

Risk Assessment: <Mendip Muddle – 16th Oct 2022 >

Date:	Assessed by:	Location:	Review:
11 /10 /22	Jim Wotton	HQ Charterhouse – Mendip somerset	Nov 2022

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- 1 Overview
- 1.1 The Mendip Muddle is a 20K running race organised by the Weston Athletic Club Weston-super-Mare
- 1.2 The race has been taking place for nearly 30 years and up to 150 runners are expected to take part in 2022
- 1.3 A small number of spectators are expected mainly staying at race HQ
- 1.4 Race headquarters will be the Charterhouse Centre, Charterhouse-on-Mendip, Blagdon, Bristol, BS40 7XR.
- 1.5 The course will be laid out on Saturday afternoon and a full inspection of the race route will take place shortly before the race starts on Sunday morning
- 1.6 The race start has been brought forward by 30 minutes this year and will start at 10.30am at a point about half a mile from the HQ
- 1.7 The race route is as shown on the map previously provided
- 1.8 The leading runners for the main race should finish from 11.50am and the slowest by about 1.45pm
- 1.9 Runbritain are licencing the race via the FRA which provides public liability insurance cover of £50m
- 1.10 Forestry commission, National Trust and Landowners have been notified and given permission for the race to take place

- 2 Event Officials and Telephone Numbers
- | Post | Name | Telephone Number |
|--|---------------|-----------------------------|
| Race Director | Katie Gormley | 07922874428 or 07738 178073 |
| Deputy Director
& Casualty controller | Jim Wotton | 07928 634252 |
- 3 On Course Communications
- 3.1 Race Control will be at Race HQ in the Charterhouse Activity centre
- 3.2 Control will be staffed by Race Director, Deputy Race Director, and the Casualty Controller
- Radios: Race personnel at the following locations will be equipped with 2-way radio
- i. Race HQ (Race Director)
 - ii. Race Control / Deputy Race Director
 - iii. Selected Marshals along race route
 - iv. Casualty Controller and Dorset medical services staff (2 personnel)
 - v. Sweeper
- 4 Medical Services
- vi. 4.1 Qualified Dorset Medical Services (DMS) staff will provide First Aid cover
 - vii. 4.2 DMS personnel will deliver first aid initially at the point of an incident and then when appropriate at race HQ.
 - viii. 4.3 Use will also be made of emergency ambulance services should this be considered necessary.
- 5 Marshals
- 5.1 In high and medium risk areas at least two marshals (one experienced) will be present.
 - 5.2 In low-risk areas one marshal will be present.
 - 5.3 Marshals in key points will have radio telephones for communication back to race HQ, Race Director, Deputy Race Director



What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Environmental								
Cold - Hypothermia	All runners and marshals/ helpers out on course	Pre-Race warnings at start line to all runners if appropriate. Briefing of all race personnel, especially marshals and Dorset Medical Services First aid team.	M	In Severe conditions race will be cancelled	L			
Heat – Dehydration	All runners and marshals/ helpers out on course	Pre-race warnings at start line to all runners if appropriate. Briefing of race personnel. Water available at 3 water points on the route and at Race HQ	M	October race so extreme heat not expected but race cancelled if too severe	L			
Severe Weather	All runners and marshals/ helpers out on course	Pre-Race warnings at start line to all runners if appropriate. Briefing of race personnel. In event of severe weather conditions Race Referee and Directors will consider cancellation of event or re-routing of event if appropriate.	H	In severe conditions race will be cancelled. Runners will be advised to dress and wear appropriate shoes for the terrain and weather conditions.	L			
Covid exposure	All attendees at the event	All race literature and announcements will comply with any requirements in operation at the time of each race. Current instruction will be for people not to attend if they have Covid or any of the Covid symptoms and to keep suitable distancing when inside.	M	Full adherence to any government legislation and guidance Reminder to runners sent out on day before the event.	L			
Course (General)								
Gantries /Overhead signs	All attendees at the event	Lightweight signs no gantries used	L	No gantries or overhead signs to be used	L			
Fancy dress equipment – risk to runners and spectators	All attendees at the event	Warn teams/runners with obviously dangerous equipment. Exclude from race if necessary. Race personnel to be briefed to prevent any potential hazards.	L	No Fancy Dress runners expected at this event. Any fancy dress runner with 'equipment' to be evaluated before the start and asked to start at the back if necessary and acceptable	L			

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On Course – 90% + of race route is off road on tracks and trail across Blackdown area of Mendip Hills								
Injuries/illnesses	All attendees at the event	First Aid and medical services will be provided at race HQ. Use will be made of emergency ambulance services if necessary. Runners advised not to take part if they are ill or unfit.	M	First Aid provision in accordance with runbritain guidance to be maintained at Race HQ and finish	L			
Runners getting lost	All runners at the event	Course will be well marked and marshalled along the route	M	Map will be available in race HQ before the race. Sweepers will follow the race to remove the tape and markings and assist any lost or injured runners. Race numbers are issued on the day and all runners who start will be accounted for at the finish	L			
Spectators	All attendees at the event	Keep spectators away from start – start line announcements/ Marshals	M	Small number of spectators at the finish will be kept clear of the finish line and area	L			
Road Crossings	All runners, marshals and helpers out on course	There are 2 road crossings on the course. Both of these crossings will be signposted with 'caution runners' signs and there will be 2 marshals at each crossing point.	H	There are 2 road crossings on the course. Both of these crossings will be signposted with 'caution runners' signs and there will be 2 marshals at each crossing point.	L			
Other users of area Walkers, Horses, Mountain bikes, Dogs etc.,	All runners, marshals and helpers out on course	Runners told that we do not have priority and to respect all other users. Runners to be made aware of the potential to litter and dog mess which may be present	M		L			
Runners advised that the course can be rocky, steep slippery and muddy	All runners and marshals/ helpers out on course	Start line announcements. Marshals to warn Tape off if necessary or re-route. Cancel race if conditions are Severe.	M	Good light conditions provide runners a view of the surface with additional marshals/taping/ warnings in specific spots if needed.	M			



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especially in wet or icy conditions								
Forestry and other vehicles on the course	All runners and marshals/ helpers out on course	Liaise and remove if possible. Start line announcements to runners if not. Marshals to manage during race.	L		L			
Streams/ water courses to be crossed	All runners and marshals/ helpers out on course	Race instruction and start line announcements and marshals to cone of or redirect runners if required.	L		L			
Charterhouse Centre – Race HQ								
Fire/evacuation	All attendees at the event	Ensure responsibilities are understood and procedures known to WAC staff. No fire marshal duties to be undertaken by WAC staff. The Classroom used is a no smoking environment.	M		L			
Congestion when leaving Charterhouse centre for the start	All runners and marshals/ helpers	Race personnel to direct runners from centre using all available exits.	L		L			
Lost children and Vulnerable Adults								
Lost children	Lost children and family	Usually accompanied by a responsible parent/adult. Briefing of marshals of steps to take if a “lost” child identifies themselves to them or they are asked to look for a “lost” child. Notification to the police of missing child if not found within a 20-30 minute period of the child being missing – take into account weather conditions, lighting conditions, and individual child's age and vulnerability.	M		L			



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Disabled persons	Disabled persons and family	Usually accompanied by an able-bodied person. Briefing of marshals on assistance to be given should an evacuation procedure need to be undertaken and that disabled persons may need help to evacuate	L		L			
Elderly	Elderly and family	Usually accompanied by persons of younger age bracket. Briefing of marshals on assistance to be given should an evacuation procedure need to be undertaken and that the elderly person may need help to evacuate. Awareness of external conditions and that the elderly are more vulnerable to extremes of temperature i.e., hypothermia when cold/windy, heat exhaustion when extreme heat.	L		L			
Vulnerable adults and children	Vulnerable adults and Children and family	Usually accompanied by a responsible parent/adult. Briefing of marshals in terms of the range of vulnerability that adults and children may have i.e., disorientation, individual levels of understanding, ability to follow instruction, inability to recognise danger. Awareness of marshals with regards to safeguarding and the need to raise any concerns immediately to race director/deputy race director so appropriate action can be taken.	L		L			