



Medical Risk assessment Wroxham 5K Race 5/07/2023

Date:	Assessed by:	Location :	Review :
26/07/2023	David Field	Tunstead Road Wroxham	After race.

What are the Hazards?	Who might be harmed and how?	What are you already doing?	What further action is required	Action by whom	Target date	Complete
obstacles and hazards on course	The course is run on public roads in Hoveton and runners may fall, slip or injure themselves on uneven roads There could be obstacles on road such as branches etc	<ul style="list-style-type: none"> Course would have been checked for major obstacles when covered by NRR volunteers delivering local leaflets and setting up signs etc 	<ul style="list-style-type: none"> Course to be checked on the afternoon of race and any known obstacles removed, orange warning cones placed near or on tree roots considered dangerous 	Marshals and Health and Safety officer	day or race	
Pre existing medical conditions	Competitor and volunteers	<ul style="list-style-type: none"> All race numbers that have been posted have form on reverse for recording medical conditions 	<ul style="list-style-type: none"> included on public address on the day 	Race director	day of race.	
Unfit competitors	Competitors		<ul style="list-style-type: none"> include in Public announcement that although this race is only 5K runners should be aware of their fitness levels. 	Race Director	Day of race	

NORWICH



ROAD RUNNERS



<i>What are the Hazards?</i>	<i>Who might be harmed and how?</i>	<i>What are you already doing?</i>	<i>What further action is required</i>	<i>Action by whom</i>	<i>Target date</i>	<i>Complete</i>
Adverse weather	Competitors, marshals visitors	<ul style="list-style-type: none"> School buildings available for cover 	<ul style="list-style-type: none"> Check weather forecasts in days before event and take any action 	Health and Safety officer	week before race	
Medical assistance required	Competitors, marshals, visitors	A professional medical provider has already been booked for the event and booking confirmed, The provider meets the requirements laid down by UKA	<p>All marshals to be issued with lanyard with their position identification and race directors mobile number.</p> <p>Race director and health and safety officer to have providers numbers</p>			
illness requiring treatment	Competitors, marshals ,visitors	1 ambulance with 2 x ambulance personnel (located at finish line), plus 1 x first aid post with two first aiders (located on route)	Marshals to be advised of this facility	Head marshal	Day of race.	
illness requiring hospitalisation	Competitors, marshals ,visitors	<p>The site has good access for an emergency vehicle to enter the grounds without hinderance</p> <p>Norfolk and Norwich Hospital is the nearest hospital and the site has good main road links</p> <p>If in the unlikely event of Air Ambulance being required This is based at Norwich airport within a few flying minutes,</p>	Marshals to be advised of this facility	Head Marshal	Day of race	

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Dehydration	Competitors, marshals and spectators if weather is hot or for other reasons		Water will be supplied to all runners after the race. Marshals at furthest race points to hold emergency water. A first aid tent and driver available	Head Marshal	day of race	
the need to move a casualty or get to a casualty	Competitors, marshals visitors	Ambulance available provided by medical provider is based at school and access is course is good,	Check that all medical proviso are on hand before race starts	Health and Safety officer	Day of race	

NB Copy and paste rows as required