



# Risk Assessment RUNNING

Venue..... Competition..... Date .....

Person Completing Risk Assessment: ..... Date: .....

## Hazards:

No.	Description of Hazard	Low	Med	High
1	Objects / protrusions on course or poor footing - Possibility of tripping / falling			
2	Starting pistol - Hearing damage			
3	Spectators on course / animals / vehicles - Risk of collision injury			
4	Other - Specify			

## Actions taken to reduce Risks:

Action	Description	Action by	Hazards
1	Assessment during course design	OIC	
2	Pre-event check of running track and relevant parts of grounds	OIC	
3	Starter equipped with ear defenders	OIC	
4	Clear Marking and Marshalling of route	Organiser/OIC	
5	Clear Marking of start and finish areas	OIC	
6	Arrange for appropriate First Aid Cover	OIC	
7	Other - Specify		

Maximum number of persons exposed: .....

I have considered the risks inherent in this event and given positive thought to reducing risk by implementing this assessment

**OIC—Officer in Charge** \_\_\_\_\_ **Date** .....