

MALHAM SHOW FELL RACE RISK ASSESSMENT

Reviewed by:-

Fell Race Organiser	Robert Hudson	Health & Safety Adviser	Richard Broun
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No	Potential Hazard	How might people be harmed	Those At Risk	Control Measures	Risk Rating	Action	Done
1	Traffic	Runners hit by vehicle when crossing road. There are 3 road crossing points. 1 for the under 9s; 2 for the under 12s, 14s & 17s and 3 for the seniors. (see attached sketch)	All Runners	<ol style="list-style-type: none"> 1. All 3 road crossing points are marshaled by experienced adults wearing high viz jackets, who will stop traffic. They are in constant radio communication with the Fell Race Organiser. 2. Warning signs are positioned to warn traffic in both directions 3. No race will start until there is confirmation that the traffic is stopped at the first road crossing point and a red and white tape drawn across the road. 4. Paramedics and ambulance are present on the show field 	Low	<ol style="list-style-type: none"> 1. Sufficient marshals with radios to be provided to man all road crossings. 2. Warning signs to be positioned prior to the race. 3. Provide red and white warning tape for the first road crossing. 4. Provide Medical facilities 	
2	Rough Terrain	The course, like all fell races contains parts which are steep, rocky with tufts and holes. There is a drop into the field after the first road crossing.	All Runners	<ol style="list-style-type: none"> 1. A sketch of the course will be available at the registration point and a briefing given to runners before setting off. 2. The course will be assessed on the day in view of weather conditions etc and Flags will be positioned to direct the runners away from particularly difficult terrain. 3. Marshals will assist in directing competitors especially juniors. 4. A first aider will be positioned at the bottom of Cawden Hill in addition to those on the show field 5. Paramedics and ambulance are present on the show field 	Low	<ol style="list-style-type: none"> 1. Prepare briefing for competitors 2. Assess the course on race day 3. Brief marshals to assist where necessary 4. Provide first aider at the bottom of Cawden Hill 	
3	River Crossing	Even in low flow conditions the river crossing can be slippery with hidden hazards causing competitors to trip and fall	All Runners	<ol style="list-style-type: none"> 1. A Marshal will be present at the river crossing and will assist competitors if they trip or fall 2. Paramedics and ambulance are present on show field 	Low	<ol style="list-style-type: none"> 1. Brief marshals to assist where necessary 2. Provide Medical facilities 	

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4	Adverse weather	Heavy rain can cause the beck to flood and present a risk, especially to young children	Younger competitors	1. If the river is high the course will be redirected so that there is no fording.	Low	1. Assess the river condition on race day	
5	Exhaustion	Possibility especially among young children not used to fell racing	Younger competitors	1. Parental consent required for competitors under 18 years. All competitors to sign registration form to confirm that they are fully aware of the organizers information and accept the risks associated with Fell running. 2. Marshals to look out for signs of exhaustion and if necessary summon the first aider by radio.	Low	1. Provide suitable entry forms 2. Ensure all competitors under 18 provide the required parental consent 3. Brief marshals	
6	Cold & wet	Hypothermia	All Runners	1. Late August weather usually mild and the course is not particularly long or high	Low	1. see above	