

Medical Risk Assessment: < Eastbourne 5 > Sunday 10th February 2019

Date: 25/10/18	Assessed by: Zoe Gardham	Location : Eastbourne Sea Front	Reviewed:
		Langney Point East, Prince William Parade, Eastbourne. BN23 6LW	Pending – due before race day.

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
<p>Athlete or Event Crew getting hurt of having a medical emergency/ injury</p> <p>Bollards on the seafront preventing vehicular access.</p>	<p>Any athlete Event Crew Support Crew (we cannot take responsibility for injured support crew but will offer assistance on the day where possible and dial 999 to get support where appropriate)</p>	<ul style="list-style-type: none"> We have Phoenix Medical Services at the event to provide medical cover. We have agreed to hire a bollard key for vehicular access. <p style="color: red;">ALL EVENT CREW AND OTHERS AWARE NOT TO DELAY IN SEEKING MEDICAL ASSISTANCE ON 999 AND NOT TO WAIT FOR THE GO AHEAD OF THE DEDICATED FIRST AIDER.</p>	M	<ul style="list-style-type: none"> We have Phoenix Medical Services at the event to provide medical cover. They will have a defib with them on the day. Phoenix Medical Services will immediately contact the race director for the bollard key if required. 	L	<p>Race organiser Race Director Event Crew Athletes Support Crew</p> <p>Phoenix Medical Services</p>	Pre – Event and on the day	
Getting 999 support (nearest Hospital)	Any athlete Support Crew Event Crew	<ul style="list-style-type: none"> Recording the distance and address of the nearest hospital 	L	<ul style="list-style-type: none"> Ensuring all Event Crew have a race briefing and know not to hesitate dialling 999 for emergency assistance 	L	Race organiser	Pre – Event and on the day	

		<p>Eastbourne District General Hospital King's Drive Eastbourne BN21 2UD</p> <p>Distance to nearest hospital – up to 4 miles</p> <p>DIAL 999</p>		<ul style="list-style-type: none"> Ensuring all event crew know the address of where 'they are' to get medical assistance as required All event crew to carry mobile phone and have the number of the dedicated first aider All event crew to be over 18 years of age 		<p>Race Director Event Crew Athletes Support Crew</p> <p>St John's ambulance</p>		
De-hydrated athlete	Any Athlete	<ul style="list-style-type: none"> Phoenix Medical Services will provide first aid Water station on the course 	M	<ul style="list-style-type: none"> Providing fluids to athlete Water station Advise athlete to get further medical advice at their own GP or emergency department Phoenix Medical Services to be made aware to provide support. 	L	<p>Athlete Event Crew</p> <p>Phoenix Medical Services</p>	Pre – Event and on the day	
Over hydrated athletes	Any Athlete	<ul style="list-style-type: none"> Phoenix Medical Services will provide dedicated first aid Water station on the course 	L	<ul style="list-style-type: none"> Check if the athlete has any kidney conditions Give salty food and advise no liquid for up to two hours Advise athlete to get further medical advice at their own GP or emergency department Phoenix Medical Services to be made aware to provide support. 	L	<p>Athlete Event Crew</p> <p>Phoenix Medical Services</p>	Pre – Event and on the day	
Exhausted athletes at the finish of race	Any Athlete	<ul style="list-style-type: none"> Phoenix Medical Services Identified rest area 	M	<ul style="list-style-type: none"> Phoenix Medical Services to assess athlete Provide fluids and nourishment 	L	<p>Event Crew</p> <ul style="list-style-type: none"> Phoenix 	Pre – Event and on the day	

				<ul style="list-style-type: none"> • Call further medical assistance if required • Keep person warm • Provision of foil blanket as required 		Medical Services		
Gaining emergency vehicle access	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> • Arrange to have keys to gain access from EBC to open the bollards on the seafront. 	M	<ul style="list-style-type: none"> • Ensure that we have the keys to vehicle access points • Have a list of all vehicle accessible points and the post codes (see event plan) 	L	Race organiser	Pre – Event and on the day	
Weather	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> • Check weather forecast 	M	<ul style="list-style-type: none"> • Send pre-race email to all entrants to advise they wear clothing/ sun cream appropriate to the weather 	L	Race organiser	Pre – Event and on the day	
Major Emergency / evacuation	Athletes Marshalls Event Crew Supporters The general public	<p>Two designated meeting points have been agreed:</p> <p>Langney Point Prince William Parade, Eastbourne. BN23 6LW.</p> <p>Western Lawns, Eastbourne BN21 4EH.</p> <p>Athletes, Marshalls, Event Crew Supporters, Will be advised to head for the nearest point.</p>	M	<ul style="list-style-type: none"> • Pre-race email <p>Briefing for entrants and marshalls.</p>	L	Race organiser Race Director Event Crew Marshalls	Pre – Event and on the day	

NB Copy and paste rows as required