

## Medical Risk Assessment: <Trackstar >

Date: 04/03/17	Assessed by: Zoe Gardham	Location :Trackstar	Review pending:11/05/17
		Sussex Downs Sports Park Cross Level's way Eastbourne BN21 2UF	

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
Athlete or Event Crew getting hurt of having a medical emergency	Any athlete Event Crew Support Crew ( <b>we cannot take responsibility for injured support crew but will offer assistance on the day where possible and dial 999 to get support where appropriate</b> )	<ul style="list-style-type: none"> <li>Identifying dedicated medial officer with the following qualifications:</li> <li>Level 2 Award in Emergency First Aid at Work</li> <li>CPR and AED Life Saving Skills</li> </ul> Back up first aider with the following qualification: <ul style="list-style-type: none"> <li>CPR and AED Life Saving Skills</li> </ul> <p style="color: red; font-weight: bold; margin-top: 10px;">ALL EVENT CREW AND OTHERS AWARE NOT TO DELAY IN SEEKING MEDICAL ASSISTANCE ON 999 AND NOT TO WAIT FOR THE GO AHEAD OF THE DEDICATED FIRST AIDER.</p>	M	<ul style="list-style-type: none"> <li>Having a highly visible dedicated first aider on the day (within 8 minutes of each athlete)</li> <li>Checking the dedicated first aider has up to date first training</li> <li>Dedicated first aid area</li> <li>First aid box</li> <li>Back up first aider</li> <li>All crew will have phones to make contact with the first aider or 999</li> <li>Record all accidents and incidents on UKA accident and incident form</li> <li>Keep person warm</li> </ul>	L	Race organis er Race Director Event Crew Athlete s Support Crew  Dedicat ed first aider	Pre – Event and on the day	

				<ul style="list-style-type: none"> <li>Defibrillator available on site</li> </ul>			
Getting 999 support (nearest Hospital)	Any athlete Support Crew Event Crew	<ul style="list-style-type: none"> <li>Recording the distance and address of the nearest hospital</li> </ul> <p>Eastbourne District General Hospital King's Drive Eastbourne BN21 2UD</p> <p>Distance to nearest hospital – 0.2 miles</p> <p><b>DIAL 999</b></p>	L	<ul style="list-style-type: none"> <li>Ensuring all Event Crew have a race briefing and know not to hesitate dialling 999 for emergency assistance</li> <li>Ensuring all event crew know the address of where 'they are' to get medical assistance as required</li> <li>All event crew to carry mobile phone and have the number of the dedicated first aider</li> <li>All event crew to be over 18 years of age</li> <li>Dedicated first aider to be made aware in the first instance</li> </ul>	L	Race organiser Race Director Event Crew Athletes Support Crew  Dedicated first aider	Pre – Event and on the day
De-hydrated athlete	Any Athlete	<ul style="list-style-type: none"> <li>Identified Dedicated First Aider</li> <li>Water stations every lap</li> <li>Dedicated first aider</li> </ul>	M	<ul style="list-style-type: none"> <li>Providing fluids to athlete</li> <li>Water stations every lap</li> <li>Advise athlete to get further medical advice at their own GP or emergency department</li> <li>Dedicated first aider to be made aware in the first instance</li> </ul>	L	Athlete Event Crew Dedicated first aider	Pre – Event and on the day
Over hydrated athletes	Any Athlete	<ul style="list-style-type: none"> <li>Identified Dedicated First Aider</li> <li>Water stations every lap</li> <li>Dedicated first aider</li> </ul>	L	<ul style="list-style-type: none"> <li>Check if the athlete has any kidney conditions</li> <li>Give salty food and advise no liquid for up to two hours</li> </ul>	L	Athlete Event Crew Dedicated first aider	Pre – Event and on the day

				<ul style="list-style-type: none"> <li>• Advise athlete to get further medical advice at their own GP or emergency department</li> <li>• Dedicated first aider to be made aware in the first instance</li> </ul>				
Exhausted athletes at the finish of race	Any Athlete	<ul style="list-style-type: none"> <li>• Identified Dedicated First Aider</li> <li>• Identified rest area</li> </ul>	M	<ul style="list-style-type: none"> <li>• Identified first aider or back up first aider to provide assistance in rest area</li> <li>• Provide fluids and nourishment</li> <li>• Call further medical assistance if required</li> <li>• Keep person warm</li> <li>• Provision of foil blanket as required</li> <li>• Dedicated first aider to be made aware in the first instance</li> </ul>	L	Event Crew Dedicated first aider	Pre – Event and on the day	
Gaining emergency vehicle access	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> <li>• Arrange to have keys to gain access from land owners or gates to be open</li> </ul>	M	<ul style="list-style-type: none"> <li>• Ensure gates open on the day or that we have the keys to vehicle access points</li> <li>• Have a list of all vehicle accessible points and the post codes</li> <li>• Dedicated first aider to be made aware as soon as possible to do so</li> </ul>	L	Race organiser	Pre – Event and on the day	
Weather	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> <li>• Check weather forecast</li> </ul>	M	<ul style="list-style-type: none"> <li>• Send pre-race email to all entrants to advise they wear clothing appropriate to the weather</li> </ul>	L	Race organiser	Pre – Event and on the day	



NB Copy and paste rows as required