

Ryston Runners AC Cross Country Series (XC)
Risk Assessment
October 2014

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General Controls

The XC series is comprised of a series (6) of off road races (800m - 9k) for junior and senior athletes held through the winter months. Entry is open to all ages and abilities and is held in Shouldham Warren. Permission to host the event is granted to Ryston Runners AC by the Forestry Commission.

Safety Rules

- 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. Medical support will be provided by St John's Ambulance and will be based at Race HQ.
3. A minimum of one nominated Ryston Runners AC member (competing) will carry a mobile phone on the course, to be used in the event that communication is required back to HQ.
4. In the event of a runner requiring medical attention or help, any runner from coming across another runner in distress must assist in whatever way they can.
5. A minimum of one vehicle will be available at the race HQ, in the event that any runner requires collecting on the course or St John's Ambulance personnel require transport out onto the course.
6. Water will be provided at the finish.

Group Exposed - Athletes

Significant Hazards	Controls	Residual Risk - HML
Dehydration	<ol style="list-style-type: none"> 1. Race safety rules issued (on website) 2. Water stations at race finish / HQ 3. St Johns Ambulance at start / finish 4. Mobile communication on course 5. Vehicle at HQ 	L
Slip Trip Fall (on course)	<ol style="list-style-type: none"> 1. Course recce carried out prior to race. Any major obstacles or safety issues identified and communicated to athletes prior to each race (fallen trees etc) Note: this is a XC so tree roots etc are prevelant on the course 2. Vehicle at HQ 	M
Acute illness / injury	<ol style="list-style-type: none"> 1. Race safety rules issued 2. St Johns Ambulance at start / finish 3. Mobile communication on course 4. Vehicle at HQ 	M
Inclement weather	<ol style="list-style-type: none"> 1. St John's Ambulance at start / finish 2. Mobile communication on course 	L
Athelet getting lost on course	<ol style="list-style-type: none"> 1. Course map(s) at HQ 2. Course marked with paint/arrows 3. Juniors (atheltes counted out/ counted in) 	L

END