



## RISK ASSESSMENT FORM

**PLEASE NOTE: Only typed versions are now accepted, please do not submit hand written documents.**

EVENT NAME: Mid Sussex Tri Club Middle Distance

EVENT DATE: 28.8.16

No. of day memberships required: 30

\*\*The codes and symbols required for completing the risk assessment can be found at the end of this document\*\*

Risk assessment conducted by:	Mark Jordan		
Date of original risk assessment:	May 2011	Date of last review:	July 2016

Event:	MSTC Middle			Date:	28.8.16		
Venue:	Ardingly Reservoir			Post Code:	RH17 6SQ		
Start Area Location:	Ardingly Activity Centre Rower's pontoon		Finish Area Location:	Ardingly Activity Centre Grass Adjacent to Car Park			
Style:	Triathlon	x	Duathlon	Adventure		Other	
Swim	OW	x	Pool	Distance	1900	Lake/Sea	x
Cycle Distance	50m	Run Distance (1)	21 km	Run Distance (2)			
Detail Other Non - Standard Race Stage/Distances							
Promoting Club/Organisation:	Mid Sussex Tri Club						
Organiser/Promoter:	Steve Alden						
Mobile Telephone Number:	07711 781812						
Home Telephone Number:	01825 722788						
Email Address:	Steve.alden@btinternet.com						
Race Website:	Midsussextriclub.com						
Organiser's Address:	Bridge Cottage						
	Town	Sheffield Park		Post Code	TN223QU		
Race Timings:	Start	07.30		Finish	14.30		
Local Authority:	Mid Sussex			Approval received:	N/A		
Police Authority:	Sussex			Approval received:	awaited		
Safety Officer:	Steve Alden						
Safety Officer Email Address:	Steve.alden@btinternet.com						
Route/Circuit/Venue Name:	Ardingly						
Senior Official on the Day:	Steve Alden						
Est. No of Participants	40						

**NB: if you have motorcycle officials booked for the event please also complete the NEG Motorcycle Registration form which is available from the event organiser's website.**

The Medical provisions will be trained to the required standard. All marshals will be trained and briefed.

Signed : Steve Alden	(Event organiser/promoter)
----------------------	----------------------------

## RISK ASSESSMENT – SWIM STAGE OPEN WATER

Event:	Mid Sussex Tri Club Middle Distance		
Event Date:	28.8.16	Start Time:	07.30
Max number of entries:	40	Disability Entries:	1 possibly

### Safety Requirements and the action to be taken

Safety boat function:	Motorised safety boat and canoe with swimmers throughout
Emergency procedure:	Swimmer to roll onto back and raise arm in air, or if spotters spot any problems – all safety personnel are in radio communication and all swimmers are wearing wetsuits
Transfer to notified hospital:	Local Hospital by 999 ambulance
Doctor present:	Not officially

Hazard Description	Risk Level (H/M/L)	Person at risk (A – H)	Action to be implemented to reduce risk to low	By Whom
<b>Approach to/leaving the water:</b> <ul style="list-style-type: none"> <li>Access road at top of slope leading from/to car park and (eventually) College Lane</li> </ul>	All participants and attendees at risk of collision with vehicle	Minor/medium/serious injury possible	<ul style="list-style-type: none"> <li>Warning signs in place</li> <li>Reminder to all club members and attendees to take care at all times</li> </ul>	ALL
<b>Approach to/leaving the water:</b> <ul style="list-style-type: none"> <li>People moving/removing/loading/preparing boats, canoes, windsurfing boards and sails and other equipment on access road and adjacent tarmac' areas</li> </ul>	All participants and attendees at risk of collision	Minor/medium/serious injury possible	Warning to all club members to take care approaching and leaving the area	ALL

<p><b>Approach to the water:</b></p> <ul style="list-style-type: none"> <li>Mixed surface of concrete and unpaved path to rowers jetty</li> </ul>	<p>All participants at risk of:</p> <ul style="list-style-type: none"> <li>slipping, tripping and/or falling</li> <li>cuts and abrasions to feet</li> </ul>	<p>Minor/medium/serious injury possible</p>	<p>Warning to all members to wear shoes/flip-flops to the jetty</p>	
<p><b>Open water swimming</b></p> <ul style="list-style-type: none"> <li>Drowning</li> </ul>	<p>All swimmers</p>	<p>Serious injury/fatality possible – unlikely</p>	<ul style="list-style-type: none"> <li>No person will enter the water unless and until sanctioned by the session leader.</li> <li>The route is no more than 5-15 metres away from the west bank of the reservoir</li> <li><b>2 mechanised safety boats will accompany the swimmers for the duration of the swim.</b> Each will be crewed by RLSS qualified lifeguards carrying</li> </ul>	

			<p>VHF radios</p> <ul style="list-style-type: none"> <li>• There will be at least 2 land based spotters carrying VHF radios</li> <li>• All participants will wear wet suits</li> <li>• All participants are reasonably competent open water swimmers and</li> <li>• All swimmers will comply with MSTC Open Water Swimming Policy.</li> </ul> <p>Session leader will regulate the swim.</p> <p>Safety craft, canoeists and land based spotters as above to facilitate rescue and removal from water</p> <p>Members made aware of the risks</p>	
--	--	--	--	--

			and action to take in event of an incident.  Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers.	
<p><b>Open water swimming:</b></p> <ul style="list-style-type: none"> <li>Swimming related physiological conditions, e.g., cramp, dehydration, tiredness, exhaustion.</li> </ul>	All swimmers	Minor/medium injury – possible - unlikely	<p>All swimmers will wear wet suits</p> <p>Water temperature will be within BTF advised temperature tolerance levels</p> <p>On water safety available throughout session as set out above</p>	
<p><b>Open water swimming:</b></p> <p>Other swimmers swimming action and/or swim line indiscipline</p>	All swimmers may be hit by the arm and/or leg action of other swimmers	Minor injury – possible	Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers	
<p><b>Open water swimming:</b></p> <p>Swimming into/hitting</p>	All swimmers	Minor injury -	Warning to all members to be aware of risk, to	

buoys	may swim into/hit the buoys	possible	try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers	
<b>Open water swimming</b> Other users of/on water	Collision with other water uses – rowers, canoeists, sailing vessels	Minor/medium/serious injury – unlikely	Swim will be held before other users are scheduled to be on the water.  Swimmers will remain within the designated swim route – way from other users of the water  <b>Water safety craft with Marshal</b> and session leader/safety coordinator will monitor any other activity and advise accordingly.	
<b>Open water swimming:</b> Hypothermia	All swimmers	Minor/medium/serious injury – unlikely	All swimmers will wear wet suits  Water temperature will be within BTF advised temperature tolerance levels  On water safety available throughout session as set out	

			above	
<p><b>Water condition/quality:</b></p> <p>Ingestion of/ immersion in polluted water</p>	All swimmers	Minor/medium injury – remote	<p>South east water advise that South East Water advises that current count of blue green algae in the water is about “600 cells per ml, and is stable, showing no significant increase”.</p> <p>This is a very, very low risk as set against the WHO assessment. A check will be made before swimming that there is no visible algal scum in the designated swimming area.</p>	
<p><b>Medical conditions of individual members:</b></p> <p>Asthma, diabetes, anaphylaxis</p>	Individual members suffering from medical conditions	Minor/medium/serious injury/fatality – possible.	<p>Before entering the water, all swimmers will:</p> <ul style="list-style-type: none"> <li>• Complete the pre-swim entry in the session register. This includes the person’s name, address, an emergency contact telephone number and information about any medical</li> </ul>	



			<p>condition</p> <ul style="list-style-type: none"> <li>• Those with a medical condition will inform the session leader/coordinator of the condition and the type and whereabouts of any medication.</li> <li>• The coordinator/coach will inform the RLSS OWLQ about any swimmers who have a medical condition and the type and whereabouts of any medication.</li> </ul> <p>Note: Club members have been informed that individual members remain responsible for self-administering any medication.</p>	
<p><b>Leaving the water:</b></p> <p>Steep concrete sloped slipway leading from water</p>	<p>All participants at risk of:</p> <ul style="list-style-type: none"> <li>• slipping, tripping and/or falling</li> </ul>	<p>Minor/medium/serious injury possible</p>	<ul style="list-style-type: none"> <li>• Warning to all club members to take care and leaving the water</li> <li>• Slip way will</li> </ul>	

	<ul style="list-style-type: none"> <li>minor cuts and abrasions to feet from uneven surface and debris</li> </ul>		<p>be checked for debris and swept</p> <p><b>Marshal</b> to assist swimmers leaving the water</p>	
<p><b>Movement from water to transition area:</b></p> <ul style="list-style-type: none"> <li>Access road at top of slope leading from/to car park and (eventually) College Lane</li> </ul>	<p>All participants and attendees at risk of collision with vehicle</p>	<p>Minor/medium/serious injury possible - unlikely</p>	<ul style="list-style-type: none"> <li><b>Marshal</b> to supervise participants crossing</li> <li>Warning signs in place</li> <li>Reminder to all club members and attendees to take care at all times</li> </ul>	
<p><b>Movement from water to transition area:</b></p> <p>People moving/removing/loading or preparing boats, canoes, windsurfing boards and sails and other equipment on access road and adjacent tarmac' areas</p>	<p>All participants and attendees at risk of collision</p>	<p>Minor/medium/serious injury possible - unlikely</p>	<ul style="list-style-type: none"> <li><b>Marshal</b> to supervise participants crossing</li> <li>Warning signs in place</li> <li>Reminder to all club members and attendees to take care at all times</li> </ul>	

<b>Movement from water to transition area:</b>				
Steep grass slope from reservoir to transition area	All participants at risk of slipping, tripping and /or falling	Minor/medium/serious injury possible	Reminder to all club members and attendees to take care at all times	

Additional Risks Identifies List	Risk Level (H/M/L)	Person at risk (A – H)	Action to be implemented to reduce risk to low	By Whom

### **RISK ASSESSMENT – SWIM STAGE POOL**

Event:			
Event Date:		Start Time:	
Max number of entries:		Disability Entries:	

#### **SAFETY REQUIRMENTS:**

Emergency procedures in place:	
Transfer to notified hospital:	
Doctor present:	
<b>POOL RISK ASSESSMENT CHECKED FOR COMPLIANCE BY:</b>	
Adequate lifeguard cover is planned & check on the day by:	
Competitors are made aware that no diving is permitted:	
Lanes Swim Clockwise/Anticlockwise alternately:	
Wave Size*:	

\*Please consider the number of cyclists on the road together at the start of the cycle section to determine the size of the wave.

Hazard Description	Risk Level (H/M/L)	Person at risk (A – H)	Action to be implemented to reduce risk to low	By Whom



Additional Risks Identifies List	Risk Level (H/M/L)	Person at risk (A – H)	Action to be implemented to reduce risk to low	By Whom








### RISK ASSESSMENT – CYCLE STAGE






Due to the interaction/mixing of traffic and sporting events on the highway, there is a possibility that accidents may occur due to the driver/rider of participant error, and such incident may result in serious personal injury.



All proper junctions are signed with standard size high visibility arrows and all major junctions have additional ‘caution cyclist’ signs to warn other road users of cyclists.

This will also be highlighted in the pre-race briefing

Course ID		Cycle Route		A	B	C	D
Whole event codes (1 – 8)				Risk level H/M/L	Persons at risk A - H	Measure to reduce risk 9 to 30	Additional measure to reduce risk to LOW NAME & ROLE
ID No	Mile/ K from start	Detail Hazard					
		Symbol	Description				
1		ARDINGLY RESERVOIR car park	 Uneven and poor road surface Multiple speed	L	A		

		access road to junction with COLLEGE ROAD	humps  Short but steep hill Keep left				
2		Right turn from reservoir access road into COLLEGE ROAD towards HAYWARDS HEATH  <b>MARS HAL HERE</b>	 DANGER –  – foot stop down to ensure no oncoming traffic from both sides	H	A	10,11,23	
3		COLLEGE ROAD leads into HIGH BEECH LANE	Initially down hill then s bend into short steep hill.   Steep downhill slope adjacent to golf club. Visibility potentially affected by density of overhead trees.  S bend at bottom of hill    Right hand junctions from: golf course, Roundwood Lane and Brook Lane.   BY SUNTE (opposite Brook	L	A		










			Lane)				
4		Left turn at slip road just before roundabout from HIGH BEECH LANE into SUNTE AVENUE	  Slip road has give way markings to traffic from right. Approach to roundabout has good line of sight ahead (PORTSMOUTH LANE) but limited line of sight from right (GANDER HILL)  Parked cars both side of road	M	A	10,23	
5		Turn left from SUNTE AVENUE into HICKMAN S LANE	  T-junction. Poor visibility right. Be careful of cars from right coming from bend. Numerous left hand junctions – ROOKWAY, FINCHES PARK ROAD, FINCHES LANE & THE WELKIN  Hickman's Lane narrows as it nears T-junction with (Lindfield) High Street – slow down.	M	A	10,23	
6		Turn left from HICKMAN LANE into (Linfield) HIGH	 Vehicles parked both sides of road	M	A	10,23	







		STREET	 Uphill to right hand bend.				
		HIGH STREET leads into ARDINGLY ROAD and then (as it nears Ardingly) LINDFIELD ROAD	 Left hand bend and short but steep downhill with sweeping right and then more gentle left hand bend.  Road surface may be slippery because of washed debris  Uphill incline begins just after right hand junction with PARK LANE and continues to ARDINGLY VILLAGE  Log slow section leading to Ardingly village				
7		LINDFIELD ROAD (Ardingly) leads into SELSFIELD ROAD/ARDINGLY ROAD (B2028) towards TURNERS HILL	Junction left with COLLEGE ROAD and then, very quickly, with STREET LANE  Narrow road - Cars parked on both sides and particularly left, near side. Be careful of on-coming vehicles within village and cars from minor road junctions and	L	A		



			<p>drives within village.</p> <p>Road widens just outside of village as it approaches SOUTH OF ENGLAND SHOWGROUND. Good road surface.</p> <p>4 left hand junctions from/to showground but all with good visibility.</p> <p>2 left hand junctions to/from WAKEHURST PLACE with good visibility.</p> <p>Pot-holed and uneven road surface just after WAKEHURST PLACE close to left hand edge of road. Visibility may be affected by overhanging trees on both sides of road.</p> <p>Uphill incline. Note Right hand junction with SELSFIELD ROAD at crest of incline and as road bends left.</p> <p>Downhill incline with left and then right hand bends towards mini-roundabout at WITHPITS and then</p>			
--	--	--	---	--	--	--











			short uphill incline towards crossroads at TURNERS HILL				
8		TURNERS HILL – NORTH STREET/TURNERS HILL ROAD (B2028) towards DUKES HEAD ROUNDABOUT	<p>Crossroad at crest of hill. Be aware of traffic from left ((CHURCH ROAD), oncoming vehicles seeking to turn right and traffic from right (EAST STREET).</p> <p>Steep downhill incline. Left hand sweeping bend. At bottom of hill, road bends to right.</p> <p>(WALLAGE LANE) just after bottom of hill.</p> <p>Vehicular and pedestrian traffic through CRAWLEY DOWN</p>	M	A	10,23	
9		DUKES HEAD ROUNDABOUT - Turn first left onto COPTHORNE COMMON ROAD (A264) heading towards CRAWLEY	<p>Be careful at this junction and on this section of road Fast travelling vehicular traffic.</p> <p>Good flat road surface. This is a potentially fast section.</p> <p>Wide road. Keep left and where possible, stay inside gutter lane.</p>	M	A	10,23	

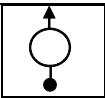
			Be aware of traffic from left at Texaco garage and pedestrians seeking to cross road at COPTHORNE GOLF COURSE				
10		COPTHORNE HOTEL ROUNDABOUT (A264) take second left onto COPTHORNE ROAD (A2220) towards THREE BRIDGES/CRAWLEY	  DO NOT turn into hotel &/or industrial estate (1 <sup>st</sup> turning left)  Poor and uneven road surface up to bridge over M23.  (OLD HOLLOW) shortly after turning from roundabout and then a number of house/drive junctions after M23 bridge as approach the roundabout.	M	A	10,23	
11		COPTHORNE ROAD (A2220) junction with BALCOMBE ROAD (B2036) - turn left onto BALCOMBE ROAD (B2036) towards WORTH/MAIDENBOWER	  Good visibility of traffic from left and ahead  Multiple junctions left and right along BALCOMBE ROAD (B2036). Uphill incline towards mini-roundabout  	M	A	10,23	

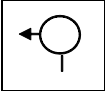


			<p>CRAWLEY LANE junction with TURNERS HILL ROAD. Straight ahead - BE AWARE of traffic coming from CRAWLEY LANE. This roundabout is quickly followed by another.</p> <p>  WORTH ROAD. Straight ahead - downhill incline towards another roundabout</p> <p>  MAIDENBOWER DRIVE. Straight ahead –</p> <p>vehicles from right have STOP requirement at roundabout but be careful.</p> <p>  LUCERN DRIVE/M23 slip road. Road divides into 2 lanes – take right hand lane into roundabout to go straight ahead over M23. Uphill incline towards another roundabout at M23 junction 10a.</p>				
12		Stay on BALCOMBE ROAD	Uphill section with traffic from left, coming from M23	M	A	10,23	

		(B2036) across M23 junction 10a roundabout towards WHITELY HILL/CO WDRAY ARMS PUBLIC HOUSE & BALCOMBE	<p>slip road. BE CAREFUL.</p> <p>Uphill incline – this may well be a slow part of the course. Visibility may be affected by overhanging trees. Forest both sides of road</p> <p>(PADDOCKHURST ROAD, B2110) at COWRAY ARMS followed by short uphill incline .</p> <p>Note the junction right (HIGH STREET, B2110).</p> <p>The road then slopes downhill on a potentially fast section.</p> <p>(STONEY LANE) &amp; (BOUNDARY ROAD) as road sweeps right and then left into BALCOMBE.</p> <p> Horridly steep section leading up through bollards. Keep left.</p>				
13		Turn left opposite BOLNEY SCHOOL into HAYWARDS HEATH	<p>Still slightly uphill and some speed bumps.</p> <p> Be careful cycling through the</p>	L	A	23	

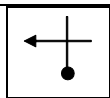
		ROAD	village. Cars parked on both sides and numerous driveways to and from houses.				
14		At T-junction with BRAMBLE HILL & STOCKCR OFT ROAD carry straight on - HAYWARDS HEATH ROAD	 Be aware of traffic from left at junction  Downhill section to mini roundabout	L	A	23	
15		Continue on HAYWARDS HEATH ROAD – straight across mini-roundabout at junction with Mill LANE (left)	  Good visibility of traffic from ahead. Poor visibility of traffic from left (MILL LANE).  Uphill gradient leading out of village.  Initially level and then fast downhill section once out of village. The road sweeps right and then left.   Be aware of uneven and potholed road surface along this	M	A	23	

		<p>whole section up to BORDEHILL</p> <p>Numerous small left hand junctions. Note STONEHALL</p> <p>  Over UPPER RYELANDS BRIDGE and into short, sharp uphill section. Visibility potentially affected by density of overhead trees. Very poor road surface.</p> <p> Be careful of bend under bridge and particularly on coming traffic</p> <p> Left hand junctions (NALDRED FARM &amp; COTTAGES and then COPYHOLD LANE)</p> <p>STEEP uphill section over BORDEHILL, followed by downhill Junction right – (BORDEHILL GARDENS) Uphill gradient. Junction right at top of hill Downhill</p>				
--	--	--	--	--	--	--

			<p>gradient. Be careful of junctions</p> <p>Left (FAIRFIELD WAY, OAKHURST LANE, OLD WICKHAM LANE &amp; HILL CLOSE)</p> <p>right (PENLAND ROAD, BARNMEAD &amp; BRIDGERMILL)</p> <p>Sharp left hand bend at bottom of hill</p> <p>(opposite junction with BURRELL ROAD – Sainsbury’s access road)</p>				
16		<p>Left hand bend from BALCO MBE ROAD under railway bridge, leading into COLLEGE ROAD/ GANDER HILL</p>	<p>Be aware of cars parked left and right. Be careful of oncoming traffic</p> <p>Uphill gradient at GANDER HILL before downhill gradient to mini-roundabout at junction with PORTSMOUTH LANE (left), SUMMER HILL LANE (right) and SUNTE AVENUE (ahead</p>	L	A		
17			<p>Be careful of cars from left (PORTSMOUTH LANE) because of poor visibility. Poor visibility too for traffic from left (PORTSMOUTH</p>	M	A	10,23	

			LANE).				
18			A second lap is now identical to the first until roundabout 17				
19	LAP 2		turn left at the mini-roundabout into PORTSMOUTH LANE (junction with SUMMER HILL LANE (right) and SUNTE AVENUE (ahead) heading north back to the reservoir	M	A	10,23	
20			Slight uphill section before gentle left hand sweeping bend on downhill gradient and then right hand turn as road changes to HIGH BEECH LANE	L	A		
21			Left hand junctions – BIRCHEN LANE, BROOK LANE, ROUNDWOOD LANE and entrance to golf course. Horridly steep uphill gradient alongside the golf course. Very slow section	L	A		
22			Left hand junction at top of hill – (SANDRIDGE LANE) leads to	L	A		



			houses Downhill section alongside golf course. Be careful of the right hand bend at bottom of hill Junction left (COPYHOLD LANE) as road continues downhill, first with right hand bend then, at bottom over LOWER RYELANDS BRIDGE, left hand bend. Uphill gradient towards HANSON AGGREGATES at the old RAILWAY STATION				
23			Left turn into RESERVOIR ACCESS ROAD Keep left. Speed bumps Uneven road surface Uphill gradient approaching transition	L	A	23	
24							
25							
26							
27							
28							
29							

### **RISK ASSESSMENT – RUN STAGE**

**Due to the interaction/mixing of traffic and sporting events on the highway, there is a possibility that accidents may occur due to the driver/rider of participant error, and such incident may result in serious personal injury.**

Course ID		Run Route		A	B	C	D
Whole event codes (1 – 8)				Risk level H/ M/ L	Persons at risk A - H	Measure to reduce risk 9 to 30	Additional measure to reduce risk to LOW NAME & ROLE
ID No	Mile/K from start	Detail Hazard					
		Symbol	Description				
1		From transition head north along path towards the gate at LITTLE SAUCELAN DS. <b>MARSHAL HERE</b>	Water/feed station in transition Make sure you have sufficient hydration/gels/nutritional supplements with you. Slight uphill gradient	L	A,H (other pedestrians)	11	
2		LITTLE SAUCELAN DS gate Go through the gate and follow the path northwards.  Path meanders alongside the reservoir	This is a swing gate. The path is gravel and mud. Uneven surface – tree roots and stones Short, slight incline just through gate Otherwise fairly flat until short, uphill gradient as the path approaches SANDHOLE WOOD gate	L	A,H		
3		Turn left at SANDHOLE WOOD gate onto causeway (BALCOMBE LANE/WEST HILL)	This is a swing gate It leads out onto the path across the causeway. The path is tarmac and in reasonably good state of repair Narrow path because of overgrown shrubbery Keep left.	L	A,H		
4		Turn left at end of causeway through gate	This is a gate that needs to be closed. We may have a marshal	L	A,H		

		<p>onto public bridle path at ROWLETT'S WOOD gate</p>	<p>at the gate but, if not, please close it. This is a bridle way – horses &amp; MTB cyclists Short downhill section on uneven gravel and mud surface. Follow this path until it ends at the junction with MILL LANE (in GREAT BURROW WOOD). Slight uphill incline at start of GREAT BURROW WOOD to turn-around point.</p>				
5		<p>TURN-AROUND POINT - junction with MILL LANE (in GREAT BURROW WOOD)</p>	<p>Junction with MILL LANE (in GREAT BURROW WOOD) Water station at turn-around point. Note: the path ends here. Simply go to the gate and turn around, retrace the way you came.</p>	L	A,H		
6		<p>Turn right through gate at ROWLETT'S WOOD, onto the causeway (BALCOMBE LANE/WEST HILL)</p>	<p>This is a gate that needs to be closed. We may have a marshal at the gate but, if not, please close it. It leads out onto the path across the causeway. The path is tarmac and in reasonably good state of repair Narrow path because of overgrown shrubbery Keep right.</p>	L	A,H		

7		Turn right at SANDHOLE WOOD gate onto footpath heading back to LITTLE SAUCELAN DS gate & transition.	This is a swing gate Short downhill gradient before path levels out. Uneven, mud and gravel surface, with some tree roots. Short uphill section just before gate	L	A,H		
8		Go through LITTLE SAUCELAN DS gate & across path to transition. This is the completion of one lap. Turn around and do 2 more laps. <b>MARSHAL HERE</b>	This is a swing gate. Slight downhill gradient Water/feed station in transition.	L	A,H	11	
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							

29							
----	--	--	--	--	--	--	--

### RISK ASSESSMENT – TRANSITION

Course ID:		Transition		A	B	C	D
Whole event codes (1 – 8)				Risk level H/M/ L	Persons at risk A - H	Measure to reduce risk 9 to 30	Additional measure to reduce risk to LOW NAME & ROLE
ID No	Transition Point	Detail Hazard					
1	T1	Transi tion area	Risk from competito rs rushing through	M	A,C	18	Transition flows in one direction only
2	T2	Transi tion area	Risk from competito rs rushing through	M	A,C	18	Transition flows in one direction only
3							
4							
5							
6							
7							
8							

**To be used in case of any additional risk that is identified before event.**

Course ID:				A	B	C	D
Whole event codes (1 – 8)				Risk level H/M/ L	Persons at risk A - H	Measure to reduce risk 9 to 30	Additional measure to reduce risk to LOW NAME & ROLE
ID No	Race Aspect	Detail Hazard					
1							
2							
3							
4							
5							
6							
7							
8							

If you have any queries or need assistance in completing your risk assessment please do not hesitate to contact the events team on 01509 226161 or [events@britishtriathlon.org](mailto:events@britishtriathlon.org)

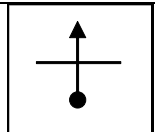
Please return all completed Risk Assessments to [events@britishtriathlon.org](mailto:events@britishtriathlon.org)

## Guidance notes for completing a Risk Assessment

- HAZARD** means the potential to cause harm
- RISK** means the degree of likelihood that a hazard will cause harm
- PERSONS AT RISK** who may be affected by the risk
- RISK** therefore reflects both the likelihood that harm will occur and its severity
- RISK ASSESSMENT** is controlling the level of risk; might be summarised as follows

**LOOK....EVALUATE....ACT....REVIEW**

### Example

Whole event codes (1-8) 1,2,3,4,5,6				<b>A</b>	<b>B</b>	<b>C</b>
ID No.	Miles/Kms from Start location	Details of Hazard		Risk rating level	Persons at risk from hazard	Additional measures to reduce risk to LOW
1	2.3		Straight on at cross roads	M	A	11,23

## Generic Risk Assessment Codes

Column B		Column C	
Hazard Risk Rating Level	Persons At Risk	Measures to Reduce Risk to Low. (Items 1-8 to be included in ALL events, and the whole course)	
H = HIGH	A - Competitors	Code No.	
M = MEDIUM	B - Spectators	<b>1</b>	<b>Code of Practice advanced signing on approach to course</b>
L = LOW	C - Organisers/ marshals	<b>2</b>	<b>Code of Practice safety signs every mile</b>
	D - On-coming traffic	<b>3</b>	<b>Safety briefing to all competitors</b>
	E - Passing traffic	<b>4</b>	<b>Safety briefing to all marshals</b>
	F - Crossing from right	<b>5</b>	<b>Compliance with traffic law by Competitors/Officials/Marshals</b>
	G - Crossing from left	<b>6</b>	<b>All marshals to wear Hi-Vis clothing</b>
	H - Others: specify	<b>7</b>	<b>Advanced liaison with interested parties</b>
		<b>8</b>	<b>Event vehicles to be identifiable</b>
		9	Road closure
		10	Additional approach signs
		11	Junction to be marshalled by : _____ Number of marshals
		12	Traffic signals to be manually controlled
		13	Traffic signals to be marshalled
		14	Motorcycle Police escort
		15	Motorcycle safety marshal
		16	Pedestrian crossings to be marshalled
		17	Marshals to have method of communication
		18	Officials to be identifiable
		19	Not open during event
		20	Establish time of other events and review
		21	Protective barriers in front of spectators
		22	Physical protection (e.g. straw bales)
		23	Signposted for competitors
		24	Protected by traffic coning
		25	Protect access/egress for emergency vehicles
		26	Uniformed Police/ Traffic Warden
		27	Marshal with authority to stop traffic (when legislation allows)
		28	Specify



# Directional symbols

