



RISK ASSESSMENT FOR CROSS COUNTRY RACES

Event:- Suffolk AA Cross Country Championships

Assessment carried out by :-Joe Mower

Venue:- Nowton Park, Bury St Edmunds Suffolk.

Signed *J G R Mower*

Date of Event : 9th January 2022

Date of Risk Assessment:- 13/09/21

STEP 1 – List the hazards identified

STEP 2 – Recommendations for minimizing risk

STEP 3 – Action taken

<p>COURSE <i>e.g. tree roots, streams (flooding)</i></p> <p>1) Low Branches 2) Tree Roots 3) Uneven ground hidden in long grass</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>1) <i>Cut & Trim back</i> 2) <i>Mark with paint</i> 3) <i>Give verbal warning at start</i></p>	<p>ACTION TO BE TAKEN</p> <p>Taping course to ensure a safe course. Identify and mark any dangerous roots This is cross country so expect some uneven ground will be found. WARN AT START</p>
<p>STRUCTURES <i>e.g. damaged barriers, guide ropes to tents frayed</i> Gazebo</p>	<p>RECOMMENDATIONS <i>e.g. replace or remove</i></p> <p>Secure with guide ropes and pegs</p>	<p>ACTION TO BE TAKEN</p> <p>Gazebos to be pegged down.</p>
<p>COMPETITORS <i>e.g. changing facilities, toilets, out of bounds areas.</i></p> <p>1) No changing facilities 2) Toilets near car park</p>	<p>RECOMMENDATIONS <i>e.g. signage and advice</i></p> <p>Arrive ready to run Display signage</p>	<p>ACTION TAKEN</p> <p>Various signs will be erected. Notification to come ready to run Signs for toilets</p>

<p>COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i> 2 way Radio's</p>	<p>RECOMMENDATIONS <i>e.g. use of two 2 way radios</i> <i>Ensure fully charged</i></p>	<p>ACTION TAKEN Use of two way radios to be the main point of contact but also a list of emergency contact phone numbers to be issued to all marshals</p>
<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Marshalls and Officials have a designated Area</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> <i>Both will be briefed on the day with course maps i.e. CHIEFS ONLY</i></p>	<p>ACTION TAKEN All marshals will be fully briefed and given a course map showing the courses and first aid posts.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i> Essex & Suffolk Medics</p>	<p>RECOMMENDATIONS <i>e.g. increase numbers, signage,</i> <i>Liase with Mark Goddard who will be main contact. Ambulance and 4 x 4 required</i></p>	<p>ACTION TAKEN Extra first aid provided by Essex & Suffolk Medics including a 4x4 vehicle with access to any part of course and an Ambulance near the finish. First aid will be in radio contact with marshals.</p>
<p>CAR PARKING <i>e.g. safe access, crossing course</i> Main Car Parks to be used</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage. Follow gate keepers instructions and signage.</i></p>	<p>ACTION TAKEN Signs on how to get to the course safely. Car sharing if possible.</p>
<p>COVID - 19</p>	<p>RECOMMENDATIONS Anyone with any COVID symptoms asked NOT to attend the event.</p>	<p>ACTION TAKEN Wash Hands regularly. Masks not compulsory but advised to wear them if inside. Keep your Distance of 2Metres</p>

Dated Provisional 14th November 2021.

Review December