

Ware 10s Event: 10M & 10K

Sunday July 3rd 2022 Starting 9:30/9:45am

Key Contact Numbers:

RACE DIRECTOR: Carol Hayward 07732 220421
MARSHALL CO-ORDINATOR: Martin Sillitto 07784 933395
MEDICAL OFFICER : Carol Hayward 07732 220421
COURSE MANAGER: Jon Little: 07931 431444

Risk Assessment last reviewed : April 2022
Authorised by: Carol Hayward and Jon Little

Risk	Particular Location(s)	Mitigation	Race Risk Manager (resp for mitigation)			Notes
			Race Director	Marshall Co-ord	Other	
Accidents/injuries caused by low obstacles	Bollards on path by GSK Car Park Left turn immediately after Hertford lock.	Use high-viz tape to highlight obstacles. Marshals positioned to direct athletes around obstacles		✓		
Accidents/injuries caused by uneven running surfaces	Park Road, Speed bumps on Cardiac Hill descent to Ware Park Road locally known as 'Cardiac Hill'.	Make athletes aware in pre-race briefing Signage highlighting hazard. Marshals remind runners as they approach the path Medical station at the foot of Ware Park and Cardiac Hill	✓		Course Designer Medical Officer	This is where most accidents have taken place previously, and provides good access for the mobile 1st aid unit car.

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			Race Director	Marshall Co-ord	Other	
Athletes unaware of approaching traffic	<p>Exit from the GSK Car Park onto Park Road near GSK</p> <p>Right turn at bottom of "Cardiac Hill."</p> <p>Bend in road – Ware Park Road/New Road at junction of St Leonards Road.</p> <p>Narrow pavement in New Road.</p> <p>Left turn from New Road into Boundary Drive.</p> <p>Junction of Boundary Drive leading to a left turn into St Leonards Road, Keep runners on pavement</p> <p>Outside St Leonards Church.</p>	<p>Marshals with tape to prevent overspill into road.</p> <p>Include in briefing details of key points where traffic may be an issue, and instruct athletes to run on left of any road.</p> <p>Usage of signs asking runners to keep left.</p> <p>Use 'Caution Runners' signage to maximise likelihood of drivers being aware of the race and need for extra vigilance.</p> <p>Marshals located so as to be able to see oncoming traffic and give advance warning to athletes.</p> <p>.</p>	✓	✓		Following lesson learnt from 2016 race, increased number of marshals in sector 3.

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Accidents/injuries caused by movement around and/or of assumed to be stationary vehicles	GSK car park, Park Road, Boundary Drive and St Leonards Road	Marshals located to provide safe passage for through vehicles. Provide advance notice of race to properties on the race route.	✓	✓		
Accidents or injuries caused by 'street furniture'	Lamp posts on narrow path of New Road hill Bengeo	Provide a Marshal to advise runners. New: Signage on lamp posts to highlight risk 'Caution Runner' Signs for motorists		✓		
Accidents/injuries caused by actions to avoid collisions with public (including cyclists, walkers, dog and children) on paths, or narrow bridges	Path down from St Leonards to Hartham Common Tow Path from Hertford to Ware Nr New River pump house Congestion along towpath	Advise runners to keep left down 'Warren' towards Hartham Common Stress in marshal briefing that the public (including cyclists) has right of way on the paths Runners single file on tow path. Public have right of way. Marshals politely ask /suggest to public to put dogs on leads Marshals make cyclist aware of race Use signage: Runners Keep Left Use signage to make public aware of race & athletes, on the day. Three weeks before	✓	✓		

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		race arrange leaflets along tow path				
Accidents or interruption to the race cause by cattle on course	Barden Farm Towpath	Marshals located to ensure athletes are warned.		✓		This was a minor issue in 2018 so ensuring all runners are on the edge of the towpath and no more than two abreast is important.
Accidents due to traffic	Priory Street and Harris's lane	Extra Marshals located to advise athletes are warned and kept to left hand side of road. Bollards along corner of road with safety tape, Additional signage for motorists				
Accidents or injuries caused by fishing rods, tackle, or casting.	Towpath	Local Fishing Clubs informed of event. Include in briefing that tow-path is likely have fishermen Marshals to be briefed to be alert to this risk and provide advance warning to athletes of hazard.	✓	✓		

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Athletes and/or supporters being injured by moving vehicles in car park or on sports ground	GSK Sports Ground	Use parking attendants to direct traffic Have time windows during which traffic may not leave car park Define a time window during which vehicles may enter/exit the sports ground. Additional signs.	✓	✓		
Accidents/injuries to athletes and/or supporters caused by unmarked guy ropes	Race Village	Attached coloured tape to guy ropes to increase visibility Tents and/or gazebos/shelters to be in rows to minimise likelihood of anyone going between the tents.	✓		Village Mgr	
Burn/scald caused by hot water being moved in 'Race Village'	Race Village	Electrical cable run from clubhouse in casing and taped down. Urns can then be used in main tent – no water carriage needed.	✓		Catering Mgr	

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Marshals being abused by public frustrated by the presence of the athletes	Anywhere	<p>Marshals briefed to be polite & courteous and made aware that the public including cyclists have right of way.</p> <p>Marshals to have contact number of Race Director, Sector Coordinator and Marshal Director.</p> <p>Public given advance warning of the race – properties leafleted three weeks before event & effective signage around course.</p>	✓	✓		
Temperature hotter than expected	Anywhere	<p>Option to call for and deploy additional supplies of water.</p> <p>Additional water station provided at Cardiac Hill</p> <p>Make athletes aware in pre-race briefing the mileage of the water stations</p>	✓	✓	<p>Medical Officer</p> <p>Water station manager</p>	

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Athlete requires medical assistance	Anywhere	<p>Distance markers on course to aid athletes in their pace management.</p> <p>Medical station to be at Race HQ.</p> <p>Medical station also at the foot of Cardiac Hill, where most incidents have taken place.</p> <p>Race Medical Officer to liaise between Race Team and Medical Team</p> <p>Marshals all to carry mobile phones and be provided with contact details of Race Medical officer and Race Director</p> <p>Access onto sport ground maintained for emergency vehicles</p> <p>First Aider to be provided on a bicycle, in order to assist people on the tow path, which has more difficult access for vehicles.</p>	✓	✓	Medical Officer Village Mgr	

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			Race Director	Marshall Co-ord	Other	
Athlete and/or supporter has allergic reaction to available food	Race Village	Make clear if any of the food is known to be allergen (e.g. advise that all food cannot be guaranteed as either nut, gluten, dairy) free Provide several 'free from' options for those with allergies	✓		Catering Mgr	
Additional notes for children's races						
Child being lost/unable to find parents	Race HQ	Parents have been asked to stay with their children at all times until the actual races take place. Place any child in care of children's RD (has DBS check) and use tannoy system to locate parents		Children's RD		Clare works with scout groups and is DBS checked
Child falling on course and grazing part of body	Race HQ	Check course for uneven parts before hand. Medical services and first aiders on hand. TLC		Children's RD		
Child overheating	Race HQ	It is likely to be warm so children will be advised no to 'sprint' around the course. Have drinks and shaded areas nearby to assist and cool child down.		Children's RD		

			Race Risk Manager (resp for mitigation)			
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Child using toilets in car park – knocked over by car	Race HQ	Parents have been made aware and have signed to say they will be with children at all times. In the event of this kind of accident First Aid team and ambulance will be called.	/	RD		