

Medical Risk Assessment: <Trackstar >

Date: 26/04/18	Assessed by: Zoe Gardham	Location :Trackstar	Reviewed:29/04/18
		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 (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)	<ul style="list-style-type: none"> We have St John's ambulance at the event to provide medical cover. <p style="color: red; font-weight: bold;">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"> Defibrillator available on site We have St John's ambulance at the event to provide medical cover. 	L	Race organiser Race Director Event Crew Athletes Support Crew St John's ambulance	Pre – Event and on the day	
Getting 999 support (nearest Hospital)	Any athlete Support Crew Event Crew	<ul style="list-style-type: none"> Recording the distance and address of the nearest hospital <p>Eastbourne District General Hospital King's Drive Eastbourne</p>	L	<ul style="list-style-type: none"> Ensuring all Event Crew have a race briefing and know not to hesitate dialling 999 for emergency assistance Ensuring all event crew know the address of where 'they 	L	Race organiser Race Director Event Crew	Pre – Event and on the day	

		<p>BN21 2UD</p> <p>Distance to nearest hospital – 0.2 miles</p> <p>DIAL 999</p>		<p>are' to get medical assistance as required</p> <ul style="list-style-type: none"> • All event crew to carry mobile phone and have the number of the dedicated first aider • All event crew to be over 18 years of age 		<p>Athletes Support Crew</p> <p>St John's ambulance</p>		
De-hydrated athlete	Any Athlete	<ul style="list-style-type: none"> • St John's ambulance • Water stations every lap • Dedicated first aider 	M	<ul style="list-style-type: none"> • Providing fluids to athlete • Water stations every lap • Advise athlete to get further medical advice at their own GP or emergency department • St John's ambulance to be made aware to provide support. 	L	<p>Athlete Event Crew</p> <p>St John's ambulance</p>	Pre – Event and on the day	
Over hydrated athletes	Any Athlete	<ul style="list-style-type: none"> • St John's ambulance • Water stations every lap • Dedicated first aider 	L	<ul style="list-style-type: none"> • Check if the athlete has any kidney conditions • Give salty food and advise no liquid for up to two hours • Advise athlete to get further medical advice at their own GP or emergency department • St John's ambulance to be made aware to provide support. 	L	<p>Athlete Event Crew</p> <p>St John's ambulance</p>	Pre – Event and on the day	
Exhausted athletes at the finish of race	Any Athlete	<ul style="list-style-type: none"> • St John's ambulance • Identified rest area 	M	<ul style="list-style-type: none"> • St John's ambulance to assess athlete • Provide fluids and nourishment • Call further medical assistance if required • Keep person warm 	L	<p>Event Crew</p> <ul style="list-style-type: none"> • St John's 	Pre – Event and on the day	

				<ul style="list-style-type: none"> Provision of foil blanker as required 		ambulance		
Gaining emergency vehicle access	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> Arrange to have keys to gain access from land owners or gates to be open 	M	<ul style="list-style-type: none"> Ensure gates open on the day or that we have the keys to vehicle access points Have a list of all vehicle accessible points and the post codes 	L	Race organiser	Pre – Event and on the day	
Weather	Any athlete Event Crew Support Crew	<ul style="list-style-type: none"> Check weather forecast 	M	<ul style="list-style-type: none"> Send pre-race email to all entrants to advise they wear clothing appropriate to the weather 	L	Race organiser	Pre – Event and on the day	

NB Copy and paste rows as required