

RISK ASSESSMENT

Date: 1st April 2018 Location: Balmedie Country Park
Operator: Military Fitness Training Event: Obstacle Course Race

RISK	DANGER
LOW	Acceptable – Task may proceed
MEDIUM	Tolerable – Task may proceed if all controls are in place & supervision is adequate
HIGH	Unacceptable – Task may not proceed until the risk is reduced

Refer to Risk Assessment Matrix and Risk Assessment Checklist Forms and to Risk Assessment Procedure

CHANCE OF OCCURRENCE	HAZARD CONSEQUENCE				
	TRIVIAL	MINOR	MAJOR	SERIOUS	FATAL
REMOTE	LOW	LOW	LOW	LOW	MEDIUM
UNLIKELY	LOW	LOW	MEDIUM	MEDIUM	HIGH
POSSIBLE	LOW	MEDIUM	MEDIUM	HIGH	HIGH
PROBABLE	LOW	MEDIUM	HIGH	HIGH	HIGH
NEAR CERTAIN	MEDIUM	HIGH	HIGH	HIGH	HIGH

JOB STEPS	HAZARD		INITIAL RISK			CONTROLS	RESIDUAL RISK		
	HAZARD DESCRIPTION AND EFFECT	PEOPLE, PROPERTY OR ENVIRONMENT AT RISK	HAZARD CONSEQUENCE	CHANCE OF OCCURRENCE	RISK RATING		CONTROLLED HAZARD CONSEQUENCE	CONTROLLED CHANCE OF OCCURRENCE	RESIDUAL RISK RATING
ENTERING BALMEDIE COUNTRY PARK BY ROAD									
Driving to designated carpark areas.	Injury to personnel due to lack of awareness of pedestrians crossing the access roads.	Event competitors, general public onsite.	SERIOUS	POSSIBLE	HIGH	Follow designated signage. Adhere to the recommended speed restrictions. Allow pedestrians to cross safely on approach. Follow event marshals and park your vehicle in the designated areas only.	MINOR	REMOTE	LOW
Walking from designated carpark area to event registration area and event village.	Injury to personnel due to lack of awareness around motor vehicles on the access roads.	Event competitors	SERIOUS	POSSIBLE	HIGH	Follow designated sign posts. Ensure to cross roads and pathways safely, paying attention to other road users.	MINOR	REMOTE	LOW
BALMEDIE COUNTRY PARK NATURAL TERRAIN									
Running, walking, climbing or crawling within the grounds of the Balmedie Country Park	Injury to personnel due to falling on uneven terrain, falling into rabbit holes or losing footing on sand dunes or other natural terrain. Risk of littering the Country Park with competitors' rubbish.	Event competitors, Environment	MAJOR	POSSIBLE	MEDIUM	Follow designated race route markers. Wear suitable footwear which will allow for your own desired level of required ankle support. Wear suitable clothing for the weather conditions on race day. Allow for adequate hydration at water stops as required. Use your own judgement to avoid uneven terrain and natural holes in the pathways caused by animals etc. Try to walk on the boardwalks where possible to avoid any unnecessary wear to existing terrain. Allow other competitors to pass where/when it is safe to do so. Use designated bins for waste at water stops and do not litter the course with energy gel wrappers and plastic water bottles.	MINOR	REMOTE	LOW
PHYSICAL TYPE OBSTACLES									
Lifting weights as per obstacle requirements	Injury to personnel during weight lifting obstacles within the race route. Injury to personnel caused by stray shot putt colliding with competitor.	Event competitors	MAJOR	POSSIBLE	MEDIUM	Know your own limits and do not cause yourself injury if you feel you are not capable of lifting the weight at the obstacle. Follow marshals' guidance where possible. Beware of other competitors carrying out the same task as you and allow them sufficient space to avoid collisions. Use correct manual handling techniques where possible to avoid injury or discomfort. Radio communication network to be in place between Race Directors (RDs) and key marshal locations. Marshals equipped with contact details for RDs and First Aid Team. Ensure shot putts are secured with netting and ropes to avoid personnel having to enter the 'Grenade Bunker'.	MINOR	REMOTE	LOW
WATER OBSTACLES									
Water Obstacles include 'Water Tank Gangway', 'Ship Fenders', 'Buoyancy Modules', 'Waste Tubes', 'Water Burn Run', 'Jerry Can Carry'.	Injury to personnel and/or volunteers when entering/exiting the sea. Risk of drowning due to inadvertent water inhalation. Risk of injury due to inadvertent movement of the water obstacles.	Competitors and volunteer personnel.	MAJOR	POSSIBLE	MEDIUM	Use correct manual handling techniques where possible to avoid injury or discomfort. Personal assessment of the individuals' own confidence and ability to swim/wade into open seawater. Use of lifejackets as offered by event marshals. Ability to follow marker buoys both into and out of the seawater. Personal assessment of the individuals' own ability to crawl through unused 'waste pipe' with guide ropes. Correct security of ship fenders as installed into position by 3rd party specialist companies. Sea states on the event day to be assessed by Race Directors – Obstacles to be taped off if they are deemed to be unsafe to tackle by RDs. Tidal state and positioning of the ship fenders as the race progresses. Security of buoyancy modules as installed into position by 3rd party specialist companies. Radio communication network to be in place between RDs and key marshal locations. Follow marshals' guidance where possible. Marshals equipped with contact details for RDs and First Aid Team should they require assistance. Next of kin details left with RDs at race registration area and utilised in the event where necessary.	MINOR	REMOTE	LOW
CLIMBING OBSTACLES									
Climbing or pulling obstacles as per the race route.	Injury to personnel due to falling from obstacle frame or hanging ropes. Injury to personnel due to failure of obstacle structure or components.	Competitors and volunteers.	MAJOR	POSSIBLE	MEDIUM	Use correct manual handling techniques where possible to avoid injury or discomfort. Cross the obstacle as directed by the marshals and avoid tangling limbs around the ropes inadvertently. Scaffolding to be installed and tested by reputable 3rd party company. Suitable barriers to be in place around shipping container stack and barrier posts locked into place at each corner of the upper containers using twist-locks. Soft landing areas from shipping container drop down areas; these will have square haybales positioned to allow for a reduced height difference as competitors lower themselves down the attached ropes from the lower container in the stack. Maximum height at top of container stack is 16ft and the obstacle will be marshalled at all times. Radio communication network to be in place between RDs and key marshal locations. Marshals equipped with contact details for RDs and First Aid Team should they require assistance. Next of kin details left with RDs at race registration area and utilised in the event where necessary.	MINOR	REMOTE	LOW