



## HEALTH and SAFETY AT HDSRL RACES

- ◆ Athletes are advised to examine the course for potential hazards before competing.
- ◆ The course has been checked by the organising club and a risk assessment conducted.
- ◆ Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the referee **IMMEDIATELY**.
- ◆ If the issue cannot be resolved to the satisfaction of the **ATHLETE** he/she is advised not to participate in the race.