

Hazard Identified	Persons at Risk	Current Controls	Further Action Required
Uneven or slippery terrain. (Slips, trips or falls)	participants marshals race organisers spectators	Safety briefing before the race starts to indicate potential hazards on the course and highlight responsibilities. Recommend to runners that they wear appropriate footwear, ideally trail running shoes or running shoes with grips. Select and plan the route to follow, as far as possible, well established paths that are free from uneven or hazardous terrain. Tell runners in front to warn those behind of rutted, uneven or slippery ground. Runners will be reminded to take care when changing levels e.g. descending from curbs and to walk if conditions are particularly difficult. Runners will be reminded to run carefully and responsibly, keeping a sensible distance between themselves and the runner ahead of them.	Assess the course on the morning of the race and put warning signs in place. Rre-route to avoid slippery/particularly uneven areas. An assessment of the need for further controls/cancellation of the event will take place as appropriate.
Overtaking on the course and accidents caused by bumping, jostling or tripping	participants	This will be covered in the safety briefing before the race to indicate potential hazards on the course and highlight responsibilities. Release runners in waves of similar standard to minimise overtaking. Issue instructions to advise runners to call out to the runner in front if passing. Inform runners that are being overtaken to leave space to pass. Runners will be reminded to run carefully and responsibly, keeping a sensible distance between themselves and the runner ahead of them. Providing a wide start line which eventually funnels into a narrower path.	
Getting Lost	participants marshals spectators race organisers	Maps and instructions issued to all marshals and participant's information packs. Use of signs and marshals on the course to direct runners. Race organisers/marshals to be familiar with area and route.	
Animals (Interaction between runners/dogs and animals/livestock).	participants marshals spectators race organisers	Race organisers will consult with farmer, venue staff and other relevant parties when planning the course route. If applicable, remind participants to observe animals before entering field - if any aggressive behaviour observed choose alternative route. Course planned to avoid animals as far as possible. Dogs will remain on a lead at all times and be under the control of the handler. Dogs considered not to be under appropriate control or that in the opinion of race organisers present a risk, will be asked to leave the event.	Assess the course on the morning of the race. An assessment of the need for further controls/cancellation of the event will take place as appropriate.
Overgrown vegetation/Brambles/ Nettles	participants marshals spectators	Warn runners if route is expected to be particularly overgrown.	Inspect route on the morning of the run - if route is impassable take an alternative.
Extremes of Weather (Hot / Cold / Stormy)	participants marshals spectators race organisers Dogs!	Schedule races to avoid the summer months. Advise runners to wear clothes appropriate to conditions. Participants will be encouraged to warm up thoroughly in cold weather to avoid muscle injuries. Recommend that runners use sun cream if required. Information issued pre event informing runners of the nature and difficulty level of the run, the route being taken and the need for runners to be fit enough to participate. First Aid/medical facilities available. Care should be taken to avoid patches of ice. In cold weather, access to a warm area and hot drinks will be available. Water stops for dogs and runners around the course to avoid dehydration. Weather to be monitored by the race organisers. If conditions are extreme - run to be postponed/cancelled at discretion of race organisers.	Assess the weather on the morning of the race. Secondary effects from adverse weather including: flooding, mud, thunder and lightning, fog etc may result in the need to dynamically assess the controls laid out within this assessment.
Asthma and Other medical conditions	participants	Any appropriate medication to be carried on the run. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk. An appointed First Aider will be available before, during and after the race and an action plan in place to get people treated as soon as possible. Runners will be asked to write details of any medical conditions on the back of their race number.	
Running in bad light	N/A	Waggy Races will be scheduled to take place at a time of day when bad light will not be an issue.	

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Vehicles / Traffic (Runners interactions with vehicles or people)	participants spectators Marshals	Recommend that participants wear bright / reflective clothing and that if forced to run on the road, stay to the right (facing traffic). Everybody advised to check for traffic, don't just follow the crowd. Race organisers plan route with minimal risk of crossing roads. Lead runners to shout warning to those following if there is traffic on the course. The police will be informed that the event is taking place. Advice will be sought from the police of any issues. In the event of a road crossing, there will be marshals wearing Hi Viz clothing. Warning signs will also be put up either side of the crossing to warn oncoming traffic and participants will be warned by race organisers.	
Unexpected hazards on the course eg. Fallen trees/walls	participants	Course inspection on the morning of the race to minimise unexpected obstacles - consider rerouting if required. Race organisers and marshals to advise of any unexpected hazards which they come across e.g. roadworks, cyclists, bollards,, overhanging foliage, dog mess, road signs, fallen trees, fallen walls holes and kerbs. Race leaders will be advised to shout warnings to those behind.	
Other trail users (horses, Mountain bikers, walkers etc)	participants	Dogs must be kept on a lead at all times. Flexi leads are not allowed (maximum length 2 metres) Runners will be asked to treat other users with courtesy and respect Extra signs posted at Castle Ward to make members of the public aware of the race and to remind them to be vigilant.	
Common Injuries associated with this form of activity (Sprains, strains, pulled muscles, dehydration etc)	participants marshals	Due to the nature of the event, runners may sustain any number of common injuries . Runners will be advised to warm up thoroughly and only compete if they are able to. The decision whether to run or not is left to the discretion of the individual but they run at their own risk.	
Untreated injuries / illness due to inadequate medical provision	participants marshals spectators race organisers	An appointed First Aider will be present and mobile at all times before, during and after the event. Action plan in place to get the sick/injured people treated as quickly as possible. Marshals will be positioned at regular intervals around the course and briefed.	
Dog behaviour	participants marshals spectators race organisers	Advise participants that dogs must be kept on a lead and under control at all times, especially dogs prone to aggressive behaviour. Leads must be 2metres or shorter - dogs on longer leads will not be permitted to race (prevent tripping).	
Dog Welfare	participants marshals spectators race organisers	Water stops provided throughout the course to prevent dehydration Course will have some shaded sections to prevent dogs overheating Guidelines will be issued to owners to ensure their dogs are fit to run Races scheduled to avoid warm weather in late spring/summer/early autumn.	