**East Lancashire LDWA**

***Saturday May 23rd until Monday May 25th 2015.***

**Risk Assessment**

# **INTRODUCTION**

The Red Rose 100 (RR 100) is a 101.5 mile challenge walk to be completed in a maximum time of 48 hours. It is a circular route across varied terrain, including minor roads, footpaths, tracks, farmland, wooded areas and open moor land. The event is organised by East Lancashire Long Distance Walkers Association. The maximum number of entrants allowed is 550, all of whom will be over 18 years of age and have completed a qualifying event.

There will be 14 checkpoints along the route. Entrants are allowed to spend up to two hours at any given checkpoint, but will be timed out if they don’t leave before the checkpoint closing time. Entrants would also not be allowed to continue if the organisers deem it would be hazardous to themselves, other entrants or members of the public if they did so.

All entrants will be provided with a detailed route description, including grid references for check point positions and accumulated mileage. All participants will be manually checked into checkpoints and Raynet will be used to monitor progress.

The Risk Assessment for RR 100 identifies the hazards, potential accident events and their associated risks relating to this event. It sets out the safeguards that are in place such that the health and safety risks to those taking part and those involved running the event are minimised.

Up to the start of the event the risk assessment will be an ongoing process as additional hazards may be identified and further safeguards implemented to reduce the levels of risk during the organisation and planning of the event.

**APPROACH**

The risk assessment has essentially been considered in three parts:

* the start / finish
* the route
* the check points (CPs)

Many of the hazards such as electrical equipment, food consumption, access, floor coverings etc. are common for each of the CPs and these have been considered together with any hazards that are unique for a particular CP being assessed separately.

With respect to the route, the hazards have been identified and risks assessed for each section between check points, though there will be some hazards that are common such as extreme weather. The route description also provides advice to entrants where there are hazards, such as when walking along sections of and where footpaths are in a poor condition or slippery, for instance.

The level of risk is determined by combining the severity of the accident and its likelihood as shown in the risk matrix given below. For example, if the outcome from an accident event results in an injury / illness requiring medical attention (Level 3) and its likelihood is rare, (Level 3), then the level of risk is 9. Being in the yellow region, it should be considered whether additional safeguards are needed to ensure that the risks are as low as reasonably practicable.

|  |  |  |
| --- | --- | --- |
| **Risk Matrix** |  | **LIKELIHOOD** |
|  |  | Likely to occur often | Occurs occasionally | Occurs, but only rarely | Unlikely to occur | Highly unlikely to occur |
| **SEVERITY** | **5** | **4** | **3** | **2** | **1** |
| Fatal or serious injury leading to disability | **5** | **25** | **20** | **15** | **10** | **5** |
| Major injury resulting in hospitalisation | **4** | **20** | **16** | **12** | **8** | **4** |
| Injury / illness requiring medical attention  | **3** | **15** | **12** | **9** | **6** | **3** |
| Minor injury requiring first aid | **2** | **10** | **8** | **6** | **4** | **2** |
| Minor inconvenience | **1** | **5** | **4** | **3** | **2** | **1** |

**KEY**

|  |  |
| --- | --- |
|  | Risk unacceptable and event cannot go ahead until additional safeguards are implemented |
|  | Consider whether additional safeguards are required to ensure that the risks are as low as reasonably practicable |
|  | Risks regarded as acceptable |

**GENERAL INFORMATION**

**Event Timetable**

Time setting up: **12 hours** before the start of the event

Opening for car parking: from **6 am** on the morning of the event

Registration: from **7 am** on the morning of the event

Time checkpoint staff despatched to checkpoints; **2 hours** before the opening time of the checkpoint

Start time of event: **10 am** (walkers) or **2 pm** (runners)

Approximate time first runner/walker expected: **22.5 hours** after the start of the event

Time last walker must finish by: **48 hours** after the start of the event

**Start & Finish**

The RR 100 will start and finish at **Anderton Activities Centre.** It is situated on the bank of Rivington Reservoir. **Grid Ref SD 621137. Postcode PR6 9HG**

**Car parking:** off road car parking is available on the fields within the grounds of the **Anderton Activities Centre.** In the event that the fields are too boggy, there will be some alternative parking at Rivington and Blackrod High School.

**Domestic arrangements:** hot or cold food and drinks will be available at all checkpoints and will be clearly marked on the route description. A hot breakfast will be available at 56 miles into the route at Slaidburn.

# **ASSESSMENT OF RISKS**

**Start/ Finish: Anderton Activities Centre**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Movement of traffic going to and from the Anderton Activities Centre on the morning of the event | Vehicle impact with other vehicles  | 3 | 2 | 6 | Several marshals, positioned at strategic locations along the routes to Anderton Activities Centre, each wearing high visibility jackets will supervise traffic flow. |  |
| Car parking at start of the event. | Vehicle impact with people causing injury | 4 | 2 | 8 | Several marshals, positioned at strategic locations, each wearing high visibility jackets will supervise traffic and pedestrian movements.Vehicles should only be moving at very low speeds. |  |
| Impact with another vehicle / objects | 3 | 3 | 9 |  |
| Loose floor covering | Personal injury from tripping | 2 | 4 | 8 |  | Prior to event, the floor surface at the Anderton Centre will be examined for any potential trip hazards and any identified will be rectified. |
| Cooking, electrical fault | Fire with potential to cause injuries to entrants/ event personnel/ supporters | 5 | 2 | 10 | When hall is occupied, it will be ensured that all fire doors are unobstructed and can be opened. Fire extinguishers are available, have valid service dates and persons are familiar with their operation. | Check that all portable electrical equipment to have current PAT certificate. |
| Catering | Food poisoning | 3 | 3 | 9 | All perishable food will have been bought fresh the day before the event.The use by date for all food provided at the event will be checked to ensure that it is not out of dateAll cutlery /crockery, etc used for preparing and serving food will be cleaned and checked. |  |
| Allergies | 3 | 3 | 9 | Information of food contents to be available. All entrants are requested to provide advice of any medical conditions or allergies on the entry form.Entrants with any special dietary requirements are required to bring their own food.  |  |
| Insufficient food available | 1 | 4 | 4 | Food requirements and quantities will be discussed and agreed at the event pre-meeting based on the number of entrants.The food requirements will be determined by personnel experienced in catering on long distance walking events. |  |
| Electrical fault | Personnel injury from electrocution | 5 | 1 | 5 | All electrical equipment and wiring visually inspected for damage. | Check that all portable electrical equipment to have current PAT certificate. |

**THE ROUTE**

**General Hazards**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Walking/running the route | Potential dehydration, chronic fatigue | 3 | 3 | 9 | Plenty of water and snacks will be available at HQ and at the checkpoints.Transport will be available at the checkpoints to return fatigued or unwell entrants to HQ or to the nearest A&E unit, if symptoms are severe.The majority of the route is covered by mobile phone signal. Emergency contact details, including HQ are clearly indicated on the route description. Marshals have authority to enforce retirement upon those behind schedule or in distress. Assistance will be sought from the Bolton, Bowland and Pendle Mountain Rescue Teams, if deemed necessary.  | Check all areas have good mobile phone signal. |
| Blisters  | 1 | 5 | 5 | Entrants are also required to carry personal first aid kits considered adequate for long distance walking events. |  |
| Slips trips and falls resulting in possible serious injury, twisted ankle, broken bones, cuts and bruising. | 3 | 3 | 9 | The majority of the route is covered by mobile phone signal. Emergency contact details, including HQ are clearly indicated on the route description. Assistance will be sought from the Bolton, Bowland and Pendle Mountain Rescue Teams, if deemed necessary. |  |
| Deviating from planned route. | Inconvenience and potential to be timed out  | 1 | 4 | 4 | Each entrant has proven experience and competence through completion of qualifying events. Detailed written route descriptions (with an emergency telephone number) are provided to all entrants who are required to carry the relevant maps and navigational aids. Progress is monitored at each check point. Entrants are never more than a short distance from habitation. |  |
| Navigational errors encountering unexpected hazards | Deviating from planned route with potential for injuries to walkers from unexpected hazards | 3 | 3 | 9 | Each entrant has proven experience and competence through completion of qualifying events. Detailed written route descriptions (with an emergency telephone number) are provided to all entrants who are required to carry the relevant maps and navigational aids. Entrants are also required to carry personal simple first aid kits |  |
| Walking through the night | Personnel injury from walking into objects falling into unseen depressions / holes in the ground. | 2 | 4 | 8 | Each entrant is required to use a torch and have spare batteries with them. |  |
| Vehicle impact with people causing injury | 5 | 2 | 10 | Entrants will be wearing reflective clothing/patchesSigns “CAUTION WALKERS” erected to warn drivers that walkers will be walking along and crossing the road ahead. |  |
| Walking through woodland at night time | Walkers getting lost causing inconvenience and potential to be timed out.  | 1 | 4 | 4 | Waymarkers provided on route through all woodland sections  |  |
|  Extreme weather | Hyperthermia, heat exhaustion. | 3 | 3 | 9 | The organisers have authority to cancel the event if it is deemed that the weather conditions are intolerable.Each entrant has proven experience and competence through completion of qualifying events. All participants must carry or wear suitable clothing for possible deterioration in the weather. Suggested kit list to be provided by organisers.  |  |
| Livestock on the route | Personal injury from impact with livestock / charging bull  | 4 | 2 | 8 | Entrants advised to start backing away slowly but do not run or turn their back to it/them and find an exit immediately. |  |

**THE ROUTE**

**Hazards Stage 1: Anderton Centre – Slipper Low (8.5 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Movement of vehicles along Horrobin Lane and New Road | Personal injury / fatality from vehicle impact | 5 | 2 | 10 | Signs “CAUTION WALKERS” erected to warn drivers that walkers will be walking along and crossing the road ahead.There will be several hundred walkers walking along New Road and Horrobin Lane at the same time. It may be necessary to stop the flow of vehicles until all the walkers are off the road. This may involve of assistance from the community police |  |
| Crossing over and walking alongside the road at Horden Stoops (the track emerges at road beneath the brow of a hill). | Personal injury / fatality from vehicle impact | 3 | 3 | 6 | Signs “CAUTION WALKERS” erected to warn drivers that walkers will be walking along and crossing the road aheadRoute description states that walkers should Turn R and keep to the right hand side of the road for 200yds before crossing and to be aware of the blind bend as motorcyclists use this road.  |  |

**Stage 2: Slipper Low - Feniscliffe (7.37 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| See general hazards  |  |  |  |  |  |  |

**Stage 3: Feniscliffe – Whalley (10.81 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing A674 to Witton Park | Personal injury / fatality from vehicle impact | 5 | 1 | 5 | Entrants are advised in the route description to walk further along the road to cross at the traffic lights. |  |
| Crossing golf course | Personal injury / fatality from flying golf balls | 4 | 2 | 8 | Marshalls will be present along this section of the route to ensure that entrants can cross the golf course safely.  |  |
| Descent on steep and (in parts) slippery footpath through Nab Wood to Moor Lane | Slips trips and falls resulting in possible twisted ankle, broken bones, cuts and bruising. | 3 | 3 | 9 | All entrants are instructed to wear suitable footwear for the event.Hazards included in the route description and entrants advised to take particular care on this section |  |

**Stage 4: Whalley - Barley (7.75 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing Clitheroe Road at the Nick o’Pendle (fast moving traffic with blind bend) | Personal injury / fatality from vehicle impact | 5 | 2 | 10 | Signs “CAUTION WALKERS” erected to warn drivers that walkers will be walking along and crossing the road ahead.Route description warns walkers to take care and are instructed to use the narrow trod. |  |
| Deviating from planned route at Badger Wells Hill | Missing right fork causing inconvenience and potential to be timed out.  | 1 | 4 | 4 | There will be a marker post at SD781395 so that entrants do not miss the right fork. |  |
| Electric fence on descent into Barley | Electric shock | 1 | 4 | 4 | Entrants are warned of the electric fence on this section of the route |  |

**Stage 5: Barley – Downham (4.86miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| See general hazards |  |  |  |  |  |  |

**Stage 6: Downham – Bolton by Bowland (4.24 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing pack horse bridge over Swanside Beck (slippery, narrow bridge with no sides) | Personal injury from slipping off bridge into beck | 3 | 3 | 9 | Route description warms walkers of the hazards |  |
| Crossing A59 trunk road | Personal injury / fatality from vehicle impact | 5 | 2 | 10 | Signs “CAUTION WALKERS CROSSING AHEAD” erected to warn drivers that walkers will be walking across the road ahead. | nb the crossing is in the middle of a long stretch of straight road so walkers will be able to vehicles at distance |

**Stage 7: Bolton by Bowland – Tosside (5.18 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Stile in poor state of repair (alongside of Skirden Beck) | Potential to fall into fast flowing beck | 3 | 3 | 9 | Minor alteration to route that instructs walkers to use a gap by a tree about 10 yards to left of the stile which walkers can use to avoid having to cross the stile. | nb this safeguard would remove the risk altogether. |
| Walking along 2 mile road section road to Tosside | Personal injury / fatality from vehicle impact | 4 | 2 | 8 | Signs “CAUTION WALKERS AHEAD” erected to warn drivers that walkers will be walking across the road ahead.  | nb alternative route across country is very overgrown and treacherous |

**Stage 8: Tosside - Slaidburn (6.75 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Cyclists on route in Gisburn Forest | Impact of walker and cyclists | 3 | 3 | 9 | Route description warms of cyclists.Permanent signs that warn cyclists of walkers and walkers of cyclists. |  |

**Stage 9: Slaidburn - Dunsop Bridge (5.21 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| See general hazards |  |  |  |  |  |  |

**Stage 10: Dunsop Bridge - Chipping (6.93 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| See general hazards |  |  |  |  |  |  |

**Stage 11: Chipping - Hurst Green (8.39 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Blind bend at Jeffrey Hill | Personal injury / fatality from vehicle impact | 4 | 2 | 8 | Signs “CAUTION WALKERS AHEAD” erected to warn drivers that walkers will be walking across and along the road ahead. | Traffic should be moving slowly as there is a sharp bend and steep hill. |

**Stage 12: Hurst Green – Mellor Brook (7.75 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| See general hazards |  |  |  |  |  |  |

**Stage 13: Mellor Brook – Hoghton (5.14 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing railway line | Impact with train | 5 | 1 | 5 | Trains approaching crossing sound their horn. Warning signs of trains at the crossing and in the route  | Nb there are about 2 trains per hour passing this crossing  |

**Stage 14: Hoghton - Brinscall (4.61 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing A675 by Royal Oak pub at Riley Green (very busy road with fast moving traffic). | Personal injury / fatality from vehicle impact | 5 | 2 | 10 | The route description emphasises that entrants need to be careful when crossing this road. |  |

**Stage 15: Brinscall – Finish back at Atherton Centre (6.3 miles)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Crossing at sharp blind RH bend on road between Anglezarke & Upper Rivington Reservoirs (Walkers will have covered ~ 98 miles at this point) | Personal injury / fatality from vehicle impact |  |  |  | The route description has been changed so that walkers don’t have to cross road, but to continue on road between reservoirs and walk along west side of Upper Rivington Reservoir | Implementation of the re-route has removed the hazard and hence the risk. |

**Check Points (General)**

| **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- |
| Loose floor covering | Personal injury from tripping | 2 | 4 | 8 |  | Prior to event, the floor surface will be examined for any potential trip hazards and any identified will be rectified |
| Catering | Entrants becoming ill from eating contaminated food / drink | 3 | 3 | 9 | All perishable food will have been bought fresh the day before the event and The use by date for all food provided at the event will be checked to ensure that it is not out of dateAll personnel handling food will be wearing gloves.Food and drinks will be stored in sealed containers and All cutlery /crockery, etc used for preparing and serving food will be cleaned and checked. |  |
| Allergies | 3 | 3 | 9 | Information of food contents to be available. All entrants are requested to provide advise of any medical conditions or allergies on the entry form.Entrants with any special dietary requirements are required to bring their own food. They will have to either carry their food with them or make their own arrangements for their food to be delivered to them whilst on the route |  |
| Insufficient food available | 1 | 4 | 4 | Food requirements and quantities will be discussed and agreed at the event pre-meeting based on the number of entrants.The food requirements will be determined by personnel experienced in catering on long distance walking events. | Insufficient food available |
| Faulty electrical equipment | Electrocution | 4 | 2 | 8 | All electrical equipment used at the CP will be PAT tested.Any electrical equipment with loose wiring etc. will not be used. |  |
| Lack of external lighting | Personal injury from tripping | 2 | 3 | 6 | Ensure external lighting switched on, where available, at overnight CPs | Not all halls are provided with external lighting |
| Moving & setting up tables & chairs | Personal injury, such as from a trapped finger | 2 | 3 | 6 |  |  |
| Wet, slippery floors (if weather bad) | Personal injury from slipping | 2 | 4 | 8 | Ensure staff mop up regularly |  |
| Unguarded steps/stage area in several halls | Falling from height | 4 | 2 | 8 | Ensure stage area not used by walkers | Ask staff to tape off access to stage |

**Check Points: Specific Hazards**

| **Check Point** | **Hazard** | **Accident event?** | **Severity Level** | **Likelihood Level** | **Risk Level** | **Safeguards / Mitigation** | **Recommendations / Remarks** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Slipper Lowe Car Park |  |  |  |  |  |  | Outdoor CP |
| 2 | Feniscliffe (St Francis Church Hall) | See general hazards  |  |  |  |  |  | Hall has a stage area |
| 3 | Whalley Village Hall | See general hazards |  |  |  |  |  |  |
| 4 | Barley Village Hall | See general hazards |  |  |  |  |  |  |
| 5 | Downham Village Hall | 1.Narrow stairs to downstairs kitchen | Personal injury from tripping, falling | 3 | 2 | 6 | Ensure only kitchen helpers use the stairs | Hall has a stage area |
| 6 | Bolton-By-Bowland (Village Hall) | See general hazards |  |  |  |  |  | Hall has a stage area |
| 7 | Tosside (Community Hall) | See general hazards |  |  |  |  |  |  |
| 8 | Slaidburn (Village Hall) | See general hazards |  |  |  |  |  | Breakfast Stop |
| 9 | Dunsop Bridge (Village Hall and Tent) | Extension lead from main building to tent | Personal injury from tripping over extension lead | 2 | 4 | 8 | Ensure extension lead not laid across walkway |  |
| Water boiler in tent | Personal injury from scalding | 2 | 4 | 8 | Ensure water boiler placed on a stable surface |  |
| 10 | Chipping (Village Hall) | See general hazards |  |  |  |  |  | Hall has a stage area |
| 11 | Hurst Green (Memorial Hall) | See general hazards |  |  |  |  |  | Hall has a stage area |
| 12 | Mellor Brook (Community Centre) | See general hazards |  |  |  |  |  |  |
| 13 | Hoghton (Village Hall) | See general hazards |  |  |  |  |  | Hall has a stage area |
| 14 | Brinscall (St Luke's Church Hall) | Steep steps on entrance to Hall | Personal injury from slipping and falling down steps | 2 | 4 | 8 | Personnel entering the hall will be warned of the hazard and to take care |  |