

Dartford Bridge Midnight Marathon 2024

Risk Assessment completed by: John Setford Race Director

July 1st 2024

The MM is a 26.2 mile event is all held on pavement on the Bridge estate in Dartford.

The run is a lapped course all on pavement.

One FastTrack road is crossed on each lap. Busses run every 15 minutes and are aware of the Marathon taking place. There will be Marshals at this point to control movment.

A full set of Race Rules is published and includes a Safety Rules section.

These rules will be clearly displayed at Race HQ on the day and are also available on the race website at www.bridgetriathlon.co.uk

Safety Rules and Event Management Plan

1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.
2. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route and at all junctions and changes of direction.
4. Marshals will wear hi-viz tabards.
5. Marshals instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. It is the runner's responsibility to ensure it is safe to cross public highways and the Marshall is only present to assist. Traffic has the right of way on the public highway at all times.
7. The wearing of MP3 players (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided by Ambulance Medic Limited and will be based at Race HQ. Roving Marshall's will provide the communications link back to Race HQ along the route.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event. The primary duty is on the runner to make himself/herself known to the nearest Marshal but any runner from another club coming across another runner in distress must assist in whatever way they can.
10. Water stations will be provided at the end of each lap and at the finish
11. Nearest hospital is Darent Valley Hospital 5 miles away.

Group Exposed - Athletes

Significant Hazards Controls Residual Risk - HML Dehydration

1. Race safety rules issued
2. Water stations at 3 mile intervals and at race finish / HQ
3. Marshals on course Ambulance Medic Limited at start / finish
4. Mobile communication marshals on course

Acute illness / injury

1. Race safety rules issued
2. Marshals on course
3. Ambulance Medic Limited at start / finish
4. Mobile communication marshals on course M

Vehicles - collision

1. Race safety rules issued – runners responsibility to be traffic aware
2. Marshals at road crossing points wearing Hi Viz tabards
3. Warning Signage on course and roads warning incoming vehicles of road race in progress
4. The wearing of MP3 players (or similar) is strictly prohibited and forms part of the Race Rules

Inclement weather

1. Marshals on course
2. Ambulance Medic Limited at start / finish
3. Mobile communication marshals on course L

Vehicles – collision

1. Safety briefing before race at HQ – marshals will not attempt to slow traffic down or position themselves in the road
2. Signage on roads warning incoming vehicles of race in progress
3. All marshals to wear Hi – Viz tabards
4. Ambulance Medic Limited at start / finish
5. Mobile communication marshals on course
- 6 No cyclist (other than lead/rear provided by Bridge events or any other means of support is M permitted on the course
7. Car parking is provided at start / finish
8. Marshals will manage car parking at the start and finish and will wear Hi Viz tabards