

Risk Assessment

The Icebug Backyard Trail Run

22nd April 2022

HAZARD	RISK	RISK LEVEL	RISK GROUPS	CONTROL MEASURES
Running on uneven ground/ Slips/ Trips/ Falls	Cuts/ Bruises/ Strains/ Sprains	Medium	Competitors	<p>Health and Safety briefing provided to all persons involved with update on ground and weather conditions, rough ground conditions on paths and tracks highlighted in briefing.</p> <p>Kit advice provided for clothing/rugged boots or running shoes to be worn Full route checked on 22/4/22 by Surrey Trek and Run representatives, amended as a result.</p> <p>All competitors provided with contact phone numbers in case of emergency, support arrangements en route for injured/ excessively fatigued competitors.</p> <p>Variability of phone signal to be highlighted, competitors will be asked to inform a marshal if they see any distressed runners.</p> <p>Risk assessment available online</p>
Collision with Horses/ Bikes	Cuts/ Bruises/ Broken Bones	Low	Competitors	<p>Hazard to be highlighted to competitors in H & S briefing, all first aid and emergency service support to be coordinated from central control point by Surrey Trek and Run Event Director, marshals and participants to contact Event Director about any injury or ill health issues, First Aid Kits at Control Point at the top of Pitch Hill section.</p>
Road Crossings	Road Vehicles	Low	Competitors/Marshalls	<p>There is a short section of road between the Peaslake Village Hall and Walking Bottom car park. This section will be marshalled and in the event of excess traffic a section of trail can be found running parallel with the road towards Walking Bottom car park, this add another 50 metres to the distance.</p>
Dehydration/ Fatigue/	Fainting/ Collapse	Low	Competitors/Marshalls	<p>Competitors provided with advice on hydration/ refreshments/ suitable clothing</p> <p>Water point at Peaslake Village Hall only.</p>

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Way finding	Lost persons	Low	Competitors	<p>Emergency First Aid will be available at the event base location at the top of Pitch Hill.</p> <p>Route indicated clearly on provided .gpx file and with marker tape & signs where appropriate.</p> <p>All participants must inform a Surrey Trek and Run representative at the earliest opportunity should they withdraw from the event and before leaving the venue</p> <p>All groups/ competitors provided with prior online access to .gpx file with the route marked.</p> <p>All competitors provided with contact phone numbers for access to directions and advice, variability of phone signal to be highlighted.</p> <p>Marshalled checkpoints at strategic points</p> <p>Route amended 22/4/2022, .gpx file updated 18/4/2022</p>
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