



Saintfield Striders Risk Assessment 5k/10k 2024

Name of Race: Saintfield 10k / 5k
Date: Sunday 20th October 2024
Location: Saintfield and surround area
Maximum participants: 500

Time of Registration and start time of the race - Registration is up to 20 mins before the start of the race and will be at Saintfield Sports Club Registration time Sun - 12noon - 1.40pm Start time 2pm 10k - 2.15pm 5k

Race Director: Leanne Smyth

Lead Medic: Rachel Sloan

General Information

The race runs around the country roads of Saintfield area, it is a simple route of a loop. A limit of 500 runners has been set across both races.

Parking will be in the car parks in the town and along the streets as well as having use of the car parking facilities at Saintfield Community Centre.

Insurance we have Public and Employers Liability Insurance in place for the event. We can confirm that our cover is up to the value of £ 20,000,000 The Insurers details are as follow Name Athletics NI Address Athletics House, Old Coach road, Belfast , BT9 5PR Permit

Our race Permit has been issued by Athletics NI Course measurement.

The course measurements are 10k and 5k The courses have been measured by using MapMyRun and a Coros watch.

Details of other Consents and Approvals

We have applied for approval to run around the country roads, asking Newry, Mourne and Down Council.

Health and Safety Measures

We strive to keep each event as safe as possible while at the same time, keeping them as adventurous and exciting as we can for all those taking part. The event will be covered by First aiders who will be roaming along the route. This way should anyone require medical assistance it will be administrated in the fastest possible time frame. We have also been in contact with the local PSNI and have informed them of the event taking place, and we hope to work alongside them, to keep the event as safe and enjoyable for all the participants taking part. We will also have accredited



Saintfield Striders Risk Assessment 5k/10k 2024

Marshalls in position on the junctions on the main roads and non-accredited Marshalls anywhere else we feel we need to have them to keep everyone safe, but also in place to help warn the General public, of the event taking part, for their own safety as well. The roads and paths will not be closed and there will be pedestrians on them, so we will be informing everyone taking part on the day, to respect the others using the paths and roads .and making sure that they follow the Highway code. Details of the route and emergency contact numbers for event centre HQ have been advertised on Facebook event page. All competitors have been advised to tell a marshal if there is a problem with themselves or with anyone else .this way we can get help to them ASAP. We will also be giving everyone our mobile numbers and we will have a copy of everyone's mobile number that's helping to Marshall. We will putting bright yellow tape on any obstacles that the runners may trip on for their own safety.

Car Parking for Competitors

There is public car parking available in the village and around the start and finish area, we have also an agreement in place with Saintfield Community Centre to use their car park.

Water and food stations

There will be water at the finish line, and along the route for refills, there will be refreshments at the finish line situated at Saintfield Sports Club. There will be bags supplied for the marshals to collect any rubbish that is left at their marshalling point .

Toilets

There will be Porta loos, and toilets at Saintfield Sports Clubhouse, there are no changing rooms for the competitors to get changed in and there are no showers.

Persons at Risk

Competitors

Oncoming Traffic

Spectators

Individuals crossing from Right

Individuals crossing from Left

Individuals crossing road in general



Saintfield Striders Risk Assessment 5k/10k 2024

Risks

Things that we have considered might or could happen during the race

	Possible injuries	Factors Effecting
Runners while running	sprained / broken ankles / legs lacerations - eye injuries concussion or spinal	uneven terrain , obstructed terrain (rocky or fallen tree debris) Footpath kerbs pot holes
Other Environment	Animal attacks, Bee stings	Animals plants allergies
Exposure to weather	dehydration heat exhaustion hypothermia	lack of portable water, extreme cold, exposure to weather conditions (sun-rain

Treatment required

INJURY	TREATMENT	RESPONSE TIME REQUIRED
Spinal	Immobilization/hospital transfer	Immediate
Concussion	Observation	30 mins
Lacerations	Dressing/suturing	2 hours
Fractures/sprains	Immobilization/hospital transfer	1-2 hours
Dehydration	Rehydration	1-2 hours
Heat exhaustion	Rehydration/calorie intake	1-2 hours
Hypothermia, frostbite	Warm/removal to warm environment	1 hour



Saintfield Striders Risk Assessment 5k/10k 2024

Measures to reduce risk to low 1 - 8 to be used at all points at race

- 1 - Advanced signing on approach to event
- 2 - Safety briefing to all competitors
- 3 - Compliance with traffic by Competitors/Officials/Marshals
- 4 - Advanced liaison with interested parties
- 5 - Road closure
- 6 - Junction to be marshalled by number of marshals
- 7 - Traffic signals to be marshalled
- 8 - Safety signs
- 9 - Safety briefing to all marshals
- 10 - All marshals to wear Hi- Vis clothing
- 11 - Event vehicles to be identifiable
- 12 - Extra safety signs
- 13 - Traffic signals to be manually controlled
- 14 - Motorcycle Police escort
- 15 - Motorcycle safety marshal
- 16 - Marshals to have method of communication
- 17 - Not open during event
- 18 - Protective barriers in front of spectators
- 19 - Sign posted for competitors (arrows)
- 20 - Protect access and exit for Emergency vehicles
- 21 - Traffic Management with Authority to place Mandatory road closed sign
- 22 - Marshal with a red flag to slow traffic down
- 23 - Cyclists at back of 5k
- 24 - Tail Runners 5k
- 25 - Pedestrian crossing to be marshalled



Saintfield Striders Risk Assessment 5k/10k 2024

- 26 - Officials to be identifiable
- 27 - Establish time of other events and review
- 28 - Physical protection (e.g straw bales)
- 29 - Protected by traffic coning
- 30 - Uniformed Police / Traffic Warden
- 31 - Sign posts each mile or km
- 32 - Cyclists at front 10k
- 33 – Cyclists at back 10k
- 34 - Tail runner 10k

Risk measures 1-8 to be carried out with all points on the course and this function will be carried out by the chief marshal or by the police,

WE WILL HAVE A MEDIC AT THE START AREA, THAT CAN GET TO ANY PART OF THE COURSE VERY QUICKLY. LOADS OF PATHS LEADING TO DIFFERENT AREAS OF THE COURSE. AND WE HAVE A DEFIBRILLATOR

Start/Finish Area	M	1-8,10,11	ABCE
Comber Street	L	1-8	ABC
Main Street	L	1-8	ABC
Ballynahinch Road	M	1-8, 10,11	ABCE
Drumnaconnell Road	L	1-8	AC
Ballylone Road	L	1-8	AC
Peartree Road	L	1-8	AC
Cahard Road	L	1-8	AC
Listooder Road	L	1-8	AC
Downpatrick Street	M	1-8,10,11	ABCE
Comber Street	L	1-8	ABC
Saintfield Sports Club	L	1-8	AC
Finish Area	L	1-8	AC



Saintfield Striders Risk Assessment 5k/10k 2024

First Aider

St Johns Ambulance have agreed to be present on the day

Lead Medic: Rachel Sloan

Marshalling points

Marshall posts including 6 Accredited Marshall positions to be filled in by members of Saintfield Striders. Phone numbers to be given to lead Marshall (Michele Bell) ahead of event and communication on the day will be via Marshalls what's app group. All phone numbers will be available for contact purposes.

Water Station

A water station will be in position to provide bottles of water in the small car park area outside Jim's Country Warehouse, Ballylone Road.