



Race Director Fact Sheet: Number 15

Road and Multi Terrain Races held in the hours of darkness.

Due to the increasing number of races being staged in the hours of darkness, additional factors have to be considered and implemented to ensure the safety of participants, race personnel, spectators and members of the public as well as to provide assurance to UKA, insurers and other external bodies that every effort has been made by the race organiser to provide a safe event.

Road Races held in the hours of darkness:

The organiser needs to meet the following requirements: -

- a) Event signage is suitable for events held in the hours of darkness (day glow or florescent print).
- b) Bib numbers will have day glow or florescent numbers.
- c) Marshals will be supplied with glow sticks so that they can be seen by participants at junctions and turning points and that these sticks can be used to direct runners around the correct course.
- d) High Visibility bibs are to be worn by.
 - Marshals
 - Lead cyclist or runner - Sweep cyclist or runner.
- e) Athletes are advised to wear high visibility clothing and/or head torches or both.
- f) A process must be introduced for counting out the number of athletes starting the event and then counting them back in.
- g) Nighttime races increase the size of the risk regarding the provision and accessibility of medical assistance (First Aid, Paramedic, Ambulance etc.) with the time of getting to the injured party greatly increased, especially for Multi Terrain events, therefore it may be necessary to provide more medical assistance around the circuit, or a suitable high-speed responder (motor bike or Trail bike) to ensure adequate coverage.
- h) Consideration should also be given to imposing stricter age limits based upon the terrain, distance, and amount of street lighting (if any) around the course. For example, if a 10K Race, where the normal age limit would be 15+ years of age, change to 18 years of age.
- i) Ensure that where participants require parental consent it is clearly understood by them that the event takes place in the hours of darkness.

Multi Terrain Races held in the hours of darkness:

Include all the above road running requirements, but add: -

1. Compulsory wearing of head torches.
2. Compulsory wearing of high visibility clothing.
3. Carrying additional clothing (rain top and leggings).

4. If you are using bikes, bear in mind that it is a legal requirement on roads that lights must be shown to the front (white) and rear (red) and it is recommended that this good practice is used for Multi Terrain races as well.

Communications:

You should consider the effectiveness of your means of communication whether using mobile phones or two-way radios. For rural areas signals can be problematic and have you identified access to landlines? As part of the prerace course choice/inspection, you should actually check the availability and quality of signal around the route and a decision made as to the suitability of the area to run an event. If it has to be run in that area, with already discovered poor coverage, then as part of the assessment the added control of extra equipment should be sought that would give adequate coverage such as CB, Short wave radio or satellite phone.

Other Considerations:

Please bear in mind that some races are held in rural areas where no street lighting exists.

Risk Assessments:

The event Risk Assessment and Medical Risk Assessment (and Event Plan) need to reflect the above as additional control measures.