

Risk assessment for The Narth Run: Sunday 21 June 2015. Race organiser: The Narth Village Hall/Steve Coppel				
Hazard	Who could be harmed?	Level of Risk (H/M/L)	Controls	Comments
Struck by motor vehicles - in car parking areas, and while walking on country roads (Narth Lane) to and from the start/finish. Race headquarters, with toilet and changing facilities, will be at The Narth Village Hall.	Participants, spectators, organisers (marshals)	L	The races themselves are entirely off road, and the only vehicles in the woods will be support vehicles for the event. "Caution, pedestrians in road" signs on the surrounding roads, plus supervision on the access road to the start/finish and in car parks by marshals wearing high vis jackets. First aid provision is by the Severn Area Rescue Association (SARA).	The risk assessment will be available on the website. Participants will be briefed when collecting race numbers on the day. All marshals will wear high vis jackets.
Injury from slips, trips, falls while running, spectating, or otherwise participating in the event. The terrain (forest tracks and paths) is uneven, steep in places, and, depending on the weather, may be muddy and slippery in places	Participants, spectators, organisers (marshals)	L	Runners will be briefed by the race organiser. A risk assessment on the day will be carried out to identify any particular slip, trip, fall hazards that may need to be specifically highlighted. In the event of an accident, marshals around the course will use mobile phones to summon first aid assistance. First aid provision is by the Severn Area Rescue Association (SARA).	The risk assessment will be available on the website. Participants will be briefed when collecting race numbers on the day. All marshals will wear high vis jackets
Runners getting lost	Participants	L	Runners will be briefed on the various courses on the day, with maps available at Race HQ. The courses will be marked with prominent signs. Marshals will be located at key points around the course, and particularly where there is a change of direction.	The risk assessment and course details will be available on the website. Participants will be briefed when collecting race numbers on the day. All marshals will wear high vis jackets

			Runners will be booked in on the day and issued with race numbers, and logged back in at the finish of each race. In the event of a missing person, marshals will check progress of lost runners and then carry out a sweep of the course. In any event, one of the marshals will be tasked to carry out a sweep of the course after each race. First aid provision is by the Severn Area Rescue Association (SARA).	
Runners sustaining running related and other conditions (e.g. joint and muscle injuries, heatstroke if the weather is hot)	Participants	L	Drinks stations will be provided at the start and finish. The weather forecast will be checked prior to the event and runners briefed accordingly on the day. All runners (or their parents for under 18's) must sign a declaration that they are fit to compete as an essential pre-requisite to taking part. In the event of an adverse incident, marshals around the course will use mobile phones to summon first aid assistance. First aid provision is by the Severn Area Rescue Association (SARA).	All the races involve hills, those for the 10K race in particular are challenging. The risk assessment and course details will be available on the website. Participants will be briefed when collecting race numbers on the day. All marshals will wear high vis jackets
Struck by motor vehicles used in connection with the event or by runners, spectators, or marshals.	Other users of the forest (for example walkers, cyclists, horse riders, motor cyclists, forestry contractors)	L	The event will be notified to local media in advance of the event. To assist in ensuring ensure that other users are made aware that the event is taking place, notices	It will be immediately obvious to other users of the forest that a running event is taking place, and it seems reasonable to assume that

			<p>will be posted approximately 2 weeks in advance of the event at entry points to the forest advising those accessing the forest that the event is to take place. Marshals will be positioned around the course at key points, and will similarly advise other users of the forest. High vis tape and signs used to help direct runners will also serve to alert other users of the forest that an event is taking place. Vehicles used in connection with the event will only be in motion during the event in the case of an emergency or to locate a missing runner. Drivers will take reasonable care if that situation arises.</p>	<p>they will themselves take reasonable care for their own safety. Presumably NRW will ensure that motor cyclists and forestry contractors are excluded.</p>
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