

Newstead Athletics Club - Cross Country Risk Assessment

Name of the event: Cross Country	Event Organiser: Newstead Athletics Club Inc.
Prepared by: Positive Safety Outcomes	
Endorsed by: Mick Halaby, Susan McClenaghan, Barbara Clayton, Steve Gowans, Dave Nicholls, Garry Armstrong	Date Prepared: 12 July, 2016
Responsible Person (at event): Race Director / Course marker	Location of Event: Various locations in Northern Tasmania

Risk	Consequence	Likelihood	Rating	Mitigation Strategies	Consequence	Likelihood	Rating	Person Responsible
People								
Interaction with vehicular traffic	4	D	S	<ul style="list-style-type: none"> • Courses devised to minimise road crossings and use low volume traffic roads. • Marshal in place at road crossings to stop runners if vehicle present. • Marshals to wear high visible jackets. • Pre-race briefing to runners to give way to vehicles at crossings, use paths where they exist and run on right side of road facing oncoming traffic. • “Caution - Runners ahead” signs posted on roads where course is on the road and at all crossings points. • Div 2&3 courses not held on public roads. • Min age for Div 1 is 12 years unless accompanied by an adult who must remain responsible for the entire duration of the race. • Marshals must be 16 years of age 	3	E	M	Course Marker Race Director Course Marker

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Runners straying from the course /getting lost.	3	D	M	<ul style="list-style-type: none"> Course briefing for runners detailing the course. Course marked with flags and/or tape at all turns Marshal located at turning points for all short, middle & long courses. Marshal or tape on intersections where route deviation possible. Div 2/3 - Marshals located within sight lines of each other. Count runners in each race out and in. Use a person as a 'sweep' to follow last runners home for school series events. Min age for Div 1 is 12 years unless accompanied by an adult who must remain responsible for the entire duration of the race. Marshals must be 16 years of age 	1	E	L	Race Director Course Marker
Collision between runners during the running of races	3	D	M	Runners advised to: <ul style="list-style-type: none"> Run responsibly. Eyes on path and intended route. Leave adequate space between themselves and other runners. Overtake only when safe to do so. Alert runner when overtaking. Pass oncoming runners on paths/tracks by keeping to the left. Use a wide area at starts with a large distance to first turn. Runners etiquette sheet displayed on notice board and in course handbook. 	2	E	L	Race Director Course marker Club Secretary

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Risk	Consequence	Likelihood	Rating	Mitigation Strategies	Consequence	Likelihood	Rating	Person Responsible
Interaction with other persons / animals on courses (Eg, cyclists, pedestrians)	4	D	M	<ul style="list-style-type: none"> • Council / Parks & Wildlife permission obtained prior to event. • Caution tape erected at all entrances to course track with sign “Caution – Running Race in Progress”. • Course marshals in line of sight for div 2/3 courses to warn members of the public. • Runners advised to observe intended route, pass to the left of other users and give way where necessary. • Cattle / domestic animals segregated from course. • Marshals must be 16 years of age • Erect advance notification of event signage in accordance with permit conditions. 	2	E	L	Course marker Race Director Race Director Course marker Race Director
Interference with runners by members of the public	4	E	S	<ul style="list-style-type: none"> • Course marshals in line of sight for div 2/3 courses • Parental // guardian supervision required for all children when not involved in races. • Min age for Div 1 is 12 years unless accompanied by an adult who must remain responsible for the entire duration of the race. 	2	E	L	Race Director
Trip Hazards								
Curbs/Uneven surfaces – trip hazard	3	D	M	<ul style="list-style-type: none"> • Advise competitors before the race to observe ground condition and run on pavement wherever they exist. • Hazardous areas highlighted by witches hats and / or caution tape and / or warning signs • Marshal in place at water crossings 	2	E	L	Race Director Course marker

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Mass Start events – Trip with other athlete	3	D	M	<ul style="list-style-type: none"> Use a wide area at starts with a large distance to first turn. 	2	E	L	Course marker
Obstructions on the course, eg, fallen branches, rubbish, etc.	3	D	M	<ul style="list-style-type: none"> Course walked by officials prior to the event and obstructions removed Course detour to avoid immovable objects Course marking equipment >1m in height Steel star pickets capped 	2	F	L	Course marker
Health								
Risk of running injury, eg sprains strains, etc	2	D	L	<ul style="list-style-type: none"> Advise runners of benefits of warm up in information booklet 1st aid kit at start / finish point Qualified 1st aid persons available at start/finish point for all races – Display roster for each race List of all qualified first aiders displayed on notice board. 	2	E	L	Race Director Club Secretary
Inherent health risk due to participation in physically demanding activity.	3	D	M	<ul style="list-style-type: none"> Include waiver in registration form detailing that the member understands the risks of participation in cross country and is of satisfactory health to participate. Minimum age Div 2/3 is 5 years unless accompanied by an adult is must remain responsible for the entire race. Minimum age Div 1 is 12 years unless accompanied by an adult is must remain responsible for the entire race. The maximum race distance for athletes under 12 years is 6km 	3	D	M	Club Secretary

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Untreated injuries and or illness due to inadequate medical provision available to the event.	4	D	S	<ul style="list-style-type: none"> In event of incident, runners briefed to stop and assist. Nearest marshal seek assistance from Ambulance Service if required. 1st aid kit and qualified persons available at start/finish point. 	3	E	M	Race Director
Dehydration	3	D	M	<ul style="list-style-type: none"> Short distance <10km reduces dehydration risk. Participants advised to hydrate prior to participation. Water available at registration point. 1st aid kit and qualified persons available at start/finish point. 	2	E	L	Race Director
Environmental considerations								
Extreme weather conditions -	4	E	S	Review conditions prior to start – Event cancelled if <ul style="list-style-type: none"> lightning present temperatures greater than 35 degrees C high winds in wooded areas Flood risk following extreme rainfall conditions 	4	F	L	Race Director
Smoke – Breathing Difficulties	3	D	M	<ul style="list-style-type: none"> Monitor smoke conditions and check DHSS website for advice at http://www.dhhs.tas.gov.au/publichealth/alerts/air Provide advice re precautions for people with breathing difficulties. Cancel event if conditions unsafe 	2	D	L	Race Director

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Other Hazards								
Food safety and preparation	3	C	S	<ul style="list-style-type: none"> Prepare signage "Afternoon tea may contain nuts or other allergens. Please refrain from eating if you suffer from any food allergies" Information sheet given to all members who provide afternoon tea about food safety. Wear latex gloves when handling meat during cooking barbecue Cut sausages to ensure cooked through prior to serving. 	2	D	L	Club Secretary
Inadequate number of toilets	1	E	L	<ul style="list-style-type: none"> Select venues where public toilets available within 500m of registration area. Where public toilets not available, ensure 'Portaloo' available from registration time to conclusion of event. 	1	E	L	Cross Country Organiser
Accessibility								
Safe access to venue	3	E	M	Add directions for safe parking to pre-event email to members.	1	E	L	Club Secretary

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Risk Assessment Process

1. Determine the current maximum reasonable consequence without additional controls in place

Consequence		
Level	Descriptor	Description
1	Insignificant	<ul style="list-style-type: none"> ◆ No Injuries; ◆ low financial loss
2	Minor	<ul style="list-style-type: none"> ◆ First Aid treatment; ◆ medium financial loss; ◆ release immediately contained
3	Moderate	<ul style="list-style-type: none"> ◆ Medical treatment required; ◆ high financial loss; ◆ on site release contained with outside assistance
4	Major	<ul style="list-style-type: none"> ◆ Extensive injuries; ◆ major financial loss; ◆ off site release with no detrimental effects; ◆ loss of production capability
5	Catastrophic	<ul style="list-style-type: none"> ◆ Death; ◆ huge financial loss; ◆ toxic release off site

2. Determine the likelihood of that consequence occurring without additional controls in place.

Likelihood		
Level	Descriptor	Description
A	Almost Certain	Expected to occur in most circumstances
B	Likely	Will probably occur in most circumstances
C	Moderate	Should occur at some time
D	Unlikely	Could occur at some time
E	Rare	May occur only in exceptional circumstances
F	Never	It is not foreseeable that this will occur

3. Cross reference consequence and Likelihood scores to calculate risk.

LIKELIHOOD	Consequences				
	1	2	3	4	5
A	S	S	H	H	H
B	M	S	S	H	H
C	L	M	S	H	H
D	L	L	M	S	H
E	L	L	M	S	S

4. Develop additional mitigation measures (or Controls) that will reduce the risk and reassess the consequence and likelihood.

5. Assign accountability for ensuring the additional controls are in place and effective.