



RISK ASSESSMENT

EVENT: CROSSDALE 10K TRAIL & FUN RUN

Updated by: John Goodman

Date: 12/07/2017

General Notes:

This form should be read in conjunction with the course map.

Risk Number	Kms from start	Location	Nature of risk	Risk	At risk	Mitigation
1	0	School Field	Cars entering & leaving car-park	M	A,B,C	Marshal vehicle access and parking; Visible segregation between car parking, spectators and runners
2	0	School Field	Congestion in the finish funnels particularly the fun run	L	A	Adequate number and length of funnels; Marshals to chivvy runners along
3	0	School Field	1 st Aid access to finish area and hill	L	A	Good open position of the 1 st aid vehicle on school field. Ensure layout of concession stands do not hinder access
4	0	School Field Gate to Fields - (Fig 01)	Congestion; Clash with vegetation	M	A	Marshals where route crosses exit to fields;
5	0	Field beyond gate - (Fig 02)	Uneven ground and sharp ends from recently harvested crops	M	A	Traffic and trample track from gates to top of start field prior to race
6	0	Start and hill	Large stones in ground around start	M	A,B,C	Check before race and remove any that are visible
7	0.2	Start field - (Fig 03)	Long grass in start field causing trip hazard	M	A	Mow strip 4-5 mower widths along hedge for runners or organise for land owner to cut field prior to race
8	0.4	Bottom of hill	Large depression before turn at bottom of field; trip hazard for pack runners at beginning of race	M	A	Place cone or first marshal in dip for runners to run around or tape area off area
9	0.4	Bottom of hill - (Fig 04)	Gate opens out onto main road; runners could take a wrong turn	L	A	Ensure gate is closed or exit is blocked by parked car/marshal
10	0.2	Ground past pylon - (Fig 05)	Hay bales stacked; restricted access	L	A	Walk the course on the morning of the race to ensure bales are not out of place
11	0.2	Ground past pylon - (Fig 05)	Tractor tire ruts in ground create uneven surface for runners; trip hazard or twisted ankles	L	A	Mention in race safety brief
12	0.2	1 st hedge past pylon	Overgrown with nettles and brambles	L	A	Inspect and strim as necessary prior to race day to ensure not overgrowth
13	0.5	Field between pylon and bridge - (Fig 06)	Uneven ground and sharp ends from recently harvested crops	M	A	Traffic and trample track from field access to bridge prior to race
14	0.5	Entrance to bridge - (Fig 07)	Overgrown with nettles and brambles	L	A	Inspect and strim as necessary prior to race day to ensure not overgrowth; Stakes & hazard tape
15	0.5	Exit from Bridge (Fig 08)	Gate tied/nailed shut with barbed	L	A	Remove barbed wire to open gate and ensure that it cannot snag

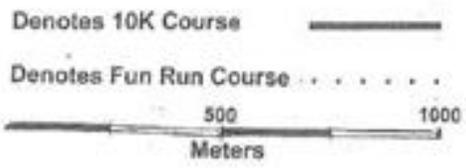
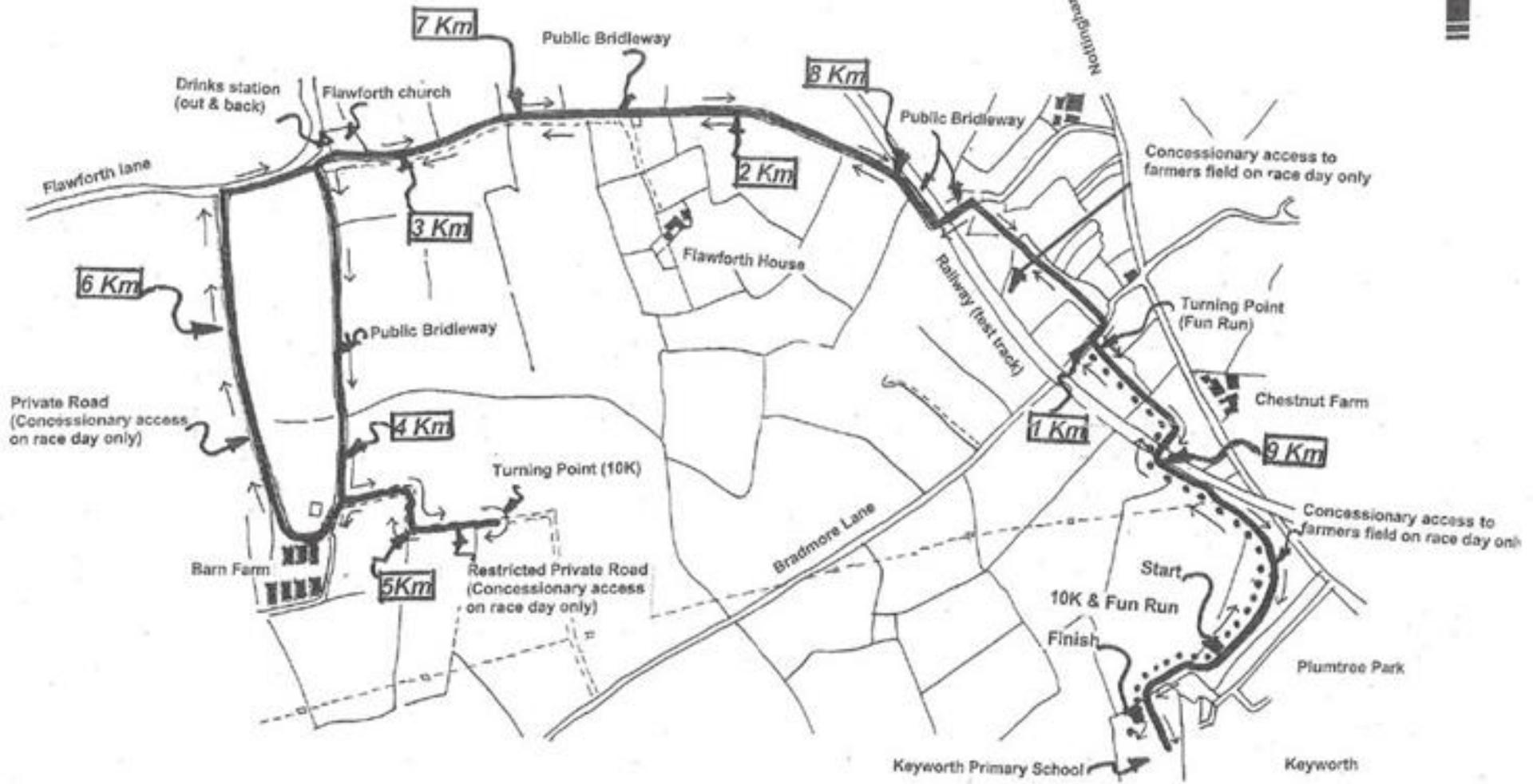
A = competitors; B = spectators; C = organisers/marshals

Risk Number	Kms from start	Location	Nature of risk	Risk	At risk	Mitigation
			wire			runners
16	0.5	Field Plumtree side of bridge	Potholes	L	A	<i>rough ground signs</i> stakes and hazard tape to keep runners away from rough ground
17	0.5	Field Plumtree side of bridge	Long grass causing trip hazard	M	A	Mow/strim strip 4-5 mower widths along hedge for runners or organise for land owner to cut field before race
18	0.6	Gate between Holmes and Cockayne field	Gate tied/nailed shut with barbed wire	L	A	Remove barbed wire to open gate and ensure that it cannot snag runners
19	0.6	Cockayne field - (Fig 10)	Sheep in field, straying of animals into neighbouring fields	M	A,C	Livestock will be penned by Land owner/Tenant on Race Morning
20	0.7	Field leading to gate at Bradmore Lane -	Potholes & nettles; Trip hazard/discomfort	M	A	<i>rough ground signs</i> stakes and hazard tape to keep runners away from rough ground
21	1	Gate leading onto Bradmore Lane	If open during Fun Run competitors may continue onto road instead of turning around	M	A	Marshal at turnaround point
22	1	Road crossing at Bradmore Lane (Fig 12)	Collision with vehicles	H	A,C	"CAUTION RUNNERS" signs (These comply with signage regulations) on Plumtree and Bradmore sides of the crossing point and at either end of road access. This is to manage drivers expectation and to slow them down. The crossing will be staffed by 3 "competent" persons equipped with stop boards that comply with signing regulations. The two designated Crossing Marshals and a spare will be separately briefed as to their duty and they will get a separate briefing document explaining things. Marshals will be robust enough to stop runners in the event of vehicles failing or refusing to respond to the stop sign. The runners of the 10K (Fun Runners will not cross the road as it turns back prior to it) will be warned at the start of the race of the crossing and be told to comply with the Crossing Marshal instruction.
23	1	Gate cricket field side of Bradmore Lane - (Fig 15)	Bricks and potholes beyond gate; Trip hazard	M	A	Remove large stones and fill in holes as appropriate; Verbal warning from marshal
24	1.1	Field cricket club side of Bradmore Lane	Livestock in field	L	A	Livestock will be penned by Land owner/Tenant on Race Morning
25	1.2	2nd Field from Bradmore lane crossing.	Rough ground in middle of field; trip hazard	M	A	<i>rough ground signs</i> stakes and hazard tape to keep runners away from rough ground
26	1.5	Gate onto bridleway	Scratch & trip hazard	L	A	Inspect and strim as necessary prior to race day to ensure not overgrowth
27	1.6	Under railway bridge	Area is poorly drained, if it rains heavily it can become ankle deep; Potential trip hazard due to poor	M	A	Remove large stones, cut back weeds under bridge to improve access to raised path

A = competitors; B = spectators; C = organisers/marshals

Risk Number	Kms from start	Location	Nature of risk	Risk	At risk	Mitigation
			drainage; weather dependent			
28	3	Gate 250 m from railway bridge - (Fig 21)	Gate on public bridleway normally closed, has now fallen off	L	A	Ensure unobstructed on morning of race day.
31	2 to 3	Bridleway leading up to Flawforth church	Trip hazard	L	A	Inspect and strim as necessary prior to race day to ensure not overgrowth
32	2 to 3	Flawforth churchyard access - (Figs 26)	Trip hazard	L	A	Inspect and strim as necessary prior to race day to ensure not overgrowth
33	3.1	Flawforth church Drinks station - (Fig 26)	Vehicle and road/car park hazard/Potholes	M	A,B,C	Signage placed in car park a week prior to event stating that part of the car park will be unavailable due to the run. On evening prior to race the required section of car park to be taped off to stop persons parking there on race morning. "Warning runners" sign to be placed in car park.
34	3.2	Flawforth church	Access by single gateway only; 5 bar gate locked, potential for collision of runners and bottleneck especially with the out and back course	M	A	Chief Marshall in this location to give direction, funnel runners into gate and give priority to returning runners
35	3.2	2nd left track at Flawforth Lane lay-by - (Fig 28)	Traffic parking at lay-by, vehicles returning to Flawforth House	M	A,B,C	Marshal to supervise runners and traffic; Cone an area of the car-park off/park a car to ensure space for runners; Liaise with police to try and get community support officer support
36	3.2	Start of bridleway - (Figs 29)	Risk of interaction with public and dog walkers. Also to mention in safety brief	M	A	Signage placed a week prior to event informing users of the race and to expect disruption.
37	3.2	Start of bridleway - (Fig 31)	Risk of interaction with public and dog walkers. Also to mention in safety brief	M	A	Signage placed a week prior to event informing users of the race and to expect disruption.
38	4.0	Gate to turn around point - (Fig 32)	Loose gravel surface	L	A	Marshals to re-iterate instruction
39	4.0-5.0	Road to Barn Farm - (Fig 33)	Potential for collision of runners going to and from turnaround point	L	A	signage stating keep left and marshals to re-iterate instruction
40	4.7	Turnaround point on track leading from Barn Farm to Bradmore Lane.	Potential for competitors to keep on going and become lost	L	A	Marshal to direct runners
41	5.2 to 6.2	Returning loop from Barn Farm to Flawforth goes leads out onto Flawforth Lane	Potential for runners to run onto main road	H	A	Use cones and barriers to block road exit. Place a marshal here
42	6.2 to 6.3	Grass verge along the side of Flawforth Lane - (Fig 35)	Potential for runners to stray onto road	H	A	Cut route along verge leaving a border to road. Cone and tape between runners and road

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43	6.2 to 6.3	Grass verge along the side of Flawforth Lane	Mole Hills on track present a trip hazard	M	A	Flatten with spade on morning of the race
44	6.2 to 6.3	Grass verge along the side of Flawforth Lane.- (fig 12)	Risk of vehicles using the road to loose control on bend and stray onto verge where runners are causing collision and serious injury.	H	A,C	"CAUTION RUNNERS" (These comply with signage regulations) signage to be placed either side of location on road to warn drivers to slow down. Also Marshals wearing hi-vis to be located on each end of verge (taped area) to be a visible reminder to drivers to slow down. This is only about a 50meter section.
45	6.2 to 6.3	Grass verge along the side of Flawforth Lane.	Additional trip hazard due to overtaking runners.	L	A	Ensure verge is flattened and trimmed wide enough to accommodate 3 abreast to facilitate overtaking safely. (The chances of having 3 abreast is very remote and more than that is so unlikely it is impossible!)



Crossdale 10K & Fun Run
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Course Map







Fig 12