

# BRITISH TRIATHLON EVENT RISK ASSESSMENT



This risk assessment is complementary to and should be read in conjunction with Normal Operating Procedures, Emergency Action Plans and Event Management Plans.

## EVENT OVERVIEW

Event name Channel Tri

Event date(s) 10-Sep-23

Risk assessment conducted by Geoff Milsted and Joe Sullivan Risk assessment version control number 2023 v1.1

Date of original risk assessment 14/11/2022 Date of last review 20/11/2022 Date of next review TBC

Name of Organising Club/Organisation Folkestone Channel Rotary Club

Event Organiser Geoff Milsted Contact mobile 07976 276633

Event Organiser email address [geoff.milsted@channelrotary.org.uk](mailto:geoff.milsted@channelrotary.org.uk)

Race Director name Joe Sullivan Contact mobile 07980705961

Race Director email address [sullioe@gmail.com](mailto:sullioe@gmail.com) Contact telephone As above

Event Organiser address (event permit will be posted here unless specified) Geoff Milsted, 24 Cooling Lane, Folkestone Postcode CT20 3QT

Safety Officer name Peter Godden

Email address [peterfgodden@gmail.com](mailto:peterfgodden@gmail.com) Contact telephone 07710424796

Event base/venue Folkestone East Cliff Postcode CT19 6BL

Start area location As above Finish area location (if different to start) Folkestone Coronation Parade

Event start time (registration open) 5.30am-7.30am Event finish time (event close) 2pm

Local Authority: detail relevant authority where event base/venue is located	Contact name	Date notified	Response date
Folkestone & Hythe District Council (Safety Advisory Group)	Emily Parfett	tba	

Police Authority: detail all relevant authorities affected by the event (including cycle/run segments)	Contact name	Date notified	Response date
Kent Police this is all covered by the SAG	Emily Parfett	tba	

Highway Authority: detail all relevant authorities affected by cycle/run routes	Contact name	Date notified	Response date
Kent Highways this is covered by SAG	Emily Parfett	tba	

Detail(s) of other bodies (landowners, venue providers etc.) where approval is required and received	Contact name	Date notified	Response date

## RACES OVERVIEW

Applies to all races taking place as part of this event (use drop down options)

Swim type (if applicable)

Adult cycle type (if applicable)

First race start time

Last competitor finish time

Each race must be risk assessed in the appropriate tabs. Where different races use different routes (e.g. sprint, standard), the race must be indicated.  
Where different races deviate along the course, this must be identified and the differing routes identified and assessed.

List each race separately

Race name	DISTANCES				Number of competitors	Race start time
	Swim	Cycle	Run	Run 2 (duathlon)		
Tri - Standard	1.5K	40K	10K		100	7.30am
Aquabike -Standard	1.5K	40K			25	7.30am
Tri - Sprint	750m	20K	5K		100	8am
Aquabike - Sprint	750m	20K			10	8am
OWS - 1.5K	1.5K				20	7.30am
OWS - 750m	750m				20	8am
GO-TRI - senior and junior	250m	10K	2.5K			
Duathlon	Run	Cycle	Run			
Standard	10K	40K	5K			
Sprint	5K	20K	2.5K			

## WHOLE EVENT RISK ASSESSMENT

Medical provider name	Outdoor Safety Resources	Medical provider contact telephone	07766 042189
Number of first aiders (min. 2)	4	Number of mobile/advanced responders	
		Number of ambulances/paramedics	2
Name of notified A&E hospital	William Harvey Hospital		Contact telephone
			01233 633331

Detail general risks and hazards that apply to the whole event

HAZARD IDENTIFICATION		Who is affected?	Risk Level	RISK MITIGATION	
Hazard/risk area	Description of hazard/risk	Competitors / Spectators / Marshals	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Who?
Medical provision	Inappropriately qualified first aid provision. Medical provider fails to attend event on time. Medical incident requiring action.	Competitors, spectators, marshals	M	British Triathlon Guide to Medical Cover at Events (link below) is used as a starting point to determine the appropriate level of cover. EAP details procedure in case of medical provider failing to attend event. Competitor medical details and next of kin recorded and passed to medical provider. <a href="#">British Triathlon Guide to Medical Cover at Events</a>	tba
Assessment of Covid-19 effects on the event		Competitors, spectators, marshals	M	Event organiser committee will assess any Covid-19 guidance which may be in force at the time of the event.	Geoff Milsted
Adverse weather	Event is undertaken in adverse/unsafe weather.	Competitors, spectators, marshals	M	Weather forecast and warnings monitored. EAP details procedure in case of force majeure (modify/cancel). Notification of additional equipment or clothing required.	Geoff Milsted/J Sullivan
Site build/derig	Accident or injury sustained during set up/derig.	Event team, general public	M	Event team to follow manufacturer's instructions for items used in build/derig. Event team to wear appropriate PPE. Event crew to receive manual handling training. Event crew next of kin to be recorded and kept in event file in case of incident (refer to EAP).	Geoff Milsted/J Sullivan
Registration	Congestion of competitors. Competitors not having appropriate insurance cover.	Competitors, marshals	M	Competitors to register at specific time detailed in pre-race communications. Marshals present to assist in creating one-way flow through the registration area. All competitors required to produce valid British Triathlon race licence or purchase day membership.	Joe Sullivan/B Flavell
Start/finish area	Spectator congestion, competitor overcrowding, dehydration or post-race medical incident.	Competitors, spectators, marshals	M	Spectators to be separated from start/finish areas. Finish area sufficiently wide to enable sprint finish between competitors. Water available in post-race recovery area. Medical provision at finish line.	Geoff Milsted/J Sullivan
Spectators	Safeguarding issues concerning children and/or vulnerable adults.	Competitors, spectators	L	Event Management Plan and EAP details what actions to take in case of lost/found child/vulnerable adult.	Rotary Team Leader
Event site including temporary structures	Impact of wind on unsecured structures, falling from height, trips, collapse if not erected correctly.	Competitors, event team, spectators	M	East Cliff area exposed and area can be very windy, so no outdoor gazebos	Peter Godden
Competitor access and egress	Slips, trips and falls, event site capacity, lighting if early start/late finish.	Competitors	M	East Cliff area is secure and public managed by Rotary marshals briefed by ESO	Peter Godden
Car parking	Vehicle movement, collisions between vehicles and pedestrians, overcrowding.	Competitors, event team, spectators	M	On roads in the East Cliff area managed by Rotary marshals, briefed by ESO	Mike Simmonds

HAZARD IDENTIFICATION		Who is affected?	Risk Level	RISK MITIGATION	
Hazard/risk area	Description of hazard/risk	Competitors / Spectators / Marshals	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Who?
Toilet/changing facilities	Insufficient provision, hygiene and waste management.	Competitors, event team, spectators	L	Plenty of public facilities at the East Cliff and portaloos as extra	Joe Sullivan
Crew welfare and catering	Long working hours, food preparation, PPE, adverse weather (sun cream, ponchos).	Event team	L	Free refreshment vouchers for marshals and officials	Joe Sullivan
Transporting items around the course	Driving on open roads. Lifting.	The driver	L	Check licence. Assistance when necessary. Event insurance For all marshals and helpers	Geoff Milsted/J Sullivan

# OPEN WATER SWIM RISK ASSESSMENT



Water safety provider name	Folkestone Inshore Safety crew / Sandgate Rowing Club		Contact telephone	TBC
Number of powered craft	2	Number of non-powered craft/lifeguards	8	
Wave size	100	Wave frequency	5mins	
			Number of marshals required	7

Where the below hazards are identified and appropriate mitigation implemented, the risk assessment part of the SH<sub>2</sub>OUT Event Self-Certification scheme is satisfied. For further information on the rest of the Self-Certification scheme, which includes information and guidance on creating normal operating procedures (NOP) and emergency action plans (EAP) please contact SH<sub>2</sub>OUT - [info@sh2out.org](mailto:info@sh2out.org) or review the SH<sub>2</sub>OUT Guide to Organised Open Water Swimming:

[SH<sub>2</sub>OUT Guide to Organised Open Water Swimming](#)

Course Overview - please provide a summary of the open water swim course(s) and include a diagram if possible showing buoy and water safety cover placements

Detail hazards that apply to the open water swim segment

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	
Description of hazard/risk	Competitors / Marshals / Spectators	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Who?
Water safety team access to and egress from water; recovery of	Competitors, water safety team,	L	Beach entrance exit with sand cone off for safe passage	AM
Competency of and communication between water safety team	Competitors, water safety team	L	Radio comms on the safety craft and shore line team leader and first aid crew	AM
Competitor entry to the water	Competitors, water safety team, marshals	L	Counted into and out of the water by swim marshal crew. Coned off and safe channel entry	AM
Competitor exit from the water	Competitors, water safety team, marshals	L	Counted into and out of the water by swim marshal crew. Coned off and safe channel entry	AM
Swim exit to transition	Competitors	L	400m to run to transition. Shoes are compulsory. Wash buckets available to clean. Coned off in area on beach.	AM
Poor design of swim course, moving buoys resulting in swimming more than expected	Competitors	L	Course measured in the morning and buoys weighted down	AM
Poor water quality - detail what testing is in place, historic water quality data, communication with competitors <a href="#">SH<sub>2</sub>OUT Guide to Water Quality for Open Water Events</a>	Competitors, water safety team, marshals	L	Sea testing carried out by the environment agency. All results are on line for the area	BTF
Low/high water temperatures including wetsuit usage	Competitors	L	Follow guide of BTF rules and BTF official on the day. Inform competitors asap if non wetsuit swim	BTF
Poor water conditions e.g. waves and currents	Competitors, water safety team	L	Inform competitors of the conditions over PA system and any changes to the route. I.e. shorten	AM
Obstructions and debris below, within and on top of water	Competitors, water safety team	L	It's a clear beach and this is monitored by the local beach lifeguards	AM
Risk of missing swimmer	Competitors	L	Swimmers are counted in and out of the water. Different waves have different coloured hats	AM

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	
Description of hazard/risk	Competitors / Marshals / Spectators	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Who?
Risk of swimmer overcrowding and conflict	Competitors	L	Individual entry into water	AM
Risk of novice/mixed ability swimmers and understanding of what to do in case of an incident	Competitors, water safety team, marshals	L	Detailed safety information sent to competitors prior to event and safety brief on beach before start.	AM
Conflict with other venue users	Competitors, water safety team, marshals	L	N/A	
Poor weather conditions - sun and glare; electrical storms; wind, swell and waves; mist and fog	Competitors, water safety team, marshals	L	Folkestone Harbour arm protects the swim start area at Sunny sand beach. Will liaise with BTF official.	AM

The typical things to take into account when risk assessing the open water swim segment include:

- Water safety team access and emergency access including recovery of casualty and hand over to emergency services.
- Ensure water safety team is qualified and competent to operate dedicated safety craft, and how the safety team communicate?
- Swim course - poor design, moving buoys and emergency access - rapid and safe access for safety team to effect a rescue (should be linked to the EAP).
- Water quality testing for entero-bacterial contamination, blue-green algae, pH and leptospirosis.
- Historical water quality data should be provided if available and a water quality testing protocol should be in place for the event.
- If any issues are highlighted, how is this information communicated to competitors and what measures the event has taken to overcome any issues, resulting in further testing to achieve improved results or cancellation of swim segment.
- Water temperatures to be in line with British Triathlon Competition Rules: wetsuits are mandatory between 11°C and 14°C, are optional between 14°C and 22°C, are banned above 22°C. Any variants to these require a rule exemption request to be submitted to [events@britishtriathlon.org](mailto:events@britishtriathlon.org) detailing the reason and what additional mitigation is in place.
- Water conditions - are there any waves and currents.
- Underwater, floating or suspended debris, overhead obstructions.
- How novice/mixed ability swimmers and other necessary information is identified and catered for, how competitors are briefed on how to call for assistance.
- How competitors enter and exit from the water, risk of competitor injury from swim exit to transition.
- How visibility of swimmers is ensured and what procedure is in place for counting swimmers into/out of the water (should be linked to the NOP).
- How are swimmer numbers managed to avoid impact, injuries and/or panic.
- Other users of the water - how has the event liaised with these to establish clear activity zones, and to agree an activity timetable.
- Weather conditions - sun and glare; electrical storms; wind, swell and waves; mist and fog.

## CYCLE RISK ASSESSMENT

Complete both Section 1 (general hazards that apply to the whole cycle course) and Section 2 (route-specific hazards found along the cycle course)

[British Triathlon Guide to Cycle Course Design for Events Taking Place on the Public Highway](#)

Course Overview: provide a brief description of the cycle route(s) and link to route maps if available

Scenic looped ride from Folkestone Harbour to Hawkinge and Densole, and Capel returning to the East Cliff. Standard 2 loops, Sprint 1 loop. Go-Tri 1 amended loop

Section 1 - Detail general hazard that apply to the whole cycle course

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	
Description of hazard/risk	Competitors / Marshals / Spectators / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Initials
Interaction with other users - vehicles, horse riders, pedestrians, non-event cyclists	Competitors, spectators, marshals, other road users	M	All required agencies, landowners and stakeholders along route notified. Advance notification signage displayed as agencies require. Cycle course to be clearly signed for awareness of other road users.	JS/PG/GM
Road defects e.g. potholes, poor surface	Competitors	L	Report defects to local highways for repair, provide additional warning signage, highlight with spray paint.	JS?PG
Competitors unfamiliar with cycling regulations	Competitors, other road users	L	Competitors to adhere to Highway Code/relevant traffic laws. Event run under British Triathlon Competition Rules. Links to information provided in advance.	JS / web site
Competitors unfamiliar with route	Competitors	L	Cycle route to be made available to competitors in advance. Cycle course to be clearly signed for competitors and key points identified in pre-race briefing. 'Broom wagon' to follow last competitor home.	JS / web site
Marshals on course	Competitors, marshals, other road users	L	Marshals to be briefed before being stationed on course. Marshals to wear Hi-Viz clothing and have radio/phone contact with event HQ. Marshals to be provided with whistles and flags where required. Marshals to only inform competitors and not instruct traffic unless permission received and appropriate qualification held, or in an emergency situation.	PG/GM

## Section 2 - Detail route specific hazards that are found along the cycle course (turn-by-turn risk assessment)

When risk assessing the cycle course the main hazards to consider include:





- Turns and junctions - right turns should be avoided as far as possible unless the road is closed to other traffic
- Blind bends, particularly on narrow roads where there is the potential for cyclists to stray onto the opposite carriageway should be avoided as far as possible
- All junctions, sharp bends, hill crests, bridges, traffic calming measures, roundabouts/mini-roundabouts, pedestrian crossings, traffic signals
- Hazards created by the position or movement of other road users (e.g. parked cars, the potential for a build up of traffic turning into a retail park or garden centre)
- Hazards caused by changes to the road surface or variations in the road surface e.g. raised manhole cover, potholes, gravel on corners
- Changes to road width
- Weather - either very cold (especially after pool swim) or very hot, leaf fall, soggy ground










Common safety measures to mitigate the risks posed by the above hazards are:

- Signage for both competitors and other road users, both on the day in advance of the event
- Marshals (possibly with whistle and/or red flag to highlight particular hazards) to interact with competitors only, unless holding the required qualifications to manage traffic
- Marking of potholes, sweep of gravel
- Foot-down point to bring competitors to a stop before proceeding
- Competitor pre-race information and briefing















HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	mi/km from start	Symbol	Description of hazard detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Cycle Event	Direction Arrows	
1	ALL			Bike 1 x 20K loop for Sprint Tri/Aquabike 2 x 20K loops for Standard Tri/Aquabike	Competitors / Spectators / Marshals	L					
2		0.00		Exit from Transition Risk of going the wrong way Risk of collision	Competitors / Spectators / Marshals	L	Leave transition and ride on Brett exit road Signposted for Competitors Marshal controlled	1	1	1	
3		0.01		Mount Point Line marked across roadway Risk of collision Risk of falling/tripping	Competitors / Spectators / Marshals	M	Athletes are briefed about the best way to mount their bike and how to be as safe as possible at his point. It is also marshalled.	1		1	
4		0.01		Right into Wear Bay Road Risk of collision Risk of falling of bike	Competitors / Spectators / Marshals	L	Cyclist are entering Wear Bay Road at this point and must reduce the chance of falling off the bike or colliding with another competitor going out				1
5		0.40		Turn left into Foreland Avenue Risk of traffic collision, danger parked cars	Competitors / Spectators / Marshals / Other Road Users	M	Additional Signage informing traffic that cyclists joining traffic. Cyclists briefed on this aspect of the course Marshalled				1
6		0.78		Bear right into Warren Road Risk of collision with traffic or pedestrians and speed humps	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				1
7											
8		0.95									
9		1.18		Right at the roundabout and under railway arch	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code	1			1
10		1.38		Zebra Crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				1
11		1.83		Turn left A260 Risk of traffic collision on leaving the car park	Competitors / Spectators / Marshals / Other Road Users	L	Additional Signage informing traffic that cyclists on road Cyclists briefed on this aspect of the course	1			2
12		2.13		Zebra Crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				1
13		2.22		At the roundabout, 2nd exit onto Dover Road Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled	1	4		2

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								Number	Cycle Event	Direction Arrows	
14		2.56		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				1
15		2.82		Bear right continue on A260 Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Additional Approach Signs Marshalled				2
16		2.61		At the roundabout, 3rd continue on A260 Canterbury Road Risk of collision	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled	2	4		2
17		3.00		50mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
18		3.80		Left and right junctions off main road Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code				2
19		4.20		National speed limit	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
20		4.20		At the roundabout, 1st exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled	1	4		1
21		5.04		40mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
22		5.15		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code				1
23		5.20		At the roundabout, 2nd exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled	1	2`		1
24				AT THIS POINT THE GO-TRI TURNS ROUND AT THE ROUNDABOUT AND RETURNS TO FOLKESTONE ALONG THE A260. Go to #54							
25		5.49		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code				1

HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
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								Number	Cycle Event	Direction Arrows	
26		5.67		At the roundabout, 2nd exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled		2	1	
27		6.26		At the roundabout, 3rd exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	M	Additional Approach Signs Marshalled		2	1	
28		6.89		At the roundabout, 2nd exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed			2	
29		7.11		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code			1	
30		7.38		At the roundabout, 2nd exit Spitfire Way Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed			2	
31		7.45		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code			1	
32		7.57		National speed limit	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
33		8.37		At the roundabout, 3rd continue on A260 Canterbury Road Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed	1		2	
34		8.47		40mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
35		8.93		Turn left into Crete Road East	Competitors / Spectators / Marshals / Other Road Users	L	Additional Approach Signs Marshalled			2	
36		8.93		National speed limit	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code			2	
37		10.90		40mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
38		10.90		Turn left onto B2011 New Dover Road14.0	Competitors / Spectators / Marshals / Other Road Users	L	Additional Approach Signs Competitors briefed to obey the Highway Code	1		2	

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								Number	Cycle Event	Direction Arrows	
39		13.70		National speed limit	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
40		14.00		At the roundabout, 2nd exit Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Additional Signage informing traffic that cyclists on road Competitors briefed				2
41		14.20			Competitors / Spectators / Marshals / Other Road Users	L	Additional Approach Signs Marshal	1	2		2
42		14.40		At the roundabout, 2nd exit Risk of collision Risk of going the wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Additional Signage informing traffic that cyclists on road Competitors briefed				2
43		15.70		40mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
44		17.50		Steep hill down	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				2
45		18.20		Bear left into A2037 Dover Road	Competitors / Spectators / Marshals / Other Road Users	L	Road feature - competitors briefed to follow Highway Code at all times	2			2
46		18.50		Sharp left into Wear Bay Road		L	Additional Signage informing traffic that cyclists on road Competitors briefed	2			2
47		19.97		Tri standard bear right / otherwise bear left to finish		L	Additional Signage informing traffic that cyclists on road Competitors briefed				1
48		19.98 Finish		Dismount Line - Run To Transition Risk of collision Risk of falling off	Competitors / Spectators / Marshals / Other Road Users	L	Signposted for Competitors Share Mount Line Marshalled	1			2

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								Number	Cycle Event	Direction Arrows	
49				Tri standard second lap starts							
50		20.20		Turn right into Wear Bay Road		M	Additional Approach Signs Marshalled	1	4	2	
51		20.35		Turn right into Hasborough Road		L	Competitors briefed to follow the Highway Code				
52		20.50		Turn left into Wear Bay Road and join original route between points 4 and 5		M	Additional Approach Signs Marshalled	1		2	
53				Go tri returns from point 24							
54		5.32		Traffic light controlled pedestrian crossing Risk of collision with traffic or pedestrians	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed to obey the Highway Code				1
55		5.44		National speed limit	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
56		6.25		At the roundabout, 3rd continue on A260 Canterbury Road Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed				2
57		6.34		40mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
58		6.78		Straight ahead where Crete Road East bears left risk of going wrong way	Competitors / Spectators / Marshals / Other Road Users	L	Road feature - competitors briefed to follow Highway Code at all times	1			2
59		7.65		30mph zone Risk of collision	Competitors / Spectators / Marshals / Other Road Users	L	Cyclists briefed to always follow the Highway Code				
60		7.78		First left at the roundabout. Risk of going wrong way.	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed				2
61		8.19		3rd exit at the roundabout. Risk of going wrong way.	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed				2

HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	mi/km from start	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Cycle Event	Direction Arrows	
62		8.67		Straight across junction. Beware of crossing traffic	Competitors / Spectators / Marshals / Other Road Users	L	Competitors briefed	1		2	
63		10.10		Finish							
64											
65		20.60		DISTANCE OF SHORTER CYCLE RIDE							
66		40.70		DISTANCE OF LONGER CYCLE ROUTE							
67		10.10		DISTANCE OF GO-TRI							
68											

## RUN RISK ASSESSMENT

Complete both Section 1 (general hazards that apply to the whole run course) and Section 2 (route-specific hazards found along the run course)

Course Overview: provide a brief description of the run route(s) and link to route maps if available

After a sloping route down to the harbour it is a flat out and back run route along Folkestone marine footpath and parade. Standard 2 laps and Sprint 1 lap.

### Section 1 - Detail general hazards that apply to the whole run course

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	
Description of hazard/risk	Competitors / Marshals / Spectators / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Initials
Conflict with other users - vehicles, horse riders,	Competitors, spectators,	L	All required agencies, landowners and stakeholders along route notified.	GDM
Competitors unfamiliar with route	Competitors, other road users	L	Run route to be made available to competitors in advance. Run course to be clearly signed for competitors and key points identified in pre-race briefing.	GDM
Marshals on course	Competitors, marshals, other	L	Marshals to be briefed before being stationed on course. Marshals to wear Hi-Viz	RB
East Cliff area open to general public while run part of event taking place	Competitors, marshals, other road users	M	Marshals to be briefed before being stationed on course. Marshals to wear Hi-Viz clothing and have radio contact with event HQ. Marshals to be provided with whistles and flags where required. Marshals to only inform competitors and not general public.	GDM

### Section 2 - Detail route specific hazards that are found along the run course

When risk assessing the run course the main hazards to consider include:










- The running surface e.g. does it deteriorate if wet, will competitors be prepared if there are off-road sections, are there cattle grids to negotiate
- Road/path width - is it wide enough, particularly if it is an out and back course? Are there any blind bends that could cause collision?
- Street furniture e.g. benches, lampposts, waste bins
- Changes in surface
- Are there any road crossings that require marshals
- Whether the course is open to the general public e.g. in a park, along a promenade
- Access for emergency services - particularly for off-road run courses
- Weather - either very cold (especially after pool swim) or very hot, leaf fall, soggy ground

Common safety measures to mitigate the risks posed by the above hazards are:

- Signage for both competitors and other road users, both on the day in advance of the event
- Marshals (possibly with whistle and/or red flag to highlight particular hazards) to interact with competitors only, unless holding the required qualifications to manage traffic
- Competitor pre-race information and briefing


HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	mi/km from start	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage	Marshals		Signs	
								Number	Running Event	Direction	Arrows
1	ALL	0.00		Exit Transition Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Signposted for Competitors Athletes will be briefed to ensure they give way to each other	1			1
2	ALL			Please run on the pavements rather than the road wherever possible							
3		0.02		Turn left into Wear Bay Road Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			2
4		0.37		Turn left into East Cliff Gardens Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Signposted for Competitors				2
5		0.52		Bear right at St Peter's School	Competitors / Spectators / Marshals	L	Signposted for Competitors				1
6		0.60		Left at the Lifeboat Pub	Competitors / Spectators / Marshals	L	Signposted for Competitors Brief competitors to run on right				2
7		0.71		Turn right onto marine parade run under arches Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			1
8		0.74		Turn left and keep to the left of the Royal George Risk of going the wrong way	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			1
9		0.74		Uneven ground cobbles Risk of slipping/tripping	Competitors / Spectators / Marshals	L					1
10				deliberately blank							
11		0.81		Bear right and run across the plaza avoiding the fountains. Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors				1
12		0.89		Turn left around the harbour Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Signposted for Competitors				1
13		1.01		Across the entrance to the harbour arm. Risk of going the wrong way and crossing traffic.	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			1



HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	miles/km	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Running Event	Direction	Arrows
14		1.04		Turn right and continue on Marine Parade, run on right Risk of going the wrong way	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors				1
15		1.43		Point where Go-Tri returns via Marine Parade.	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			2
16		1.46		Continue along Marine Parade but avoid construction work and any pedestrian diversion. Risk of slipping and tripping.	Competitors / Spectators / Marshals	L	Marshal area if appropriate				1
17		1.66		Through Gate into Coastal Park	Competitors / Spectators / Marshals	L	Marshal to ensure gate opened.	1			1
18		2.38		Through gate into Lower Sandgate Road	Competitors / Spectators / Marshals	L	Marshal to ensure gate opened.				
19		2.58		Sharp left for Tri-sprint. Standard Tri straight on to point 41	Competitors / Spectators / Marshals	L	Signposted for Competitors All athletes have been made aware and will be briefed on this again before they start on the day.	1			2
20		2.61		Across	Competitors / Spectators / Marshals	L	Signposted for competitors				1
21		2.64		Uneven path, risk of tripping	Competitors / Spectators / Marshals	L	Signposted for competitors				1
22		2.69		right along path	Competitors / Spectators / Marshals	L	Signposted for competitors				1
23		2.79		Down to and along sea wall	Competitors / Spectators / Marshals	L	Signposted for competitors				1
24		2.94		Left up ramp from sea wall	Competitors / Spectators / Marshals	L	Signposted for competitors				1
25				deliberately blank	Competitors / Spectators / Marshals	L	Signposted for competitors				1

HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	miles/km	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Running Event	Direction Arrows	
26		3.03		Right at large green cabin, risk if going wrong way	Competitors / Spectators / Marshals	L	Signposted for competitors				1
27		3.06		Straight on	Competitors / Spectators / Marshals	L	Signposted for competitors	1			1
28		3.17		Turn right. Risk of going the wrong way.	Competitors / Spectators / Marshals	L	Signposted for competitors				1
29		3.52		Leave the Coastal Park and continue along Marine Parade.	Competitors / Spectators / Marshals	L	Signposted for competitors				1
30		3.6		Continue along Marine Parade but avoid construction work and any pedestrian diversion. Risk of slipping and tripping.	Competitors / Spectators / Marshals	L	Marshal area if appropriate				1
31		4.14		Turn left to continue around the Harbour. Risk of slipping and tripping.	Competitors / Spectators / Marshals	L	Signposted for competitors				1
32		4.15		Across the entrance to the harbour arm. Risk of going the wrong way and crossing traffic. Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			1
33		4.29		Turn right around the harbour Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Signposted for competitors				1
34		4.36		Turn right into Beach Street towards the arches. Risk of going the wrong way Risk of slipping/tripping on cobbles	Competitors / Spectators / Marshals	L	Signposted for competitors	1			1
35		4.36		<b>At this point the routes split with the longer run bearing right to pick up at point 11</b>	Competitors / Spectators / Marshals	L	Marshal and signposted for Competitors	1			1
36		4.36		Aid station Risk of going the wrong way Risk of slipping/tripping	Competitors / Spectators / Marshals	L	Signposted for Competitors All athletes have been made aware and will be briefed on this again before they start on the day.	2			1
37		4.4		For the shorter runs and completion of second lap proceed under the arches into Fish Market. Risk of tripping and slipping on cobbles.	Competitors / Spectators / Marshals	L	Signposted for competitors				1

HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	miles/km	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Running Event	Direction	Arrows
38		4.47		Straight on into The Stade. Risk of going the wrong way. Risk of slipping and tripping.	Competitors / Spectators / Marshals	L	Signposted for competitors				1
39		4.69		Continue through the gate to Coronation Parade.	Competitors / Spectators / Marshals	L	Signposted for competitors				1
40		4.71		Run to Finish Event Instructions - Available in advance Sprint Tri - after one lap turn right towards	Competitors / Spectators / Marshals	L	Marshalled and signage	1			1
41		5.07		Finish Line Funnel, inflatable gantry with timing mat Run in grassed area for finish	Competitors / Spectators / Marshals	L	Barriers will be weighted where possible and mesh banners will be used on those without weights to reduce the change of falling barriers.	2			
				Standard Tri from point 19							
42		2.50		Straight on	Competitors / Spectators / Marshals	L	Marshalled and signage				1
43		2.85		Straight on under park barrier	Competitors / Spectators / Marshals	L	Signposted for competitors				1
44		2.88		Sharp left, risk of going the wrong way	Competitors / Spectators / Marshals	L	Marshalled and signage	1			1
45		2.92		Straight on, risk of going wrong way	Competitors / Spectators / Marshals	L	Signposted for competitors				1
46		3.08		Uneven path, risk of tripping	Competitors / Spectators / Marshals	L	Signposted for competitors				1
47		3.17		Over wooden bridge	Competitors / Spectators / Marshals	L	Signposted for competitors				1
48		3.19		Left at fork	Competitors / Spectators / Marshals	L	Signposted for competitors				1

HAZARD IDENTIFICATION					Who is affected?	Level	RISK MITIGATION				
ID#	Applies to which race?	miles/km	Symbol	Description of hazard/risk detail junction/road name/number	Competitors / Spectators / Marshals / Other Road Users	High / Medium / Low	Description of controls to reduce the risk to as low as possible e.g. briefing, signage, foot down point	Marshals		Signs	
								Number	Running Event	Direction Arrows	
49		3.21		Right at bench	Competitors / Spectators / Marshals	L	Signposted for competitors				1
50				Join Tri-sprint course at point 20							
51				Go-tri from point 15							
52				Return along Marine Parade towards harbour and join Tri-Sprint at point 31							
		5.07		DISTANCE OF TRI-SPRINT							
		9.88		DISTANCE OF SRANDARD-TRI							
		2.34		DISTANCE OF GO-TRI							

## TRANSITION RISK ASSESSMENT

**Transition Overview:** provide a description of transition area or include a transition plan showing competitor flows, in/out gates and bike mount/dismount location

Long transition from the beach 600m - in/out long transition. Section off for security and marshalled. Please see map.

Detail general risks that apply to the transition area

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	
Description of hazard/risk	Competitors / Marshals / Spectators	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable	Marshals Number
Collision/congestion of competitors - flow of competitors through transition	Competitors, marshals	L		4
Collision/congestion of competitors - entry and exit gates, mount and dismount lines	Competitors, marshals	L	Marahalled and no traffic in area	2
Cuts to feet, slips and trips - suitability of transition area surface	Competitors	L	Shoes to be worn from swim exit to T1	
Collapse of transition racking damaging people/equipment	Competitors, marshals	L	Made secure by event crew and check prior to athletes entering transition	
Theft of competitor possessions - security of transition area	Competitors	L	Secure transition area manned by marshals	1
Unsuitable/illegal helmets/equipment being used by competitors	Competitors, marshals, spectators, other road users	L	Marshals briefed before athletes enter transition	2
Competitors not adhering to mount/dismount lines (where applicable)	Competitors, marshals, spectators, other road users	L	Marahalled with BTF official checking mount line	1

The typical things to take into account when risk assessing the transition area include:

- The gateways - are they wide enough to allow competitors to pass through without hindrance or colliding with others?
- The surface - is it free from debris, potholes etc., bearing in mind that in a triathlon competitors will be barefoot from the swim exit to the point at which they put on their cycle shoes
- Change of surface e.g. turning from tarmac path into a grass-based transition area - even in dry weather the water carried from the swim on wetsuits/costumes can quickly create slippery conditions
- For events taking place over several hours with competitors arriving to rack their bikes at different times the transition design should aim to eliminate or minimise the potential for new arrivals (or departing competitors) to cross the path of those actually competing
- Bike racking, where used, should be stable, well-spaced (to allow competitors to run freely, with and without bike, between rows) and of appropriate height for the competitors. Numbered racking/position, where competitors are designated a specific space, is highly recommended as it allows the transition area design to factor in "flow lines"
- Security of competitor's possessions and separation from non-competitors

## DECLARATION

I confirm that all required stakeholders and agencies have been notified, and received relevant permissions for the staging of this event.  
 I confirm the event will be run in accordance with British Triathlon Competition Rules and any exceptions to these have been granted a rule exemption.  
 I confirm that public liability insurance (minimum £5million indemnity) has been arranged and is in place for the event.  
 I confirm that the British Triathlon Medical Guidance has been consulted and that the level of medical cover present at the event meets the recommended levels as a minimum.  
 I confirm that all marshals will receive appropriate training and be fully briefed about their specific role before undertaking their duties.  
 I confirm that the information provided in this risk assessment is correct and submitted in good faith, and will be implemented on the day accordingly.  
 I confirm that this risk assessment is complementary to other documentation such as Normal Operating Procedures, Emergency Action Plan and Event

Signed	G Milsted
Signed	P Godden

Name	Geoff Milsted	Event Organiser
Date		
Name	Peter Godden	Safety Officer/Secondary RA Check
Date		

Marshals Required	Adult	Kids
Swim Marshals		
Cycle Marshals	21	0
Run Marshals	18	0
Transition	10	
<b>TOTAL MARSHALS</b>	<b>49</b>	

Route Signage Required	Adult	Kids
Cycle Event	23	0
Running Event	0	0
Direction Arrows	119	0
<b>TOTAL ROUTE SIGNAGE</b>	<b>142</b>	<b>0</b>