



## Risk Assessment: Speyside Way Ultra

Date:	Assessed by:	Location:	Updated Review:
21/07/2020	Kyle Greig	Speyside Way	09/11/2020

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom
Risk of Falling/Slipping on steep or slippery surface	Runners may be injured by falling/tripping/slipping on uneven surfaces, man made and natural surfaces. Snow and ice might be possible.	Safety briefing before the race starts to indicate potential hazards on the course and highlight responsibilities. Recommend to runners that they wear appropriate footwear, ideally trail running shoes or running shoes with grips. Select and plan the route to follow, as far as possible, well established paths that are free from uneven or hazardous terrain. Tell runners in front to warn those behind of rutted, uneven or slippery ground. Runners will be reminded to take care when changing levels e.g. descending from curbs and to walk if conditions are particularly difficult. Runners will be reminded to run carefully and responsibly, keeping a sensible distance between themselves and the runner ahead of them.	L	<ul style="list-style-type: none"> <li>Assess the course on the morning of the race and put warning signs in place. Reroute to avoid slippery/particularly uneven areas. An assessment of the need for further controls/cancellation of the event will take place as appropriate.</li> </ul>	L	



<p><b>Overtaking on the course and accidents</b></p>	<p>Runners overtaking and being injured caused by bumping, jostling or tripping</p>	<ul style="list-style-type: none"> <li>This will be covered in the safety briefing before the race to indicate potential hazards on the course and highlight responsibilities. Release runners in waves of similar standard to minimise overtaking. Issue instructions to advise runners to call out to the runner in front if passing. Inform runners that are being overtaken to leave space to pass. Runners will be reminded to run carefully and responsibly, keeping a sensible distance between themselves and the runner ahead of them. Providing a wide start line which eventually funnels into a narrower path.</li> </ul>	<p>L</p>		<p>L</p>	
<p><b>Getting lost</b></p>	<p>Participants, marshals spectators, race organisers may steer of course</p>	<ul style="list-style-type: none"> <li>Maps and instructions issued to all marshals and participant's information packs. Use of signs and marshals on the course to direct runners. Race organisers/marshals to be familiar with area and route</li> </ul>	<p>L</p>		<p>L</p>	
<p><b>Animals and interaction between the runners/marshal</b></p>		<ul style="list-style-type: none"> <li>Race organisers will consult with farmer, venue staff and other relevant parties when planning the course route. If applicable, remind participants to observe animals before</li> </ul>	<p>L</p>	<ul style="list-style-type: none"> <li>Assess the course on the morning of the race. An assessment of the need for further controls/cancellation of</li> </ul>	<p>L</p>	



		entering field - if any aggressive behaviour observed choose alternative route. Course planned to avoid animals as far as possible. Dogs will remain on a lead at all times and be under the control of the handler. Dogs considered not to be under appropriate control or that in the opinion of race organisers present a risk, will be asked to leave the event.		the event will take place as appropriate.	
Overgrown vegetation/Brambles/ Nettles	Runners/marshals may sustain an injury	<ul style="list-style-type: none"> <li>Warn runners if route is expected to be particularly overgrown</li> </ul>	L	<ul style="list-style-type: none"> <li>Inspect route on the morning of the run - if route is impassable take an alternative.</li> </ul>	
Dogs	Runners may be injured by the actions of uncontrolled dogs	<ul style="list-style-type: none"> <li>Race briefing verbal and electronic will be giving to runners/marshals</li> <li>Additional care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.</li> </ul>	L		L
	Runners may become hypothermic before/during and after the race	<ul style="list-style-type: none"> <li>Advise runners to wear clothes appropriate to conditions. Participants will be encouraged to warm up thoroughly in cold weather to avoid muscle</li> </ul>	L	<ul style="list-style-type: none"> <li>Assess the weather on the morning of the race. Secondary effects from adverse weather including: flooding, mud, thunder and</li> </ul>	L



<p>Hot/Cold/Stormy Weather</p>		<p>injuries. Recommend that runners use sun cream if required. Information issued pre event informing runners of the nature and difficulty level of the run, the route being taken and the need for runners to be fit enough to participate. First Aid/medical facilities available. Care should be taken to avoid patches of ice. In cold weather, access to a warm area and hot drinks will be available. Water stops for dogs and runners around the course to avoid dehydration. Weather to be monitored by the race organisers. If conditions are extreme - run to be postponed/cancelled at discretion of race organisers.</p>		<p>lightning, fog etc may result in the need to dynamically assess the controls laid out within this assessment.</p>		
<p>Risk of Falling/Slipping on steep or slippery surface</p>	<p>Runners may be injured by falling/tripping/slipping on uneven surfaces, man made and natural surfaces. Snow and ice might be possible.</p>	<ul style="list-style-type: none"> <li>• Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Walk if conditions are particularly difficult.</li> <li>• Race briefing verbal and electronic will be giving to runners/marshalls</li> </ul>	<p>L</p>	<ul style="list-style-type: none"> <li>• If conditions are slippery, ensure high risk areas are gritted. Runners may be required to wear trail shoes with additional grip. Alter/shorten course if risk is high.</li> </ul>	<p>L</p>	



<p><b>Bad Light</b></p>	<p>Runners may be injured due to poor visibility during the race</p>	<ul style="list-style-type: none"> <li>• Race briefing verbal and electronic will be giving to runners/marshalls and advised to wear a headtorch for first 1 hour</li> </ul>	<p>L</p>		<p>L</p>	
<p><b>COVID-19</b></p>	<p>Runners, contractors, spectatoters and/or marshalls may contract COVID-19</p>	<p><b>Pre Event</b></p> <ul style="list-style-type: none"> <li>• Refer to Government Guidance at all times and adapt as necessary</li> <li>• Refer to Scottish Athletics Guidance at all times and adapt as necessary</li> <li>• Refer to Land &amp; Forestry Commission Guidance at all times and adapt as necessary</li> <li>• Lockdown entries to ensure accurate athlete info/data</li> <li>• Review entrant list - any lockdown measures that prevent them from travelling?</li> <li>• Flexible cancellation / defer policy for runners - full refund</li> <li>• Limit race to 170 runners / Max 200 attendees at venue at one time</li> <li>• Share COVID-19 measures with runners in plenty time</li> </ul>	<p>L</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> November – All tier 3 &amp; 4 runners have been contacted and informed that they cannot take part. Refunds/Deferrals offered.</li> <li>• Review tiers on 10<sup>th</sup> November again.</li> <li>• 130 runners now taken part.</li> <li>• Waves are 12 per runners every 5 minutes. From fast to slow.</li> </ul>	<p>L</p>	



		<ul style="list-style-type: none"> <li>• Virtual Mandatory Briefing with all runners - online video / email / FAQ's</li> <li>• Medical / COVID-19 Declaration</li> <li>• Liaise with COVID-19 Officer</li> <li>• Liaise with Race Medic Officer</li> <li>• Stay up to date with current guidance</li> <li>• Communicate - no spectators</li> <li>• Contact local emergency and health services to ensure they are aware of event and potential ramifications</li> <li>• No race registration - issue race bibs via post</li> <li>• Race wave start allocations - implement and communicate</li> <li>• 2 days prior - final postcode check</li> <li>• Registration</li> <li>• ID Required for runners upon bib collection - no ID/no race</li> <li>• Staggered registration - one way system in place / facemasks / social distancing / outdoor space or large area</li> </ul>		<ul style="list-style-type: none"> <li>• Taken place on Wednesday 11<sup>th</sup> November.</li> </ul>		
				<ul style="list-style-type: none"> <li>• Not required</li> </ul>		



- Socially distanced volunteers at registration along with athletes maintaining this should there be a queue
- Mandatory Temperature checks for all athletes / volunteers
- Sterile safety pins and bibs on race registration

**Bus Travel from Registration to Start**

- Additional buses to ensure socially distancing
- Liase with bus company to adhere to COVID-19 measures
- Facemasks to be worn during waiting for bus and travel
- Runners to bring only essential equipment
- Ensure each bus is numbered and runners know what bus to get on to ensure efficient process. To work in conjunction with wave starts.
- Socially distanced queue for each bus

- Max 24 runners in each 52 seater bus
- Runners to be race ready when on bus



- Hygeine stations upon entry/exit of bus
- Start Line at Cragganmore Distillery**
- Minimal numbers at starts area – waves will allow less runners at one given time.
  - Mandatory Temperature checks for all athletes / volunteers
  - Sufficient portaloos consistently disinfected at start - spaced out to avoid queues and encouraged to use only if absolutely necessary
  - Area to be outdoor only
  - Additional lighting due to start timing
  - Large outdoor area to accommodate athletes and to adhere to social distancing / face masks to be worn
  - Loud tannoy system for any emergency communication and adhere to social distancing
  - Map of area and adequate signage of locations - info point /





bag drop / start area / signs to say social distance / face masks on

- Bag drop - one way system where athlete given clear sterile plastic with bib number to put items in
- Pre-designated waves from fast to slow every 5 mins, where runners start at least 1m apart and with face coverings on.
- Start schedule will be drawn up where and when to congregate for their start wave.
- Seeded by predicted time
- Athletes in each wave will go into 'warm up/drop bag' area and then proceed to start line when wave is called

**Race Route**

- Clear markings to navigate effectively
- Must wear face mask at start and carry with them throughout race
- Runners must bring debit/credit card in event



they pull out and covid  
'no car sharing' policy

- Runners must bring their own fuel - only water will be provided at aid stations and in bottle form
- Fuel stops extremely limited - 1 or 2 marshalls spaced out with face masks, with separated individually packaged water / cereal bars
- Route marshalls wearing high viz attire and face masks on
- Runners encouraged to leave a 1m gap between each other and, if passing, leave at least a metre in width
- Runners cannot run together or will incur penalties
- No touchpoints on course

**Finish Line**

- As soon as line is crossed, runners encouraged to move away from the area as soon as possible



- No spectators allowed at finish area
- All assistants wearing face masks when in close proximity with others
- Runners collect finisher's prize from table as soon as they leave finish line area - hand sanitiser prior to collection
- Winners' prizes given within 15minutes of crossing the line, with hand sanitiser provided before and after collection
- Summary of race, prizes and results given via email to eliminate congregating at finish area

**Post Event**

- Virtual/e-comms debrief with volunteers
- Ensure participant info is updated and stored in the event of track and trace
- Take down of signage with hygiene measures in place



		<ul style="list-style-type: none"> <li>Ensure no litter left behind</li> </ul>			
Traffic	Participants, Spectators & Marshalls may be struck by a vehicle	<ul style="list-style-type: none"> <li>Recommend that participants wear bright / reflective clothing and that if forced to run on the road, stay to the right (facing traffic).</li> <li>Everybody advised to check for traffic, don't just follow the crowd.</li> <li>Plan route with minimal risk of crossing roads.</li> <li>Lead runners to shout warning to those following if there is traffic on the course.</li> <li>The police will be informed that the event is taking place. Advice will be sought from the police of any issues.</li> <li>In the event of a road crossing, there will be marshals wearing Hi Viz clothing. Warning signs will also be put up either side of the crossing to warn oncoming traffic and participants</li> <li>will be warned by race organisers.</li> </ul>	L		L
Unexpected hazards on the course eg. Fallen trees/walls	Runners/Marshalls/Spectators are at risk	<ul style="list-style-type: none"> <li>Course inspection on the morning of the race to minimise unexpected obstacles - consider rerouting if required.</li> </ul>	L		L



		<ul style="list-style-type: none"> <li>• Race organisers and marshals to advise of any unexpected hazards which they come across e.g. roadworks, cyclists, bollards,, overhanging foliage, dog mess, road signs, fallen trees, fallen walls holes and kerbs.</li> <li>• Race leaders will be advised to shout warnings to those behind.</li> </ul>				
<p>Untreated injuries / illness due to inadequate medical provision</p>	<p>Runners, marshals and spectators may become injured or ill during the event</p>	<ul style="list-style-type: none"> <li>• An appointed First Aider will be present and mobile at all times before, during and after the event.</li> <li>• Action plan in place to get the sick/injured people treated as quickly as possible. Marshals will be positioned at regular intervals around the course and briefed.</li> </ul>	L		L	
<p>Common Injuries associated with ultra running</p>	<p>Common Injuries associated with ultra running</p>	<p>Runners and marshals may suffer from Sprains, strains, pulled muscles, dehydration etc)</p>	L		L	