

BP10 2019 Medical Risk Assessment

This template is based on the current advice of the Health & Safety Executive as published in their guidance notes 'Five Steps to Risk Assessment INDG 163'. A digital copy can be found on their website at: <http://www.hse.gov.uk/pubns/indg163.pdf>

- Step 1 Identify the hazards
- Step 2 Decide who might be harmed and how/where
- Step 3 Evaluate the risks and decide on precautions
- Step 4 Record your findings and implement them
- Step 5 Review your assessment and update if necessary

MEDICAL RISK ASSESSMENT BP10								
					SAFETY PLAN			
					4. How will you put the assessment into action Remember to prioritise. Deal with those hazards that are high-risk and have serious consequences first			
1. What are the hazards	Risk Rating H/M/L	2. Who might be harmed & how	3a. What are you already doing (i.e. pre-event controls)	3b. What further action is required (event day controls)	Resultant Risk Rating M/L	Action by Who	Action by when	Date completed
Athletes: 1. Coming into contact with vehicles	H	1. Athlete / Motorist Knocked over Contact with vehicle	1. Keep runners 'off road' until the last minute. 1.1. Instructing athletes to keep left and run in single file. 1.2. Segregate finish area from traffic (create a funnel)	1. Brief athletes at the start. 1.1. Put out advisory signs on the course. 1.2. Instruct Marshals to tell runners to keep left.	M	JS/RT/MK	Pre Event and On the day	

2. Collapsing during the event	H	2. Athletes and Spectators	2. Bring to athletes attention in pre-race material that they should not race if they are feeling unwell or have a known medical condition and should hydrate well during the race	2. Instruct Marshals to administer care and control and call for Medical response 2.1 Drink stations at 6k, 8K and at the finish (extra drink station at 2.5 K if over 25 degrees	M	RT/JS/ St John Ambulance	Pre Event and On the day	
3. Collapsing with known medical condition	H	3. Athletes	3. Bring to athletes attention in pre-race material that they should inform the Race Director of any known medical condition and write it on the back of the race number.	3. Section on the entry form and pre-race material that they should inform the Race director plus rear of race number 3.1 Instruct Marshals to administer care and control and call for Medical response	M	RT/Race Director/ St John Ambulance	Pre Event and On the day	
4. Coming into contact with Street Furniture and Road Calming	M	4. Athletes and Spectators. Trips and Falls, cuts and bruising	4. Bring to athletes attention in pre-race material.	4. Signing areas and obstacles and using Marshals to stand in front of street furniture/ wrap sharp objects and posts with carpet.	L	RT/JS/DW	Pre Event and On the day	
5. Blisters & Strains	M	5. Athletes	5. Bring to athletes attention in pre-race material.	5. Instruct Marshals to administer care and control and call for Medical response	L	St John Ambulance /Marshals	Pre Event and On the day	

6. Adverse weather – unseasonably hot/humid	M	6. Competitors, volunteers & spectators	6. Sensible start time for event. Monitor weather reports. Implement adverse weather plan.	6. Provide additional drinking water, shade for first aid posts & ice for treatment area/s. Experienced marshals in finish area. Co-ordination of activities to be agreed in advance with medical team	L	Race Director/ Marshals	On implementation of adverse hot weather plan	
7. Adverse weather – unseasonably hot/humid (2)	M	7. Competitors, volunteers & spectators	7. Chose sensible date & start time for event. Monitor weather reports. Implement adverse weather plan. Consider changing start time, race distance or cancelling race	7. Provide foil blankets, shelter & hot drinks to finishers, first aid posts & treatment area/s. Experienced marshals to be provided in finish area. Co-ordination of activities to be agreed in advance with medical team	L	RT/JS	On implementation of adverse hot weather plan	
8. Use public address system and megaphone to communicate race day instructions to competitors	M	8. Competitors, volunteers & spectators		8. Pre-race briefing to commentator on race day public announcements. Ensure sound levels do not interfere with marshals & medical team in finish area. Discourage sprint finishes	L	Race Director/ Marshals/ Public Address Announce	On implementation of adverse hot weather plan	
9. Assessment of appropriate	H	9. Competitors, volunteers &	9. Provide first aid and medical services in		M	MK/RT/JS	Pre Event and On	Complete

medical cover		spectators	accordance with UKA Good Practice Guide to Medical Services				the day	
10. Qualified First Aiders	H	10. Competitors, volunteers & spectators	10. St John Ambulance and other trained volunteers, i.e. Explorers, on route	10. The provision of supplemental first aid by qualified event team volunteers is covered by UKA	M	St John Ambulance	Pre Event and On the day	Complete
11. Confirm A&E to receive casualties. 11.1 Confirm ambulance service to attend and evacuate critical casualties at event on 999 call.	H	11. Competitors, volunteers & spectators	11. Watford General informed. 11.1 Inform local authority Safety Advisory Group.	11. All marshals and officials informed, including St John Ambulance 11.1 All marshals and officials informed of procedures, St John Ambulance		RT/JS/DS	not req. as under 500 runners UKA athletics	
12. Check reliability of mobile phone network coverage & radio reception on course & start/finish.	H	12. Competitors, volunteers & spectators	12. Mobile network checked. Supplemented with TIME TO RUN walkie talkie radio communications to St John Ambulance	12. All marshals and officials informed of procedures, including St John Ambulance		DS	Pre Event and On the day	
13. Confirm procedures in place to ensure first aid in place	H	13. Competitors, volunteers & spectators	13. Reporting procedure for race day. Contact phone numbers exchanged			JS	Pre Event and On the day	

