

**Peak Raid 3 Mini Mountain Marathon**  
**Taking place under FRA rules and license terms**

**Risk Assessment**

Date of event: 11<sup>th</sup> October 2020

Location of event centre: Dowall Hall Farm, Derbyshire. SK17 ORW

Event officials: Course planner Paul Addison  
Race organiser Andy Jackson

Accident and Emergency: Chesterfield, Top Road, Calow. S44 5BL  
Derby, Uttoxeter Road DE22 3NE  
Stockport, Stepping Hill Hospital, Poplar Grove. SK2 7JE  
Sheffield, Royal Hallamshire Hospital, Glossop Rd, S10 2JF

NHS Direct: phone 111

This risk assessment is in 2 sections, the first details the general safety conditions associated with staging of a Peak Raid3 event, the second details the COVID19 specific hazards, risks and mitigations.

Peak Raid 3 is a three-hour score event based on foot paths and open country. During a score event competitors are given a map containing the location of approximately 15 control sites. Each control site is worth a set number of points. The competitor has to plan a route that maximises the number of points collected whilst ensuring that they can return to the event centre and finish inside the three-hour deadline.

If they return after the deadline points are lost. This helps to ensure that all competitors return within the set time limit. The event requires the competitor to be a competent navigator and to have sufficient mountain craft to ensure that they can safely and accurately travel across a variety of upland terrain i.e. steep slopes rocky terrain and slippery conditions and to be sufficiently flexible in route planning to take into account fitness, changing weather, navigational challenges and other variables that may hinder progress.

The terrain may vary from rough off path fell to good quality tracks and minor roads. There are no marshals in the area during the event. Competitors are tracked using gps technology to ensure compliance with out of bounds areas. The first competitors start at 8am and the last start time is 10am. All should have safely returned by 1pm.

The organising team are experienced orienteers and fell runners each with over 30 years' experience competing throughout the UK and Europe. They have competed in and completed many mountain marathons including Karrimor International Mountain Marathons, Original Mountain Marathons, Rab, Saunders, Kong MM and Peak Raid events. They have also planned, organised and controlled a significant number of orienteering events.

Persons at risk: Competitors **C**, Event Organising Team **T**, Members of Public **P**.

## General Race Safety Assessment

Hazard	Likelihood/ severity	Mitigation
Hyperthermia and dehydration	Very low likelihood <b>C</b>	<ul style="list-style-type: none"> <li>• Due to the time of year and the location hyperthermia is very unlikely.</li> <li>• Competitors must carry full FRA kit and a survival bag.</li> <li>• Competitors must carry a sufficient supply of food and drink to sustain them for the duration of the event,</li> </ul>
Farm animals	Medium likelihood of encounter, very low likelihood of a severe outcome <b>C</b>	<ul style="list-style-type: none"> <li>• These events occur in rural farming areas where sheep and cattle are common. Most serious issues with farm animals are caused by the accompanying dogs. Running with dogs will not be permitted.</li> <li>• Ensuring runners are appropriately experienced in UK fell running will give the competitors the ability to deal with cattle and sheep.</li> <li>• Competitors advised to walk calmly when near cattle.</li> </ul>
Traffic	Medium likelihood of encounter, very low likelihood of a severe outcome <b>C</b>	<ul style="list-style-type: none"> <li>• Events are held mostly on footpaths and open fells where there is no traffic.</li> <li>• Competitors may run along minor roads during competitions but traffic flow is generally low.</li> <li>• Control locations will be placed to minimise the likelihood of a competitor choosing to run along a road.</li> <li>• Courses may cross more major roads, where this occurs signage will be used to alert drivers to the possibility of runners crossing.</li> </ul>
Damage to 3 <sup>rd</sup> parties	Very low likelihood of occurring, very low likelihood of severe outcome <b>C</b>	<ul style="list-style-type: none"> <li>• The race does not have a mass start so there will be no large group of runners at any point. All will be individuals or pairs.</li> </ul>
Damage to walls, fences etc	Low likelihood of occurring, very low likelihood of severe outcome <b>C</b>	<ul style="list-style-type: none"> <li>• Competitors must not cross any fences or walls and must only use marked crossing points. Any competitor identified as being in breach of this rule will be disqualified and this may result in a ban from all future events.</li> <li>• Competitors tracked using gps technology and all routes reviewed.</li> <li>• Courses designed to avoid wall/fence crossings and stiles, gates and access points clearly marked</li> <li>• Runners to report damage to race officials.</li> <li>• Injury to competitor to be treated as discussed below.</li> </ul>
Acute injury to competitor	Medium likelihood of minor injury, very low likelihood of severe injury. <b>C</b>	<ul style="list-style-type: none"> <li>• Minor injuries to competitors are possible due to the nature of the event. All will be sufficiently aware of this due to their experience. First aid materials will be available at the event centre</li> <li>• Major injuries will be rare but potentially significant due to the nature and location of the event. <ul style="list-style-type: none"> <li>○ Competitors will be instructed to call the event centre or emergency services as appropriate. Event centre phone numbers will be printed on the event map.</li> <li>○ All will carry basic safety equipment (see hypothermia).</li> <li>○ Although competing on their own other competitors will assist as required. There will be ~ 100 in the competition area for most of the event.</li> <li>○ Competitors will be encouraged to carry mobile phones and to register their phones for the 999 text service.</li> </ul> </li> </ul>
Runners failing to return on time	Runner may be injured, hypothermic, lost in competition area <b>C</b>	<ul style="list-style-type: none"> <li>• The event will use the MapRunF app for both race timing and competitor tracking. When a competitor passes through the finish results are automatically uploaded to the results server. A combination of these feature will inform the RO as to which competitors are still out on the course.</li> </ul>

		<ul style="list-style-type: none"> <li>As competitors enter the 2m spaced start boxes their names will be checked against the start list to ensure that they are in the correct start block. Their names will be checked by an independent person as they start. All competitors will be funnelled past the finish officials where they will be checked off both lists.</li> <li>If a runner is late an initial search of the car parking area will be made to identify if the car that they travelled in is still there. Additionally, the RO will attempt to contact the runner via mobile phone. If both of these fails then the emergency contact number will be called to attempt to identify if the competitor has left the event area.</li> <li>If a runner is over an hour late and no contact can be made the emergency services i.e. mountain rescue will be called.</li> <li>It is obligatory that all competitors report to the event centre finish even if they are retiring. Any competitor that fails to do so will be reported to the FRA and may be banned from future events.</li> </ul>
<p><b>COVID19 risk assessment</b></p> <ul style="list-style-type: none"> <li>All government guidelines relating to outdoor sporting activities will be followed. Safety of competitors, the organising team and the local community is paramount.</li> <li>Any potential competitor: <ul style="list-style-type: none"> <li>Who is unwell with a cough, fever or other respiratory symptoms</li> <li>Has been in close contact with a suspected or confirmed case of Covid 19 and within quarantine period.</li> <li>have returned from non-exempt overseas country until they have completed the 14-day quarantine period.</li> <li>Are currently undergoing COVID19 testing, until they receive negative result and are symptom free</li> <li>Have been asked to isolate by NHS Test and Trace due to them being a contact of known COVID19 case.</li> <li>have been advised to stay at home by Health Care professional</li> <li>are at higher risk for whatever reason are requested to pay particular care in decision to attend.</li> </ul> </li> </ul> <p>will not be able to attend. A full refund will be given.</p>		
<p>Social distancing – safety of competitors, helpers and members of the public</p> <p>Starting</p>	<b>C, T, P</b>	<ul style="list-style-type: none"> <li>The event is held outdoors, there are no indoor facilities with the exception of toilets and first aid provision. Competitors will not be in close proximity to other or members of the public. Due to the nature of the event the competitors are unlikely to be in very high risk groups. Any competitors who have entered but wish to withdraw from the event due for any reasons related to increased risk of COVID infection will be given a full refund..</li> <li>All competitors will be reminded to obey social distancing during their run particularly in relation to members of the public who may be in the area.</li> <li>There is no mass start; competitors start individually or in pairs over a 2-hour time window. This format enables social distancing.</li> <li>All runners will pre-enter via SIEntries. During entry they will select a start time slot to ensure that no groups build up in the pre start area.</li> <li>Competitors are issued with a start time during the week prior to the event and are directed to arrive only 30 minutes before starting. This reduces any congestion in the start and finish area.</li> <li>There will be no ‘entry on the day’.</li> <li>Competitors arrive and go directly to the start.</li> </ul>
<p>Communication and dealing with questions</p>	<b>T, C</b>	<ul style="list-style-type: none"> <li>All communication with the competitors will be made by email prior to the event including issuing of a PIN number to unlock the GPS coordinates of the controls.</li> <li>No ‘on the day’ queries will be allowed. If there are any problems regarding the results or technology failure these will be dealt with by email in the week following the event.</li> </ul>

		<ul style="list-style-type: none"> <li>An event official will be appointed (Roger Hodgson) with special responsibility to ensure compliance with the COVID regulations.</li> </ul>
Event centre – social distancing and hygiene	<b>C, T, P</b>	<ul style="list-style-type: none"> <li>Competitors will park in a field next to the start/finish area. There are no indoor facilities. Those queueing for the toilets will be instructed to space themselves 2m apart. Face covering will be required to be worn when queuing. Competitors will be required to use hand sanitiser immediately before entering and immediately after leaving the toilets. They will be encouraged to use their own sanitiser but it will also be provided should anyone not have any.</li> <li>There will be no results display at the event centre to prevent groups of people gathering. Competitors will be able to see their results via the MapRunF app.</li> <li>Competitors will be reminded to follow good personal hand and respiratory hygiene whilst in the event centre and during the run.</li> <li>Hand sanitiser will be available for all helpers to use as required.</li> <li>There will be no food or drink, including water, offered to competitors at the event centre.</li> <li>Should any immediate first aid be required hand sanitiser will be used before any assistance occurs. Both first aider and casualty will be required to wear a surgical mask. A first aid tent will be present, all who enter will wear face covering.</li> </ul>
Danger of passing or contracting Covid 19	<b>C, T, P</b>	<ul style="list-style-type: none"> <li>Where possible all event team members to keep a distance of more than 2m from competitors and never less than 1m. Team members to wear face masks when in close contact at the kit check, start and finish.</li> <li>Competitors briefed in final details. Face covering to be worn inside toilet areas.</li> <li>Competitors reminded to be courteous and pass members of the public no closer than 2m.</li> <li>All equipment used by the organising team will be wiped with disinfectant or quarantined for &gt;24 hours before further use.</li> </ul>
Final Details	<b>C, T, P</b>	<ul style="list-style-type: none"> <li>These will be provided by email and cover all aspects regarding Covid, social distancing and hygiene.</li> </ul>

Race Organiser (will be present on the day of the race)

Name .....

Signature ..... Date .....

The risk assessment is to be reviewed for each event to ensure that it is appropriate and sufficient.