**Risk Assessment Winter Handicap Course**

**Course Description**

Start at the Cock of the North roundabout. Along the cycletrack/pavement to the road sign pointing to St Cuthbert’s Hospice (0.75miles to here). Turn around the sign and then retrace route to Cock of North roundabout (1.5 miles). Then round the sign and back to the blue cycle path sign where the old lay by used to be (2 miles to here). Around this sign and back to finish at Cock of North roundabout. Distance is appx 4k or 2.5miles.

**RISKS**

1. Motorised traffic crossing route – no vehicular crossings.

2. Bicycles on cycle tracks - wear high visibility gear - warning at start. Run on correct part of pavement when sensible. At all times keep as far from the road as possible and NEVER use the parapet beside the road to stand or run or walk on.

3. Bicycles appearing from Mill Lance Cycle track leading to Business School. Warning at start. Keep alert at all times.

4. Risk of collision between approaching runners. Approaching runners to leave each other to the right (‘left shoulder rule’). Go round signs in clockwise fashion.

5. Runners going off course course explained at start- map available here.

8. Runners colliding with pedestrians/dog walkers - warning at start. Be visible. Watch for junctions where pedestrians can appear from.

9. Debris on old cycle track visual check beforehand warning at start.

10. Possible bad weather/snow/ice-visual check with event called off if necessaryby 6.45pm at latest. Notice put notice on facebook/website if time available. Warning at start

11.AT ALL TIMES RUNNERS DOING THE WINTER HANDICAP SHOULD WEAR HIGH VIZIBILITY GEAR