

# Hazard Register for Cross Country Races

Hazard/Potential harm	Risk Category	Practicable to			Controls Required	Person Responsible	Date of Action
	Low, Medium, High	Eliminate	Isolate	Minimise			
Cars, bikers, runners and walkers on course.	Low			X	Course inspected by Race Manager prior to event. Restrict vehicle access to only those vehicles needed for event equipment etc. Put out Caution Runner signs where bike or walking tracks cross the course. Put a marshal on any crossings likely to be high use or not having good visibility.	Race Manager	Day of Event
Toilet facilities	Low	X			When sufficient toilets are not permanently at the venue, hire enough portable toilets to service the expected number of users. Bring spare toilet paper.	Race Manager	Prior to Event
First Aid needs	Low to High			X	First aid trained person at start finish with XC&R Committee First Aid kit including AED unit. Hire ambulance for National Events Ring 111 for anything major asap. Have vehicle on standby at start finish should anybody need picking up on course.	Race Manager, First Aider & anybody present	Day of Event
Weather Conditions	Low to High			X	Provide food, drink and ezi-up and caravan shelter for officials. Clubs to provide ezi-ups for their own members. Cancel event if weather becomes unsafe.	Race Manager	Day of Event
Course	Low to High			X	Inspect course in the week prior to event. Mow long grass, remove unsafe tree branches, identify holes on course and fill, highlight any trip hazards. Mark course clearly with markers, stakes and/or tape. Control other park users with marshals, cones and bars etc.	Race Manager and Course Manager	Day of Event
Spectators	Low to High			X	Actively control spectators to avoid collisions with runners and park users. Provide extra water if hot.	Race Manager & Marshals	Day of Event
Equipment	Low to High			X	Use RCD protected 240v systems. Check 240v cables for damage and position so they can't be damaged or be a trip hazard.	Race Manager	Day of Event
Security of equipment	Low			X	Pack in and out on day. Employ security guards for overnight protection of equipment on multi day events.	Race Manager	Day of Event