none"> Checking the course for areas that may cause increased risk. 	H	<ul style="list-style-type: none"> Pre-race email to athletes Marking, covering or using signage to raise awareness of areas of risk Pre-race briefing Marshall/ event crew briefing to ensure all event staff know how to quickly gain medical assistance Phoenix Medical Services 	L	Race organiser Race Director Event Crew Marshalls Race Entrants Support Crew	Pre – Event and on the day	
iPod, MP3 Players or similar	Athletes	<ul style="list-style-type: none"> Course checked to consider usage of such devices 	M	<ul style="list-style-type: none"> Pre-race email to all athletes with cautionary advice 	L	Race Organiser Race Entrant	Pre – event and on the day	

Weather	Athletes	<ul style="list-style-type: none"> Long range weather check prior to the race 	M	<ul style="list-style-type: none"> Pre-race email to all athletes with cautionary advice 	L	Race Organiser Race Entrants	Pre - event
Medical Emergency	Athletes Marshalls Event Crew	<ul style="list-style-type: none"> Appropriate first aid cover arranged by race organiser Phoenix Medical Services 	M	<ul style="list-style-type: none"> Pre-race email to all athletes with race director/appropriate event crew telephone numbers Pre-race briefing on day to advise athletes to carry a phone and appropriate telephone numbers Phoenix Medical Services Telephone and ability to call 999 in event of an emergency See separate medical risk assessment 	L	Race organiser Race Director Event Crew Marshalls Race Entrants	Pre – Event and on the day
<u>Specific identified Risks at Hampden Park</u> Car park (cars/moving vehicles/emergency vehicles) Ponds/lakes Gates Barbed wire fencing	Athletes Marshalls Event Crew Supporters	<ul style="list-style-type: none"> Checking the course for areas that may cause increased risk. 	H	<ul style="list-style-type: none"> Pre- Race Briefing Marshall Briefing Advisory Signage Pre-race email Appropriate medical cover 	L	Race organiser Race Director Event Crew Marshalls Race Entrants Support Crew	Pre – Event and on the day

<p>Uneven ground Rabbit holes</p> <p>Over-Hanging branches</p> <p>Electric fences River</p> <p>Sticks/ branches on the floor</p> <p>Fallen tree hurdle</p> <p>Steps/ wooden edging to side of path</p> <p>Wooden bridge(and steps leading to it)</p> <p>Loose slats on wooden bridges.</p> <p>Tree roots</p> <p>Raised manhole covers on grassed areas</p> <p>Loose gravel and stones on the path, unrepaired and uneven tarmac or concrete path</p>								
Road Crossing	Athletes	<ul style="list-style-type: none"> • 2 Marshals in place on either side of the road to alert both athletes and oncoming traffic 	H	<ul style="list-style-type: none"> • Pre-race email • Briefing 	L	Race organiser Race	Pre – Event and on the day	

						Director Event Crew Marshalls Support Crew		
Concrete blocks / bin	Athletes	<ul style="list-style-type: none"> • Tape on the concrete blocks to draw athlete's attention to the hazard. • Marshall at the blocks to alert athletes. 	M	<ul style="list-style-type: none"> • Pre-race email • Briefing 	L	Race organis er Race Director Event Crew Marshalls Support Crew	Pre – Event and on the day	
Water (lake, ditches)	Athletes	<ul style="list-style-type: none"> • Pre-race email safety briefing 	L	<ul style="list-style-type: none"> • Pre-race email • Briefing 	L	Race organis er Race Director Event Crew Marshalls Support Crew	Pre – Event and on the day	
<p><u>Specific risks identified Risk at the Sports Park & Athletics Track</u></p> <p>Trip or fall on the metal track edge that separates the inside of the track and the grass.</p>	<p>Athletes Marshalls Event Crew Supporters</p> <p>Cut, Bruise or other injury</p>	<p>Checking the course for areas that may cause increased risk.</p> <p>The race director and Marshalls will be on hand</p> <p>Identify any areas of increased risk.</p>	L	<ul style="list-style-type: none"> • Warning signage in place • Course Marshall • Pre-race email to make athletes aware of the risks • Pre-race briefing • Mark any areas of increased risk with hazard tape 	L	Race organis er Race Director Event Crew Marshalls Race Entrants	Pre – Event and on the day	

Stray Water holders and cups	Athletes Marshalls Event Crew Supporters Fall, Cut, Bruise or other injury	The race director, Marshalls and those on the water stations will be on hand and visible to rectify this as soon as possible.	M	<ul style="list-style-type: none"> • Course Marshall • Pre-race email to make athletes aware of the risks • Pre-race briefing 	L	Race organiser Race Director Event Crew Marshalls Race Entrants	Pre – Event and on the day	
Athletic equipment which forms part of the track and field events (i.e. dips in area outside track for long jump area) Javelin area	Athletes Marshalls Event Crew Supporters	The track has been reserved solely for this race and will not be used by other athletes	L	<ul style="list-style-type: none"> • Continual vigilance that the track is not used for other sports on the day. • Marking of any areas of specific risk with hazard tape on the day 	L	Race organiser Race Director Event Crew Marshalls	Pre – Event and on the day	
Trailing wires	Athletes Marshalls Event Crew Supporters Others	Minimised use of trailing wires	H	<ul style="list-style-type: none"> • Hazard tape over trailing wires 	L	Race organiser Race Director Event Crew Marshalls	Pre – Event and on the day	