

## Risk Assessment Wissey Half Marathon (WHM)

Risk Assessment completed by: Martin Ive MA CMIOSH AIEMA DipEM RMAPS

Level 3 UKA Official No 202565

Race Director

August 2021

### **General Controls**

**The WHM is a 13.1 mile event held on mainly rural open roads.**

Ryston Runners AC will host the event and will appoint a UKA licensed Race Director and Race Referee.

A full set of Race Rules is published and includes a Safety Rules section. These rules will be clearly displayed at Race HQ on the day and are also available on the race website at [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)

### **Safety Rules and Event Management Plan**

- 1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.**
2. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route and **at all junctions and changes of direction.**

4. Marshals will wear hi-viz tabards.
5. Marshals instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. **It is the runner's responsibility to ensure it is safe to cross public highways and the Marshall is only present to assist. Traffic has the right of way on the public highway at all times.**
7. The wearing of MP3 players (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided by St John's Ambulance and will be based at Race HQ. Roving Marshall's will provide the communications link back to Race HQ along the route.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event (St Johns). The primary duty is on the runner to make himself/herself known to the nearest Marshal but any runner from another club coming across another runner in distress must assist in whatever way they can.
10. Water stations will be provided **at 3 mile intervals and at the finish.**

11. Nearest hospital is Kings Lynn QEH (15 miles) and nearest Ambulance station is Swaffham (5 miles)

## Group Exposed - Athletes

Significant Hazards	Controls	Residual Risk - HML
Dehydration	<ol style="list-style-type: none"><li>1. Race safety rules issued</li><li>2. Water stations at 3 mile intervals and at race finish / HQ</li><li>3. Marshals on course</li></ol> <p>St Johns Ambulance at start / finish</p>	L

4. Mobile communication marshals on course

Acute illness / injury

1. Race safety rules issued M
2. Marshals on course
3. St Johns Ambulance at start / finish
4. Mobile communication marshal's on course

Vehicles - collision

1. Race safety rules issued - runners responsibility to be traffic aware M
2. Marshals at road crossing points wearing Hi Viz tabards
3. Warning Signage on course and roads warning incoming vehicles

of road race in progress

4. The wearing of MP3 players (or similar) is strictly prohibited and forms part of the Race Rules

Inclement weather

1. Marshals on course L
2. St John's Ambulance at start / finish
3. Mobile communication marshals on course

COVID infection

1. Wearing of face masks advised inside race HQ L
2. Toilet facilities located outside and in multiple locations
3. Social distancing encourage
4. Disposal bins for face masks at

start line

5. Race is chip timed so phased start will not impede runners
6. Bottled water provided at water stations

### **Group Exposed - Marshals**

<b>Significant Hazards</b>	<b>Controls</b>	<b>Residual Risk - HML</b>
COVID infection	1. Wearing of face masks advised inside race HQ	L



2. Toilet facilities located outside and in multiple locations

3. Social distancing encourage

4.

## Vehicles - collision

1. Safety briefing before race at HQ  
- marshals will not attempt to slow traffic down or position themselves in the road

M

2. Signage on roads warning incoming vehicles of race in progress

3. All marshals to wear Hi - Viz tabards

4. St Johns Ambulance at start / finish

5. Mobile communication marshals

on course

### Group Exposed - Spectators

Significant Hazards	Controls	Residual Risk - HML
COVID infection	<ol style="list-style-type: none"><li>1. Wearing of face masks advised inside race HQ</li><li>2. Toilet facilities located outside and in multiple locations</li><li>3. Social distancing encouraged</li><li>4.</li></ol>	L
Vehicles - collision	<ol style="list-style-type: none"><li>1. No cyclist (other than lead/rear provided by Ryston Runners AC) or any other means of support is</li></ol>	M

permitted on the course

2. Car parking is provided at start / finish
3. Marshals will manage car parking at the start and finish and will wear Hi Viz tabards

END