

Risk Assessment - XX Race, [insert race date]

[insert date that initial and updated risk assessments have been completed - version numbers may be helpful for audit trail purposes]

Hazards/ Risks	Existing Actions or Measures to address the identified hazard/ risk	Severity	Likelihood	Additional Actions required to address identified risk
Hypothermia	Runners: Minimum kit requirements, (in accordance with WFRA Safety Policy) will be requested. WFRA members only ruling ensures appropriate experience. Race Organiser and in extremis, emergency services. Race entry will be restricted to only those competitors with demonstrable mountain experience, including navigation skills and experience of competing in endurance First aid kits at race start/ finish Race will be modified in case of bad weather (shortened version) and abandoned in the event of extreme weather, e.g severe storm.	Major	Remote	Clear safety briefing at start of race
Heat Exhaustion	Runners: Only experienced competitors will be permitted to participate Weather in [July] may be hot - runners advised to take water with them.	Major	Possible	Some limited water to be made available at race finish
Dehydration	Weather in [July] may be hot. The race is short and dehydration unlikely to be a significant factor. Running on tops is often cool when it is hot in the valley.	Moderate	Remote	None required
Lost/off route	Race maps provided/ route adequately described Marshals located at key points Route is partially marked Robust arrangements for counting runners at start/ finish	Major	Possible	At race registration inform competitors that navigational skills are required and ensure you report back to RO before going off home

Transmission of Covid 19	Competitors instruted to comply with Government legislation and guidance in respect of travelling, social distancing, personal hygiene, PPE, self-isolation and those showing symptoms of Covid-19 Race is pre-entry only with no/ minimal contact (in respect of collecting race numbers etc) on the day All competiors required to bring (and use) a facemask when not competing All marhsals to be instructed to keep at least 2m awat from competiors Race to be on a time trial/ staggered start basis which minimises contact at start/ finish and on the course	Major	Remote	The Race Organiser will check the latest Covid 19 rules and guidance immediately prior to the race and take appropriate additional action Any local outbreak of Covid-19 will be monitored and a decision taken whether to postpone the race
Runners injured/ immobilied on the course	All competitors to carry whistle, other safety equipment and kit to summon help. Competitors advised that, if possible, to make their way to the nearest marshalling point or get off the hill asap Competitors to be reminded that Initial assistance to raise the alarm is by other competitors. Basic club first aid kit will be at the finish & at HQ. Marshals are experienced and carry basic first aid kit	Moderate	Possible	None required
Runner unaccounted for	If someone is missing search party/posse of finished runners will seqearch over route. Runners may carry mobile phones and will have the Race Organisers emergency telephone number.	Moderate	Possible	None required
Injury - Slip/Trip/Fall/twisted ankle	Runners: Fell or trail shoes recommended; type of terrain/conditions advised beforehand, and on day to competitors; first aiders who are participants available. Comppetitors will be reminded of the need to modulate their speed in accordance with the terrain around them.The ethos of fell running is that runners must help others in distress	Moderate	Possible	None required
Inury - Break	Fell or trail shoes or boots recommended; type of terrain/conditions communicated; Emergency Services contactable.	Moderate	Remote	None required
Heart Attack	Runner responsible for assessing own health and fitness levels.	Major	Remote	None required
Injury - Fall from Height	Communicate known hazards such as steep terrain; the race route does not have any hazardous/ precipitous cliffs; race route follows established paths	Major	Remote	None required
Injury - Collision with vehicle	No roads are crossed	Moderate	Remote	None required

Colliding with Public on foot/bike	Fell runners are remarkably polite/ there are no pinch points on race route.	Minor	Remote	None required
Environmental damage	Competitors are advised of the absolute need to: 1. only cross walls/ fences at stiles/ gates and all gates closed after passage. Any breach will lead to disqualification and disciplinary action taken. 2. Litter: All competitors will be experienced mountaineers with a deep abiding passion for the outdoors/ abhorrence of litter on the hills	Moderate	Possible	None required
Sheep worrying	No dogs allowed.	Moderate	Remote	None required
Drowning/ injury	No major streams are crossed.	Minor	Remote	None required