

Runners	<ul style="list-style-type: none"> • Race Director will deliver a pre-race brief to all runners highlighting potential hazards i.e. vehicles, public, animals course terrain. • Runners will run at their own risk – Risks include possible injury, falls or health issues. Entry forms ask runners to recognise their own capabilities and not to run if they feel ill or injured on race day. • Marshals are placed at designated points along the course to provide support and can call for assistance by radio or mobile phone for emergencies. • Marshals are required to remain at their designated points to give direction to runners especially where they marshal locations where there is the potential for runners to miss junctions or turning points. • Runners disclose any medical limitations or issues via their entry form which can be assessed by Race Director and made aware to race organisers.. 	High	Low	<p>Runners are not permitted to wear headphones - bone conductors are permitted.</p> <p>A qualified first aid provider will be appointed and present throughout the race.</p> <p>Burnham Harriers website provides race information.</p>			
Weather	<ul style="list-style-type: none"> • Weather conditions on the day may be unpredictable i.e. hot/cold/wet. • Weather conditions on the day and prior to the race may make the course wet, slippery or muddy. • As the race takes place in mid-summer, the risk of hypothermia is low. Runners may start to feel cold after the race or if race conditions are cold/wet. The Pawlett Pavilion (Race HQ) offers shelter and warmth to anyone suffering from the cold and first aid will be present throughout the race. 	Medium	Medium	<p>Additional water station en route if the event is run under hot conditions.</p> <p>First aid support based at Race HQ.</p> <p>Course marshalled – marshals will carry mobile phones or radios.</p> <p>Race Director reserves the right to postpone event if</p>	Race Organisers	Race Day	

	<ul style="list-style-type: none"> • Conditions may be hot causing possible risk of heat exhaustion or dehydration – water provided to all runners at the end of the race. Runners are welcome to carry their own water/fluids and refreshments available at the Pavilion. • Flooding – Course follows coast path adjacent to Parrett Estuary. Tides or prolonged wet weather may flood areas of the course. • Lightning – possible lightning making conditions too dangerous to run – Forecast will be checked before the race. • Daylight – Sunset is scheduled for 21:19, giving runners ample time to complete the course. Marshals can alert race HQ if they receive messages concerning participants who are struggling, injured or have another issue. 			conditions are deemed to be too dangerous.			
Course	<ul style="list-style-type: none"> • 10km course is multi-terrain, surfaces include road, bridlepath, field track and grassed hard core track – <i>course outlined below</i>. • Course is uneven along the field tracks (i.e. Cobbs Leaze Rhyne), with surface changes e.g. road to gravel, grass and/or mud. These surfaces may provide hazards including slip/trips, hidden holes, potholes or stages that may be flooded or waterlogged if heavy rain occurs leading up to the race. The course will also include running through gates, which should be open and marshalled for the race. 	Medium	Medium	<p>Pre-race information describes the course as multi-terrain and runners will be alerted to uneven surfaces at the pre-race brief.</p> <p>Organisers/Harriers will run the course prior to the race.</p>	Organisers and Harriers will hold a club run along the route.	Race day	

	<ul style="list-style-type: none"> The course is signposted to give runners course direction. Marshals are present to ensure all runners safely navigate the course. 						
Roads	<ul style="list-style-type: none"> 10km course follows small stretches of Gaunts Road (start and finish) and Ham Lane Vehicles are known to travel along Gaunts Road and Ham Lane, but traffic flow is low and runners are told to stay alert to traffic along these stretches. Course will be marshalled at key turning points, gates and road junctions. Course marked with 'caution runners' signs to alert drivers, cyclists, general public and horse riders. Start is on the road. Communication by radio to be maintained between race start and tail runner behind the start, and at marshal points 1 and 2 to ensure there are no cars at the initial start. The Race Director will only commence the start once confirmation that the road is clear of traffic. 	Medium	Medium	<p>Somerset Highways contacted for race notification purposes and check that there are no road closures for maintenance etc on race day.</p> <p>Where possible, race marshals will alert runners of any approaching vehicles to help avoid contact or collision.</p>			
Animals	<ul style="list-style-type: none"> Course takes in fields upon which livestock i.e. sheep or cattle may be present. Landowners are contacted prior to the race to gain permission to open gates and install livestock controls for the race. Race organisers and marshals manage these gates through the race, opened for runners, and then closed by marshals once the final runner/tail runner has passed. Main gates will be managed by marshals and tail-runner to ensure all gates are closed. 	Low	Low	<p>Race organisers will contact local landowners to obtain permission to open gates for the race and ensure arrangements are in place to control livestock.</p>			

	<ul style="list-style-type: none"> Animals unlikely to access the course, marshals to monitor animal movements and can radio race HQ if there are problems during the race. Dog walkers may be present along the course – marshals to alert dog walkers to the presence of approaching runners. The Race Director will equally tell runners to respect other users on the course. 						
Headquarters	<ul style="list-style-type: none"> Headquarters is at Pawlett Pavilion with spectators, public, and supporting groups present. Race Director, organisers and first aid will be based at the Pawlett Pavilion throughout the race. Food/Water provisions on site, first aid and communications present to support event 	Low	Low	Race organisers to confirm booking arrangements with Pawlett Pavilion.			

Risk assessment sign-off					
Name of assessor	Steve Dorrall	Date:	9 January 2024	Race Director:	Alex Hamilton
Signature:	S Dorrall - Burnham Harriers Secretary				

The race is a 10km UK Affiliated multi terrain race, run on road and coastal path. All Race Numbers to be collected on the day. The race is marshalled and will have one water station at approximately 5km.

Course: – Starts on Gaunts Road, near to the Pawlett Pavilion, with a route that picks up the English National Coast Path, before heading back to the finish at Pawlett Pavilion. A scenic course with undulations that follows the Parrett Estuary.

