

# 30 MARATHONS IN 30 DAYS

**Risk Assessment:** This is a specific risk assessment produced in relation to the Framework Foundation ‘100 Marathons in 100 Days Run’.

Assessment Ref No:	MTL/RA/02	Assessors Name:	Christopher D Hurley
Date of Assessment:	22/03/2013	Review Date:	
Location:	Start Location - Edinburgh, Scotland, Finish Location - Virgin London Marathon, The Mall, London England.		

RISK RATING = SEVERITY X LIKELIHOOD		
Severity	Likelihood	Risk
Minor Injury = 1	Unlikely = 1	1-2 = LOW
Major Injury = 2	Likely = 2	3-4 = MEDIUM
Fatality = 3	Very Likely = 3	6-9 = HIGH

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					Severity	Likelihood	Risk
1	Walking/traversing the route.	Runners straying from the route/getting lost.  Spectators getting lost.  <i>RFWCI = Distress</i>	All persons running any part of the course and for the duration of the runs and limited period post run, plus, others engaged in the delivery of the event, spectators and members of the public.	Maps will be issued to each runner showing the route and immediate surrounding areas at each stage of the run prior to the commencement of the specific 10K stage of the run.  All runners are to carry a mobile phone at all times with emergency numbers provided.  Support Vehicle to be in attendance at all times with GPS Satellite navigation system on board.  Location of support vehicle and runners available at all times through Fleetmatics vehicle GPS tracking system installed for monitoring purposes.	1	1	1
2	Participation in the run	Due to the nature of the event, runners may sustain any number of common injuries associated with This type of activity.	All persons running various parts of the charity run course for the duration of the run and a limited period post run.	Runners are required to complete the Framework Foundation health assessment form details of any medical conditions prior to entering the run. Runners advised to allow plenty of time to warm up prior to running.	1	2	2

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	Continued; Participation in the run	<i>RFWCI = sprains, strains, pulled muscles, dehydration, exhaustion and over exertion</i>  <i>Plus: Aggravation of a predisposed medical condition e.g. Asthma</i>		<p>Matthew Loddy has been undertaking extensive training with experienced and competent Ultra runner Cliff King.</p> <p>Water will be readily available at all times during each of the runs. Water bottles will be provided as necessary.</p> <p>The run is to be managed and completed in 10 K intervals with rest periods between each 10k stage of the run to rehydrate, eat and assess individuals where necessary.</p> <p>A maximum distance limit of 26.2 miles is to be completed on each day.</p> <p>Information sent out pre event informing runners of the nature of the run, the route being taken, the difficulty level of the run and the need for runners to be fit enough to participate.</p> <p>Support vehicle to be in attendance or a short distance from runners for the duration of the event at all times with mobile phone emergency contact available.</p> <p>First aid provision will be available throughout the event. Located in the support vehicle.</p> <p>Runners advised to allow plenty of time to cool/warm down at the end of each run.</p>			
3	Interaction with vehicular and or spectator traffic  Continued;	Runners being struck by or running into vehicles or other persons not participating in the event.	All persons running for the duration or part of the charity run.	<p>Hi Visibility vest or clothing to be worn by all runners and other persons participating in the event at all times.</p> <p>Where reasonably practicable main roads are not to be used by runners.</p> <p>Walkways, public footpaths and</p>	3	1	3

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	Interaction with vehicular and or spectator traffic	<i>RFWCI = Broken limb, Fatality</i>		<p>pedestrian crossings are to be used at all times where possible.</p> <p>Routes are to be pre planned as to define the safest route on a 10K by 10K basis.</p> <p>The police department for each area/ country that the event covers will be informed that the event is taking place.</p>			
4	Medical Arrangements	<p>Untreated injuries and or illness due to inadequate medical provision available to the event.</p> <p><i>RFWCI = Increased severity of injuries or deterioration of condition due to immediate medical care not being available whilst awaiting arrival of emergency ambulance</i></p>	All persons running the parts of the event, those others engaged in the delivery of the event, spectators and members of the public for the duration of the charity run and limited period pre and post run.	<p>First aid provision will be available throughout the event. Located in the support vehicle at all times.</p> <p>A qualified first aider will be in attendance throughout the event.</p> <p>Support vehicle in attendance at all times.</p> <p>Locations of all local hospitals throughout the event will be indicated on maps provided and emergency numbers will be provided for each of the hospitals.</p> <p>Provision of emergency mobile phones for all runners.</p>	1	1	1
5	Bumping into other runners	<p>Collision between runners during the start of the race.</p> <p>Collision between runners during the running of the race</p> <p><i>RFWCI = fall resulting in bruising/broken limb</i></p>	All persons running the course for the duration or part of the run.	<p>Runners advised to:</p> <ul style="list-style-type: none"> <li>• Run responsibly</li> <li>• Leave adequate space between themselves and other runners</li> <li>• Overtake only when safe to do so</li> </ul>	2	1	2
6	<p>Ground conditions</p> <p>Continue; Ground conditions</p>	<p>Slips trips, falls, and an even / changing ground conditions.</p> <p>Slippery ground conditions due to wet/adverse weather conditions.</p> <p><i>RFWCI = fall resulting in bruising/broken limb</i></p>	<p>All persons running the run or part of the run, those others engaged in the delivery of the event, spectators and members of the public for the duration of t</p> <p>The 100 day run.</p>	<p>All persons to exercise care when traversing the site. Advice given regarding the importance of wearing appropriate footwear.</p> <p>Runners should walk if coming across a Hazard and inform other runners of the potential hazard.</p>	2	1	2

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				During wet weather and as a result in the build up of mud, ground conditions may deteriorate and become slippery. The event organisers shall monitor the ground conditions and make a dynamic assessment of the need for further controls or change the route of the run as appropriate.			
7	Weather conditions	<p>Thermal discomfort due to extremes of temperature and/or wet weather.</p> <p><i>RFWCI = hyperthermia/ hypothermia/ heat stroke</i></p> <p>Secondary effects from adverse weather including: flooding, mud, thunder and lightning, fog etc may result in the need to dynamically assess the controls laid out within this assessment.</p>	<p>All runners and those persons engaged in the delivery of the race for the periods immediately before the run, during and for a limited period post run.</p> <p>The duration of the entire run including set up and breakdown is not expected to exceed a total of 100 days.</p>	<p>All persons are advised to wear clothing appropriate to weather conditions.</p> <p>In cold weather, access to a warm area and hot drinks shall be available to runners and those others involved in the delivery of the event.</p> <p>In hot weather conditions persons shall be advised to apply sun block, wear a hat, and take frequent breaks in a cool sheltered area to avoid heat stroke and to drink plenty of water to avoid dehydration.</p> <p>Extreme weather conditions to be monitored by the event organisers.</p>	2	1	2
9	Use of stiles or gates	<p>Slip, trip or fall as a result of using stiles or gates.</p> <p><i>RFWCI = cuts and bruises, broken limb.</i></p>	<p>All persons running the course whilst using a stile to access an area of the run route.</p>	<p>Runners are to be advised to slow their pace to a walk when using stiles or gates. Runners to exercise caution when climbing stiles or gates especially in wet weather conditions and to be aware that excessive use during wet weather can result in a build up of mud making the stiles and surrounding areas increasingly slippery.</p> <p>Where possible stiles and gates are to be avoided by pre planning the routes on a 10K by 10K basis.</p>	2	1	2
10	Contact with animals	<p>Interaction between runners and animals/livestock including dogs, sheep, deer and horses.</p>	<p>The event takes place across 4No different countries.</p>	<p>Any persons coming onto contact with any wild or domestic animals should walk calmly past the animal and make no</p>	2	1	1

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		<p>Interaction between runners and members of the public walking their dogs</p> <p><i>RFWCI = bite or blunt trauma (kick, head butt etc) cuts and bruises, broken limb.</i></p>	<p>It is therefore likely that runners, spectators etc will meet any of the animals identified.</p> <p>All persons running the event, those others engaged in the delivery of the event, spectators and members of the public for the duration of the race may come across the hazard of animals.</p>	<p>attempt to interact with the animal in any way.</p> <p>Remember animals, especially wild animals can become startled and behave in an unpredictable manner.</p> <p>Dogs should remain on a lead at all times and be under the control of the handler.</p> <p>Seek first aid assistance.</p>			
11	Natural occurring hazards, vegetation/brambles, nettles, trees etc	<p>Slip, trip or fall as a result of contact with the hazard.</p> <p><i>RFWCI = bite or blunt trauma, cuts and bruises, broken limb.</i></p>	<p>All persons running the course, those others engaged in the delivery of the event, spectators and members of the public for the duration of the run.</p>	<p>The route will be pre planned by the event organisers who will upon identifying a significant hazard, consult with the support team and measure shall be introduced to minimise the risks.</p>	<b>2</b>	<b>1</b>	<b>2</b>

This risk assessment has been accepted by: .....

Position within the organisation: .....

Signature: .....

Dated: .....