

Ryston Runners AC Cross Country Series – Risk Assessment

Event Location: Shouldham Warren

Event Dates: October 2025 – March 2026

Prepared by: Martin Ive (Level 3 UKA Official No. 202565)

Reviewed and Updated by: Robert Simmonds, Chair of Ryston Runners AC

Event Description

A series of six off-road races (800m to 9km) for junior and senior athletes, held through the winter months. Open to all ages and abilities. Permission granted by the Forestry Commission.

General Safety Controls

- Medical support provided by **MED-PTS**, stationed at Race HQ
- At least one **club member on course** with a mobile phone for emergency communication
- A **vehicle stationed at HQ** for emergency transport or medical deployment
- **Water available** at the finish line
- **Course recce** conducted before each race to identify and communicate hazards
- **Course maps** displayed at HQ; route marked with paint/arrows
- **Junior athletes counted out and in** for safeguarding

Risk Assessment Table

Hazard	Controls in Place	Residual Risk
Dehydration	Water at finish, medical cover, safety info online, mobile communication	Low
Slip/Trip/Fall	Course recce, hazard briefing, vehicle at HQ, marshals at key points	Medium
Acute Illness/Injury	Medical cover, mobile communication, vehicle access	Medium
Inclement Weather	Weather monitoring, medical cover, communication protocol	Low
Lost Athlete	Course maps, route markings, junior headcount, marshals stationed	Low
Spectator Hazards	Designated viewing areas, parking stewards	Low
Safeguarding (Juniors)	DBS-checked volunteers and welfare reporting process	Low

Additional Safety Measures

Course Marshals

- Positioned at key junctions and hazard zones
- Equipped with mobile phones and emergency contact info

Pre-Race Briefing

- Delivered by Race Director before each race
- Covers course conditions, emergency procedures, and runner responsibilities

Weather Protocol

- Race postponement/cancellation or rerouting considered if:
 - Wind speeds exceed 40mph
 - Course is waterlogged or icy
- Decision made by Race Director in consultation with Forestry England

Post-Race Procedures

- Litter collection and environmental check
- Incident log maintained at HQ
- Safety debrief held after each race for continuous improvement