

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	Hall: Refreshments	Burns, scolds, cuts	Support Group, Helpers	Med	Experienced staff assigned to food prep. Any young helpers to be closely supervised.	1. Brief to Support Group 2. Pre-plan setup to minimise hot object movement	Low
2	Hall: Registration	Trips, slips	Runners, families, visitors	Med	Ensure all doorways are kept clear and that registration desks are kept away from entry/exits.	1. Brief to Registration Team & Support Group	Low
3	Traffic: Road to start finish	Collision, RTA	Runners, families, visitors	Low	Short road section from start/finish.	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 race. WFRA Safety Rules apply throughout. Checkpoints usually manned by mountain rescue team members. One 4x4 ambulance available for response at all times.	1. Briefing and actions on NEWSAR team members will be governed by their standard working practices	Low
5	Race: Navigation	Lost, hypothermia	Runners	Med	All runners will be logged at each manned checkpoint. The course is sectioned to allow quick identification of potential missing runners.	1. Race briefing will cover basic navigation equipment required. 2. Map of race route is provided. 3. Emergency mobile phone number available to runners	Low
6	Race: Exhaustion	Over exertion	Runners	Low	Race is aimed at more experienced runners. Race is early in year so heat should not be a	1. NEWSAR standard working practices.	Low

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					problem. Trained Cas Carers available at checkpoints and start/finish. 4x4 vehicles available to transport runners who are injured/cannot continue.	2. Operate safety cutoff at Llangwyfyn car park, Moel Arthur (south) car park CP8, Moel Dywyll CP10 & Bwlch Pen Barras car park CP15. Pull runners from hill if deemed incapable of continuing.	
7	Race: Ground Conditions	Trips, slips, falls	Runners	Med	Race is aimed at more experienced runners. Experience checks will be carried out prior to race entry acceptance. Trained Cas Carers available at all checkpoints and start/finish. 4x4 vehicles available to transport runners who are injured/cannot continue.	1. NEWSAR standard working practices. 2. Experienced team members in sweep party 3. Llangwyfyn car park, Moel Arthur (south) car park CP8, Moel Dywyll CP10 & Bwlch Pen Barras car park CP15	Low
8	Race: Weather Conditions	Cold, hypothermia	Runners, Marshals, Sweep team	Med	Full WATERPROOF body covering & spare layer must be worn/carried by the runners and may be checked during registration. An extra (dry) thermal layer MUST be carried.	1. Race briefing 2. Marshal briefing 3. Clothing check WILL be enforced for all runners if classed extreme weather 4. Bad weather route may be used in extreme cases	Low