

Assessor: John Heppenstall (NEBOSH NGC) – Race Organiser

No	Hazard Area	Hazards Identified	Persons at Risk	Current Risk (High, Med, Low)	Control Measures/Description	Remaining Actions	Residual Risk (High, Med, Low)
1	General	COVID – passing or contracting	All	Med	<ul style="list-style-type: none"> <li>Minimise touch points (stiles wiped, gates marshalled open, none contact registration).</li> <li>Mandatory for all runners to carry mask during race in case of incident and will be encouraged to wear at the start area.</li> <li>Runners &amp; any supporters will be encouraged to not linger either before or after the run.</li> <li>Marshals &amp; runners briefed to keep <b>minimum of 2m distance</b> between each another unless masked (where at all possible)</li> <li>Village hall doors will be all propped open during the day allowed garden area to be used for seating.</li> </ul>	<ol style="list-style-type: none"> <li>Retain name, address &amp; start/finish list data for 4 weeks following race for contact tracing – <b>action JH</b></li> <li>Add mandatory face mask/covering to safety equipment – <b>action JH</b></li> <li>Set reminder to delete personal data in dropbox &amp; wordpress – <b>action JH</b></li> </ol>	Low
2	Registration, Start/Finish/ Summit	COVID	Runners, RO, Marshals	Med	<ul style="list-style-type: none"> <li>Minimal contact on race day. Online entry preferred.</li> <li>Payment online preferred</li> <li>Masks, gloves and sanitising gel will be issued to all reg &amp; marshals</li> <li>Sanitising gel will be available at the start/finish for all runners.</li> <li>Marshals in the start/finish/parking areas will be issued with face shields to aid better communication.</li> </ul>	<ol style="list-style-type: none"> <li>New name finish sheets needed – <b>action JH</b></li> <li>Purchase small hand gels – <b>action JH</b></li> <li>Sort race numbers &amp; pins 72 hours prior to race – <b>action JH</b></li> </ol>	Low
3	Traffic: Start finish section	Collision, RTA	Runners, families, marshals	Low	<ul style="list-style-type: none"> <li>Only Nant Gain Track and back into village on quiet road</li> </ul>	<ol style="list-style-type: none"> <li>Ensure sufficient marshals – <b>action JH</b></li> <li>Buy NEW signs (or find the old ones!) – <b>action JH</b></li> </ol>	Low

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						3. Signs deployed along road – <b>action JH</b>	
4	Race: Rough terrain	Trips, slips, falls	Runners	Med	<ul style="list-style-type: none"> <li>Marshals in communication with race control.</li> <li>First aider will be present on course.</li> <li>Mountain Rescue will be on standby as safety cover</li> <li>Emergency number provided to all runners</li> </ul>	<ol style="list-style-type: none"> <li>Ensure comms to marshals good – likely use of group WhatsApp. – <b>action JH</b></li> <li>Ensure first aider comms good - <b>action JH</b></li> <li>Ensure MR notified beforehand of full event details – <b>action JH</b></li> <li>Sort course sweep out – <b>action JH</b></li> </ol>	Low
5	Race: Navigation	Lost	Runners	Low	<ul style="list-style-type: none"> <li>All runners will be counted at marshalled points</li> <li>Map of race route provided.</li> </ul>	<ol style="list-style-type: none"> <li>Missing runners will be dealt with by Mountain Rescue safety team</li> </ol>	Low
6	Race: Exhaustion	Over exertion	Runners	Low	<ul style="list-style-type: none"> <li>CP3 is close to road head for early retirees</li> <li>Mountain rescue landrovers positioned at CP2 (covers CP4-5-6) and CP9 (summit)</li> </ul>	<ol style="list-style-type: none"> <li>Ensure spare bottled water in landrovers</li> </ol>	Low
7	Race: Weather Conditions	Cold, hypothermia, heat stroke	Runners, Marshals, Sweep team	Med	<ul style="list-style-type: none"> <li>Standard WFRA safety guidance applies.</li> <li><b>Final check on race day.</b></li> <li>Full body covering will be mandated to be worn/carried by the runners and checked at race start if weather conditions poor.</li> </ul>	<ol style="list-style-type: none"> <li>Race briefing to be issued in advance – <b>action JH</b></li> <li>Note that any retirees MUST report to finish line on brief – <b>action JH</b></li> </ol>	Low

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9	Environmental	Litter, damage	n/a	Low	<ul style="list-style-type: none"> <li>Generally fell runners are respectful of littering</li> <li>Course markers are substantial (wooden, rigid plastic or metal) – no plastic tape will be used</li> </ul>	<ol style="list-style-type: none"> <li>Sort signage out – <b>action JH</b></li> <li>Brief runners about litter – especially gel sachets – <b>action JH</b></li> </ol>	Low
10	Hall: Refreshments	Burns, scolds, cuts	Support Group, Helpers	Med	Experienced staff assigned to food prep. Any young helpers to be closely supervised.	<ol style="list-style-type: none"> <li>Brief to Support Group</li> <li>Pre-plan setup to minimise hot object movement</li> </ol>	Low
11	Hall: Registration	Trips, slips	Runners, families, visitors	Med	Ensure all doorways are kept clear and that registration desks are kept away from entry/exits.	<ol style="list-style-type: none"> <li>Brief to Registration Team &amp; Support Group</li> </ol>	Low