

What could cause HARM?	WHO might be Harmed and HOW?	EXISTING CONTROL MEASURES What do you do already to stop these people getting hurt?	Existing Risk* High/Medium/Low	FURTHER ACTIONS REQUIRED (Yes/No)
Trips / falls	Runners (at night especially)	<p>The course is timed to minimise the likelihood of any night time running.</p> <p>The fell running nature of the event is clearly publicised. Head torches are mandatory for the Salcombe run and suitable cross trail footwear advised.</p> <p>Runners are required to carry a first aid kit.</p>	M	N
Cold / hyperthermia	Runners and sailors	<p>Runners are advised to dress appropriately for the weather conditions with multiple layers available.</p> <p>Sailors must have suitable off shore gear. The facility to cook hot food and drinks onboard yachts will help.</p>	L	No
Heat exhaustion / dehydration	Runners	<p>In the event of very hot weather, as advised during the race briefing, runners shall start each leg with 0.5l of water each (min).</p> <p>Food plus emergency rations are also mandatory.</p> <p>In the event of hot weather, runners shall be advised to wear a hat, apply sun tan lotion with a high SPF rating and carry extra water rations.</p>	L	N
Fatigue	Runners	<p>The demanding nature of the running is well publicised and participants are advised to train appropriately.</p> <p>Runners are never further than approx. 1 mile from a public highway should they wish to retire.</p>	L	N
Drowning	Runners entering or leaving yacht and whilst in the tender	<p>All competitors shall wear a buoyancy aid during transfer from shore to yacht.</p> <p>Transitions occur close to the shore where recovery is more likely and swimming to safety more achievable.</p>	L	N

Drowning	Teams whilst sailing	The event shall be cancelled in the event of adverse weather conditions. Yachts should be equipped as recommended by the ISAF Offshore sailing Regulations for a category 4 event** Falmouth Coastguard will be notified of the event	L	Notify Falmouth Coastguard prior to the event
Live traffic	Runners interacting with traffic getting hit	Minimal public highway is used for the running routes.	L	N
Yacht collisions	Sailors, general water users	Regulations for preventing collisions at sea apply. Yachts must motor whilst within the Dart and Salcombe Estuaries and inside the bar in the Yealm Estuary, increasing steerage control.	L	N
Injury at sea	Yacht crews particularly in rough seas	All yachts should carry a first aid kit and VHF radio to summon help or advice	L	N

** International Sailing Federation Offshore Special regulations for a Category 4 (Coastal Sailing) event fully explained at <http://www.sailing.org/tools/documents/>

This Document was compiled by Luby Brook, event organiser and Duncan Macpherson Rear Commodore Sail Yealm Yacht Club April 2016