

Area: Discover - Beach relay

Year: 2026

Assessor: Mark & Emma Spiller  
(05.05.2026)

Reviewed by: William Day 22/5/26

Hazard	Who Might Be Harmed	Is the Risk Adequately Controlled, or is More Needed	Review and Revision
Running and energetic movement - Trips, slips, collisions	Young people.	Activity takes place on flat, suitable ground	
		Clear running route marked with cones	
		One runner at a time per team	
		No overtaking or pushing	
Collisions between teams - Minor injuries	Young people	Head Injury assessment guidelines provided to activity leader	
		Adequate space left between teams	
		Separate lanes or clear spacing used	
		Volunteer supervises start line and activity area	
Trips over equipment or cones - Falls and minor injuries	Young people	Volunteers actively supervising and spacing the group if needed	
		Equipment placed neatly and consistently	
		Cones clearly visible	
		Items placed back down, not thrown	
Excitement leading to unsafe behaviour - Trips or collisions	Young people	Activity can be shortened or paused if conditions deteriorate, if necessary activity will be stopped	
		Clear rules explained before starting	
		Young people wait behind the start line until tagged	
		Activity paused if behaviour becomes unsafe	
Sunglasses or hat causing restricted vision - Reduced awareness, trips	Young people	Activity stopped if unsafe behaviour continues	
		Sunglasses and hat worn only briefly	
		Distances kept short and appropriate to age	
		Volunteer monitors runners closely	
Weather conditions (heat or sun exposure) - Dehydration, overheating	Young people, adults	Adult volunteers support individual needs	
		Activity adjusted or paused in hot weather	
		Shade and water breaks encouraged as part of event arrangements	
Uneven or wet ground	Young people, adults	Young people advised to wear appropriate clothing and sun protection	
		Ground checked before starting	
		Activity does not run if conditions are unsafe	