

Risk level Matrix: (L) Low; (M) Medium; (H) High

		Severity		
		Slight L	Medium M	Major H
Likelihood	Seldom L	L	L	M
	Occasionally M	L	M	H
	Frequently H	M	H	H

3 x 3 Risk Matrix

L I K E L I H O O D	Likely	Medium Risk	High Risk	Extreme Risk
	Unlikely	Low Risk	Medium Risk	High Risk
	Highly Unlikely	Insignificant Risk	Low Risk	Medium Risk
		Slightly Harmful	Harmful	Extremely Harmful
		CONSEQUENCES		

Health and Safety Executive:

This template is based on the current advice of the Health & Safety Executive as published in their guidance notes 'Five Steps to Risk Assessment INDG 163 Rev 4. A digital copy can be found on their website at: <http://www.hse.gov.uk/pubns/indg163.pdf>

- Step 1 Identify the hazards
- Step 2 Decide who might be harmed and how/where
- Step 3 Evaluate the risks and decide on precautions
- Step 4 Record your findings and implement them
- Step 5 Review your assessment and update if necessary

GENERAL REMEDIATION MEASURES

1. Course preparation – as part of the course preparation, the ground vegetation over those lengths of the course not forming part of well used and worn rights of way or quasi rights of way will be trimmed by working parties to such a height that most surface irregularities are exposed and visible to the eye. Wheel ruts, and potholes in earth and stone metaled roads cannot be eliminated. Loose branches and twigs will as far as possible be picked and removed in the woodland sections but by the nature of the ground it is impossible to locate or remove them all. Pronounced tractor tyre tread marks, irregular underfoot, will inevitably be present in the open field sections.

2. Warning signage – a standard “Caution” sign with exclamation mark will be erected at particular hazards which are not readily identifiable to a runner, i.e. warning of a slippery surface on a footbridge, etc and, where possible, a marshall also positioned. The start of all road sections will be signed for traffic – “Caution Runners”. *Note: The public highway between the Rugby Club and Pencalenick Lodge is open to traffic; runners are directed to run on the left hand side of the road and westbound motorists are warned by the marshal at the lodge of oncoming runners. Past history suggests all runners clear this section in around 8 minutes.*

					RISK ASSESSMENT				
							SAFETY PLAN		
							4. How will you put the assessment into action Remember to prioritise. Deal with those hazards that are high-risk and have serious consequences first		
1. What are the hazards (Letter sets out section on plan)	2. Who might be harmed & how	Risk Rating H/M/L	3a. What are you already doing (i.e. pre-event controls)	3b. What further action is required (event day controls)	Resultant Risk Rating H/M/L	Action by Who	Action by when	Date completed	
Transmission of Covid or other communicable diseases	Athletes and volunteers	L	Compliance with all government guidance and UKA rules. Much-reduced transmission within community, and widespread vaccination reduces risk of harm Outside activity reduces risk further.	TBC See separate covid mitigation plan	L	RD	Pre-event and on race day		

At Race HQ Car park - collision with vehicles Risk of badly parked cars blocking access for ambulance	Athletes. Volunteers Athletes	L	Signage	Car park attendants to regulate parking	L L	Nigel Knuckey	On race day On race day	
At Race HQ Transmission of Covid AND risk of criticism due to mass non-compliance	Athletes, volunteers	L	Notice to runners sent to all runners by email on 20 June 2021 See separate RA.	TRFC and RD to ensure that those having a drink afterwards remain seated and do not take drinks to stand by finish etc.	L	OP	Throughout race day	
Start - B Grass surface inc rugby pitches.	Athletes, volunteers	L	Slippery if wet Any mowing dealt with by rugby club	Notices Large starting pen (without barrier tape) for ease of access and to reduce dwell time at start	L	Trevor Lee	Pre-event	

B-C Tarmac public road	Athletes	M		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Marshal on race day	
C-D Stone metalled drive Uneven surface	Athletes	L		Notices.	L	RD / marshal	Race day only	
D-I Woodland paths Rough ground, twigs, boggy ground, etc	Athletes	L	Course clearance to remove brambles low branches etc	Notices. Signposting on day to mark permissive path that has been obliterated by tree felling works Caution signs on 2x badger holes	L	RD	Pre-event course clearance	

G	Crossing of tarmac drive	Athletes Risk of collision with traffic	L		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Race day only	
I-J	Stone metalled drive	Athletes.	L		Notices. Warning to walkers	L	RD / marshal	Race day only	
J-K	Tarmac public road	Athletes Risk of collision with traffic (very quiet road)	L		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Race day only	

<p>K-M</p> <p>Footpath ("Denas Road")</p> <p>Many trip hazards and steps.</p>	<p>Athletes</p>	<p>L</p>	<p>Course clearance beforehand</p>	<p>Notices and starter's warning over PA. 8 Caution signs to be placed. Marshal to be posted at one point of particular concern</p> <p>Notice to walkers given</p>	<p>L</p>	<p>RD / marshal</p>	<p>Race day only</p>	
<p>M-N</p> <p>Woodland path including bridge</p> <p>Muddy, possibly boggy</p>	<p>Athletes</p>	<p>L</p>		<p>Notices.</p>	<p>L</p>	<p>RD</p>	<p>Race day only</p>	
<p>N-O</p> <p>Tarmac public road</p> <p>Traffic (local and restricted as to speed)</p>	<p>Athletes</p> <p>Risk of collision with traffic</p>	<p>L</p>		<p>Road will not be closed. Marshal to be posted at junction with road. Signage will make it clear to traffic to take care</p>	<p>L</p>	<p>RD / marshal</p>	<p>Race day only</p>	

<p>O-P</p> <p>Woodland path with 118 steps</p> <p>Rough ground, twigs etc.</p>	<p>Athletes</p>	<p>L</p>	<p><i>Wooden step risers need to be checked for security and loose stones picked.</i></p>	<p>Notices and starter's warning.</p> <p>Riser spikes to be flagged with tape and marker spray</p>	<p>L</p>	<p>RD</p>	<p>Course clearance beforehand</p>	
<p>P-Q</p> <p>Tarmac drive</p> <p>Traffic and uneven surface</p>	<p>Athletes</p> <p>Risk of collision with traffic</p>	<p>L</p>		<p>Road will not be closed but marshals and signage will make it clear to traffic to take care</p>	<p>L</p>	<p>RD / marshal</p>	<p>Race day only</p>	
<p>Q-R</p> <p>Field/woodland path</p> <p>Uneven ground. Trip hazards. Undulating terrain.</p>	<p>Athletes</p>	<p>L</p>	<p>Course clearance beforehand</p>	<p>Notices.</p>	<p>L</p>	<p>RD / marshal</p>	<p>Course clearance beforehand</p> <p>Race day</p>	

R-T Short section of tarmac road Traffic is rare	Athletes Risk of collision with traffic	L		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Race day only	
T - U Steep woodland path Steep decline. Loose stones Steep ascent	Athletes	M		Notices and Caution signs.	L	RD	Race day only	
U - V1 Short section of tarmac road Traffic is rare	Athletes Risk of collision with traffic	L		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Race day only	

V1 to V2 Field tracks Soft or rutted ground/field track, uneven	Athletes	L	We do not have access beforehand	Notices.	L	RD	Race day only	
V2 - W Tarmac road Traffic	Athletes Risk of collision with traffic	L		Road will not be closed but marshals and signage will make it clear to traffic to take care	L	RD / marshal	Race day only	
W - X (finish) Grass field (including some steps)	Athletes Volunteers	L	Slippery if wet	Notices.	L	RD / marshal	Race day only	
5. Review Date								

Appendix

DISTANCE – 7.3 miles

COURSE MARKING

- a. Most off road sections are on either public rights of way or paths used by the public. Those parts of the course on private land when in grass have been cut in the last few days as far as possible to expose hazards.
- b. Marshals at road crossings.
- c. All junctions taped off and/or marked with direction arrows.
- d. Red survey flags and yellow arrows in open field sections.

Signed

A handwritten signature in black ink, appearing to read 'Oliver Pool', written in a cursive style.

Oliver Pool, Race Director, 22 June 2021

Amendments to Risk Assessment – add if required.