



## Risk Assessment: Wroxham 5K 5/07/2023

|              |                     |                               |                 |
|--------------|---------------------|-------------------------------|-----------------|
| <b>Date:</b> | <b>Assessed by:</b> | <b>Location :</b>             | <b>Review :</b> |
| 26/06/2023   | David Field         | Tunstead Road Hoveton Norwich | After Race      |

| <b>What are the Hazards?</b>                                 | <b>Who might be harmed and how?</b>                                   | <b>What are you already doing?</b>  | <b>Risk Rating</b> | <b>What else can you do to control this risk?</b> | <b>Resultant Risk Rating</b> | <b>Action by whom</b> | <b>Target date</b> | <b>Complete</b> |
|--|---|---|--------------------|---|------------------------------|-----------------------|--------------------|-----------------|
| Potential car accidents while slowing down to find car parks | Competitors and staff by injuries consistent with minor car accidents | Marshals at entrance to both Long term Roys car park for competitors and primary school for race marshals etc | L                  | Consider risk is minimal                          | L                            | Head Marshal          | 5/07/2023          |                 |
| Crossing busy roads to access start area                     | Competitors and staff injured or killed by cars                       | Marshals are on hand on the roads to warn people of oncoming cars if necessary                                | L                  | Consider risk is minimal                          | L                            | Head Marshal          | 5/07/2023          |                 |

|   |   |   |   |  |   |              |           |   |
|---|---|---|---|--|---|--------------|-----------|---|
| Cars driving on roads when race starts and finishes | Competitors and staff injured or killed by cars | A road closure will be in place between 1800 and 2000 hours on Tunstead Road and Stone Lane enforced by a professional road closure company | H | Have sufficient marshals at all road crossing areas to warn runners where necessary. Marshals will be advised that they are not permitted to control traffic on a public highway | M | Head Marshal | 5/07/2023 | 3 |
|---|---|---|---|--|---|--------------|-----------|---|

|                               |  |  |   |   |   |               |           |  |
|-------------------------------|--|--|---|---|---|---------------|-----------|--|
| Extreme weather conditions    | Competitors and staff subject to lightning strikes               | if weather forecast indicates potential for lightning strikes or dangerous flooding race will be called off        | H | Nil. Extreme weather dictates action, Long term forecast as at 26/06/2023 18/19 degrees partly cloudy | L | Race Director | 5/07/2023 |  |
| Hot Weather                   | Competitors, spectators and marshals affected by heat exhaustion | Water bottles supplied at race finish and an ambulance crewed by qualified medical staff available                 | M | Marshals to carry some water at all marshals points   | L | Head Marshal  | 5/07/2023 |  |
| Physical injury or ill health | Competitors and marshals   | Ambulance crew crewed by qualified medical staff available at Start/ Finish. All marshals will have contact number | M | Head Marshal to find out which marshals have had First Aid training through the club or other         | L | Head Marshal  | 5/07/2023 |  |