

THE CHARM BRACELET MARATHON RISK ASSESSMENT MAY 2024

Hazards?	Who might be harmed?	Evaluate the Risks – What are we doing already	What further Action is necessary	Action by whom	Action By when	Complete - Yes (Y/N)
Trip Hazards	Entrants travel over varied and uneven terrain and could trip, slip or fall.	The Course is run on public footpaths and public rights of way. There is a possibility that participants may injure themselves especially when tripping, however all participants are aware of the risk	Race paramedic to be in attendance with vehicle that can be used to care for participants and/or extract them from the course	FA	Race Day	
Bad Weather	Participants and volunteers	A compulsory it list is required Hat/gloves Waterproof jacket with hood and taped seams Min.500ml of fluid. Headtorch/torch Whistle Survival Bag Mobile phone RD phone number to be stored on phone. Emergency food	There will be a kit check at the at the start of the race. Kit to be carried at all times. Entry is dependent on participants accepting they are carrying the required kit.	RN,MA,RD	Race Day	
Members of the Public on the course.	Participants and members of the public could collide on narrow trails.	Participants will be sharing footpaths with members of the public. Generally, members the public will stand aside to let runners through – however this may not always be assumed.	Participants must respect other users of the route and will be reminded of this during the morning race briefing.	RN/RD	Race Day	

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Livestock	Participants could come into close contact with livestock that could be aggressive if with young.	Some fields may contain livestock.	Participants advised in the pre-race brief which will be sent to them the week before the event and will repeated on the day.	RN	Race Day and Pre-Race Pack	
Road Crossings	Participants could be hit by traffic.	At all major road crossings during the race, there is a risk of traffic.	Marshal to stop the runner from crossing until it is safe to do so.	MA	Race Day	
Checkpoint	Participants could become dehydrated or exhausted	Check points will offer food and drink to supplement participants own provisions. This is to counter participants not having enough fuel/water to complete the event.	Check point marshals to use their own discretion as to whether or not to let a participant continue	MA	Race Day	
Participants falling due to illness or lack of fitness	If unaccounted for, participants could become ill or exhausted and more likely to be prone to injury	Race number issued and recorded at check points. If a participant has to retire, they are required to do so only at a manned check point where their race number will be retained by a marshal and information will be communicated to race HQ. Participants to be transported by a marshal to the race finish.	Race day brief Emphasis placed on the decisions of the marshals or sweepers as being final. Failure to comply with marshal's judgement on race fitness at check	All	Race Day	

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		<p>Sweepers who travel on foot on the course to ensure everyone is accounted for. If anyone is injured, the sweeper can call for assistance.</p> <p>Runners to be checked off the participant list at each check point to ensure all are accounted for.</p> <p>After the last participant and sweeper has passed through the check point, the race numbers will be cross referenced to ensure all participants are accounted for, and any relevant information will be relayed to the next check point and the Race Director.</p>	points will result in disqualification.	SW/MA	Race Day	
Emergency Contacts	Police	101				
	Hospitals	Whitby – 01947 604851 James Cook – 01642 850850				

RD – Race Director

FA – First Aider (Julian Hall First Aid Medical Cover)

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MA – Marshal

RN – Runner

SW – Sweeper