

Assessor: John Heppenstall (NEBOSH NGC)

No	Hazard Area	Hazards Identified	Persons at Risk	Current Risk (High, Med, Low)	Control Measures/Description	Action	Residual Risk (High, Med, Low)
1	Kitchen: Refreshments & Food Prep	Burns, scolds, cuts	Support Group, Helpers	Med	Experienced staff assigned to food prep. Any young helpers to be closely supervised. Pre-cook soup.	<ol style="list-style-type: none"> 1. Brief to Support Group 2. Pre-plan setup to minimise hot object movement 3. Warm soup on induction hob 	Low
2	Hall: Registration	Trips, slips	Runners, families, visitors	Med	Ensure all doorways are kept clear and that registration desks & overhead projector is away from entry/exits from hall.	<ol style="list-style-type: none"> 1. Brief to Registration Team & Support Group 2. Setup up hall as per 2016 (reg at far end) 	Low
3	Traffic: Road to start finish	Collision, RTA	Runners, families, visitors	Low	No road crossings or road running on the route but road to start/finish is small country road. Access road is quiet with little traffic	<ol style="list-style-type: none"> 1. Race briefing will cover detail to runners & families 2. Signs deployed along road to start/finish 	Low
4	Race: Rough terrain	Trips, slips, falls	Runners	Med	Min age 18 for main race Min age 14 for junior race. Each checkpoint is manned by mountain rescue team members. Most members are minimum of Cas Care standard. 2 off 4x4 Landrover ambulances will be deployed on hill. Radio/phone or Airwave communications to race control are available at all checkpoints as well as from the sweep party (of 2).	<ol style="list-style-type: none"> 1. Briefing and actions on NEWSAR team members will be governed by their standard working practices 2. Sufficient signage on U18 & U16 course 3. Extra marshal points for U16 & U18 races 	Low

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5	Race: Navigation	Lost, hypothermia	Runners	Med	Sweep team of 2 will have radio communications to race control. All runners will be logged at each checkpoint.	<ol style="list-style-type: none"> 1. Race briefing will cover basic navigation equipment required. 2. Map of race route is provided. 3. Missing runners will be dealt with by the First Responder (on scene) who will deploy necessary team members as required to standard working practices of the team. 4. Way markers placed on descent path from top of Moel Famau as a guide for tired runners as this is usual place where navigation mistakes are made. 5. Additional descent markers will be in place for U16/U18 race. 	Low
6	Race: Exhaustion	Over exertion	Runners	Low	Race is aimed at more experienced runners. Race is late in year so heat should not be a problem. Trained Cas Carers available at all checkpoints and start/finish. 4x4 vehicles available to transport runners who are injured/cannot continue.	<ol style="list-style-type: none"> 1. NEWSAR standard working practices. 2. In case of hot weather. Water will be stocked at CP3 (Moel Arthur col) and CP8 (Moel Famau summit). 3. Operate safety cutoff at CP6 and move people onto U18 route as first measure. Pull from hill if required. 	Low
7	Race: Ground Conditions	Trips, slips, falls	Runners	Med	Race is aimed at more experienced runners but we have no method of assessing people's	<ol style="list-style-type: none"> 1. NEWSAR standard working practices. 	Low

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					abilities before the event. Trained Cas Carers available at all checkpoints and start/finish. 4x4 vehicles available to transport runners who are injured/cannot continue.	<ol style="list-style-type: none"> 2. Experienced team members in sweep party 3. Introducing safety cutoff at CP4b & CP6 	
8	Race: Weather Conditions	Cold, hypothermia	Runners, Marshals, Sweep team	Med	Full WATERPROOF body covering must be worn/carried by the runners and checked during registration. Final check 7.30am on race morning.	<ol style="list-style-type: none"> 1. Race briefing 2. Marshal briefing 3. Extreme weather route prepared & printed. 4. Clothing check WILL be enforced if classed extreme weather. 	Low