MOURNE MOUNTAIN MARATHON

Risk Assessment 2026 v1.0

THE BASICS OF RISK ASSESSMENT

Matrix for deciding the level of risk

RISK FACTOR = HAZARD SEVERITY x LIKELIHOOD OF OCCURRENCE

Hazard severity has been assessed on a scale of one to five:

5	VERY HIGH	Causing multiple deaths & widespread destruction or the whole event to cease operation
4	HIGH	Causing death or serious injury to an individual
3	MODERATE	Causing injury or disease capable of keeping an individual off work for three days or more
2	SLIGHT	Causing minor injury which would allow the individual to continue the event after treatment
1	NIL	No risk of injury or disease.

Likelihood of Occurrence has been assessed in much the same the way:

5	VERY LIKELY	If the activity continues as it is, there is almost a 100% chance that an accident will happen
4	LIKELY	Human carelessness, mechanical or environmental effects could precipitate an accident, but an accident is unlikely to happen without this additional factor.
3	QUITE POSSIBLE	Accident likely to happen if additional factors precipitate it, but unlikely without them. Additional factor has to be more than a casual slip or nudge to trigger it.
2	POSSIBLE	If other factors were present, this accident might occur, but the probability is low.
1	NOT LIKELY	There is really no risk present, except freak conditions, and all reasonable precautions have been taken.

A risk factor of 15 to 25 is regarded as a **high risk**, which requires remedial immediate action to be taken.
A risk factor of 8 to 14 is a **medium risk**, which requires remedial action to be taken.
A risk factor of less than 8 is considered to be a **low risk** with any remedial action to be taken as appropriate.

THESE RISK ASSESSMENTS ARE BASED ON THE FOLLOWING PREREQUISITES:

1 Fire extinguishers available and clearly sited at Overnight Campsite and Event Centre.
2 Complete first aid kits provided at Overnight Camp and at Event Centre.
3 Doctor or First Aider available at Overnight Campsite or Event Centre as appropriate.
4 Ensure all competitors are informed of the event mobile phone number(printed on route cards).
5 Random kit checks at the start and the finish to ensure compulsory equipment is carried.
6 Strict enforcement of team working rules
7 Manned checkpoints to have radio and/or phone communications with base organisers.
8 Toilets and fresh water (from river or spring) to be provided at Campsite and Event Centre.
9 Publish risk assessments on website and highlight to competitors, organisers and volunteers.
10 Issue safety guidelines to and brief the organising team and volunteers.
11 Competitors are responsible for ensuring that they are fit and experienced enough to participate in an event of this nature.
12 The MMM will liaise with owners of the Event Centre and Campsite to ensure safety of all involved.
13 Event conforms the FRA Rules for Mountain Marathons and good mountain practice

MOURNE MOUNTAIN MARATHON 2026
Risk Assessment for Competitors

HAZARD	RISK	LIKELYHOOD	SEVERITY	ACTION	RISK FACTOR
Adverse weather	Cold injury, High winds eg: Hypothermia, heat exhaustion, Dehydration	Quite Possible 3	Moderate 3	Check local and national weather forecast . Carry appropriate equipment – see compulsory kit list. Drink plenty of water. Retire if necessary. In case of severe weather/other issue, courses may be shortened, or in an extreme case may be cancelled.	Medium Risk 9
Adverse conditions underfoot (slips, trips, falls.)	Fractures, Sprains, Strains, Blisters.	Quite Possible 3	Moderate 4	Wear appropriate footwear. Avoid hazard where appropriate. Proceed with care. Rest when tired. Carry First Aid kit. Retire if necessary.	Medium Risk 12
Illness affecting team member. Medical Conditions	Illness (other than listed under Adverse Weather)	Not Likely 1	Slight 2	Use compulsory equipment (first-aid kit, tent etc.) Use marshals and follow retirement procedure. Participants to provide medical information as appropriate. Medics available at Event Centre for advice and first aid	Low Risk 2
Medical Conditions Allergic Reaction	Illness from pre-existing conditions. Anaphylactic shock from insect bite or food	Possible 2	High 4	Participants to declare any pertinent medical conditions on registration which is available to medic if required. Participants to provide food preferences for catering. Medics available at Event Centre for advice and first aid	Medium Risk 8
Rivers & Reservoirs	Risk of drowning	Possible 2	High 4	Courses planned to provide reasonable route choices and do not steer people towards difficult crossings. In the event that this is unavoidable such crossings will be marshaled or otherwise protected. Wet weather courses.	Medium Risk 8
Moving vehicles	Cars and competitors moving around Event Centre and on approach road	Possible 2	High 4	Caution signs on road. Pedestrians to follow taped paths and sign. Drivers and pedestrians to follow marshals' instructions in car park area. Access road cleared for easier traffic movement. Traffic restricted on narrow stretches.	Medium Risk 8
Fire	Burns & damage to property	Possible 2	High 4	Know how to work your stove. Store fuel correctly. Note position of fire extinguishers on arrival at event or camp site.	Medium Risk 8
Insects	Bite, sting, Lyme Disease	Possible 3	Slight 2	Use insect repellents, cover bare skin. Check skin for ticks at end of day & remove carefully. Report inflamed tick bites to doctor and follow advice.	Low Risk 6
Infection & Disease	Contact with areas contaminated with rat urine and animal faeces. Dead	Possible 2	Moderate 3	Establish good personal hygiene.	Low Risk 6

	animals. Weil's disease, Cryptosporidium.			Boil water or use purifying tablets or filters. Apply waterproof plasters on cuts immediately.	

JUNIORS: Junior competitors (16 and 17yrs old) are additionally protected through 1) restriction to B, C and D courses, 2) requirement to be partnered by their parent/guardian or Responsible Adult, 3) vetting of both for suitable experience, 4) requirement for a mobile phone to be carried, 5) the completion of a Parental Consent Form.

MOURNE MOUNTAIN MARATHON 2026
Risk Assessment for Marshals and Volunteers

HAZARD	RISK	LIKELYHOOD	SEVERITY	ACTION	RISK FACTOR
Adverse weather	Cold injury,High winds eg. Hypothermia. Heat injury eg heat exhaustion, sun stroke Dehydration.	Possible 2	Moderate 3	Check local and national weather forecast. Plan equipment clothing and supplies around forecast. Plan safest route to required position. Ensure someone knows your route & expected return time. Inform same of any change of plan. Carry first aid kit, map and compass. Drink plenty of water. Carry mobile phone if appropriate. In case of severe weather/other issue, courses may be shortened, or in an extreme case may be cancelled, this decision will be taken by Event Organiser, who will then communicate this to all concerned.	Low Risk 6
Adverse conditions underfoot (slips, trips, falls)	Fractures, Sprains, Strains, Blisters, Cuts. Trips, slips, falls, entrapment, injuries, loss of consciousness, concussion, exhaustion, hypothermia.	Possible 3	Moderate 4	As above - in addition: Plan route to avoid hazards. Adjust speed to suit conditions. Rest when tired.	Medium Risk 12
Working in darkness on difficult terrain:	As above but darkness can lead to disorientation and more chance of injury.	Possible 2	High 4	As above – in addition: Carry torches and spare batteries. Report in if you expect to be out after dark.	Medium Risk 8
Rivers	Risk of drowning	Possible 2	High 4	Marshals experienced in mountain activities and in crossing rivers.	Medium Risk 8
Moving vehicles	Cars and organisers moving around Event Centre and on approach road	Possible 2	High 4	Caution signs on road. Pedestrians to follow taped paths and sign. Drivers and pedestrians to follow marshals' instructions in car park area. Parking Marshals to wear high visibility vests	Medium Risk 8

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Risk Assessment for Marshals and Volunteers

HAZARD	RISK	LIKELYHOOD	SEVERITY	ACTION	RISK FACTOR
Infection	Contact with areas contaminated with rat urine and animal faeces. Dead animals. Weil's disease	Possible 2	Moderate 3	Establish good personal hygiene. Check water supply and/or use purifying tablets. Use waterproof plasters on cuts immediately.	Low Risk 6
Infection	Coronavirus	Possible 2	High 3	See Coronavirus Measures document for details of a wide range of mitigations.	Medium Risk 6
Burns from generators and Tilley lamps	Electrical and petrol fires - vegetation catching fire. Burns from hot bulbs, lamps and generator exhaust.	Possible 2	Moderate 3	Fire extinguishers to hand. Guards around hot equipment. Place lamps in safe and appropriate situation. Allow equipment to cool before refuelling.	Low Risk 6
Electrical supplies	Electric shock	Possible 2	High 3	Ensure Generator, supplies, cables and devices protected from rain. Equipment PAT Tested and inspected and wiring to IET standard for temporary installations. Earthing and RCDs used for protection	Low Risk 6
Trips on cabling	Injury from trip hazards	Possible 2	Low 2	Arrange cabling to avoid trips by following edges, overflying, burying or – if required- mats.	4
Lone working	Rain, lightning, mist, low cloud, wind. Disorientation stranding, hypothermia.	Possible 2	Moderate 3	As for "Adverse Weather" – in addition: Lone working only allowed by experienced mountaineers and must use "Buddy System" & carry a phone or radio.	Low Risk 6
Manual handling of heavy equipment such as generators computers, tents etc.	Trips, slips, falls, injuries to body.	Possible 2	Moderate 3	Ensure proper/safe lifting practices. Plan before any heavy/awkward item is moved. Use protective clothing as appropriate.	Low Risk 6
Use of tools and specialised equipment	Flying material. Impacts on body. Physical strain from bending, lifting.	Possible 2	Moderate 3	Refer to safety handbook for guidance on use of tools; Ensure adequate training for use of some tools. Use protective clothing as appropriate.	Low Risk 6

If you are lone working, plan your route and travel arrangements carefully. Use the "Buddy system" i.e. advise someone else of your movements and ensure that person knows what to do in the event of an emergency. Give your Buddy an approximate time when you will be back from the hills and contact them when you return. Carry a mobile phone and ensure your Buddy knows the number. The "Buddy" may be the Event Organisers.