

ACTIVITY / OPERATION / LOCATION				
Ladybelt Country Park Cross Country Risk Assessment				
HAZARDS (List significant hazards below)	WHO IS AT RISK	RISK FACTORS (Conditions that make the hazard more or less likely to occur)		
Race surface	i. Injury to runners	Trip hazards, uneven surface including slip hazards and holes- commensurate with route. Composite boardwalk.	i.	ii. iii
Other park users including dog walkers and horse riders	i. Injury to runners and other park users	Throughout the course.	i.	ii.
Cold weather	i. Risk of hypothermia ii. Increased risk of slips due to ice	Whole course	i.	ii. iii
Difficulty in reaching casualties due to terrain	Delayed treatment for any injured	Whole course	i.	ii.
Communications difficulties	Inability to contact marshals on course and for marshals to contact race director to summon assistance to an emergency	Whole course	i.	ii.
Runners leaving intended course	Runners get lost and become distressed or cold	Whole course	i.	ii.
NUMICAL ASSESSMENT				
Severity Rating		Frequency Rating		
1	No Injuries / Minor damage	1	Remote	
2	Single Minor Injury	2	Unlikely	
3	Single Major / Personal Injury	3	Occasional	
4	Single Fatality / Major Pollution	4	Probable	
5	Multiple Fatalities	5	Frequent	
15-25	UNACCEPTABLE – REVISIT ACTIVITY & CONTROL MEASURES		WHO IS	
8-15	INTRODUCE FURTHER CONTROL MEASURES TO LOWER RISK		Coaches	Visitors / Pt
1-6	ACCEPTABLE / LOW RISK			

ASSESSMENT UNDERTAKEN BY		APPROVED BY				
Name	Claire Brown	Name	Keith Blake			
Date	28/07/2026	Date	04/08/2026			
Review Date	28/7/27	Next Review	4/8/27			
CONTROL MEASURES		SEVERITY RATING	FREQUENCY RATING	OVERALL RISK FACTOR		
Runners to be advised at pre-race brief. Hazards to be marked and/or marshalled as appropriate. Runners advised in pre-race information that spikes are not allowed/unsuitable		2	3	6		
Runners to be advised at pre-race brief that other users may be present. Marshals to alert other park users		2	2	4		
Runners to be advised to dress according to weather condition. Runners to be advised if ice/snow is present on the course and to proceed with caution Blanket available at start/finish plus hot drinks and warm vehicle		2	3	6		
Ensure suitable 4 wheel drive vehicle is available to convey first aid staff All gates/accessways to be unlocked to allow free access		2	2	4		
Ensure all marshals have a working mobile phone and that list of phone numbers is kept at start/finish area. Emergency contact number (race director) to be known by all marshals.		1	2	2		
Route is signed and marshalled Tail runner accompanies slowest runners		1	2	2		
OVERALL RISK FACTOR						
Overall Risk Factor = Severity x Frequency		Frequency				
		5	4	3	2	1
Severity	5	25	20	15	10	5
	4	20	16	12	8	4
	3	15	12	9	6	3
	2	10	8	6	4	2
	1	5	4	3	2	1
AT RISK						
Public	Members					