Medical Risk Assessment

Potential Risk	Arrangements and precautions
Sprains and strains	A suitably equipped first-aid provider will be present throughout the event to assess and treat athletes suffering sprains, strains and other musculoskeletal injuries. Where an athlete is unable to continue safely, assistance will be arranged to ensure they can leave the course and reach the first-aid point without further injury.
Fractures and significant falls	The first-aid provider will assess and manage suspected fractures, significant falls and other serious injuries within their scope of practice, arranging further medical assistance where necessary. Marshals will be instructed not to move an injured person where a serious injury is suspected, unless necessary to avoid immediate danger. The location of the incident will be communicated promptly to the first-aid provider. Emergency vehicle access points are identified in advance via the hard standing or the main road.
Cuts and abrasions	The first-aid provider will be available to assess and treat cuts, abrasions and bleeding injuries. The course will be inspected before the event for hazards such as sharp objects, exposed stakes and other obstacles, which will be removed or made safe where practicable. Any significant bleeding or wound requiring further medical attention will be escalated by the first-aid provider as appropriate.
Head injury or concussion	The first-aid provider will assess athletes sustaining a head injury and determine the appropriate management and need for further medical assessment. Any athlete suspected of having concussion will be removed from participation and will not be permitted to resume racing that day. Emergency services will be contacted where the nature or severity of the injury warrants it. The athlete will not be left

	unattended while awaiting further assistance where ongoing observation or support is required.
Asthma or breathing difficulties	The first-aid provider will assess and assist athletes experiencing asthma symptoms or other breathing difficulties, within their scope of practice. Athletes will be encouraged to carry their prescribed inhalers where applicable. Severe or rapidly deteriorating breathing difficulties will be escalated to the emergency services.
Hypothermia	The first-aid provider will assess and manage athletes showing signs of hypothermia or cold-related illness. Weather conditions will be monitored before the event, and participants will be advised to bring appropriate clothing for the forecast conditions, including warm and waterproof layers. Where conditions are particularly cold or wet, the event management team will consider additional precautions, course amendments or cancellation.
Dehydration	The first-aid provider will assess athletes showing signs of dehydration, heat exhaustion or other heat-related illness and arrange further medical assistance where necessary. Weather forecasts will be monitored, with particular consideration given to unusually hot conditions. Participants will be advised to arrive appropriately hydrated and to bring suitable fluids. The event management team will consider modifying or cancelling races where conditions present an unacceptable risk to participants.
Diabetic emergency	The first-aid provider will assess and manage participants experiencing a suspected diabetic emergency, including hypoglycaemia, within their scope of practice.
Serious medical emergency, e.g. cardiac arrest	A suitably capable first-aid provider will be present throughout the event and will take the lead in responding to serious medical emergencies within their competence. Marshals will be briefed on how to raise the alarm and communicate the casualty's precise location. Emergency services will be contacted immediately when indicated, without waiting for the first-aid provider to

	arrive if a life-threatening emergency is apparent. AED to be provided by First Aid.