



January Newsletter – Race Details for remainder of Academic Year 2022/2023

An Update on Wirral Primary Schools' Cross Country Association

Wirral Primary Cross Country Events are administered by Andrew Meadows and Steve Dakin with support from the founder, Mark Roberts. We have been very grateful to Ronan Kearney who had stepped up to help support Steve and I with the organisation and running of events. Ronan has now left, so please direct all Wirral Primary Cross Country Association queries back to Steve and Andrew.

We have re-established the WhatsApp group for easy communications, so if you have not yet received an invite, please text Andy on 07891 425272 who will get you added.

The website is <https://wirralxcountry.weebly.com/>

We are grateful to all at Wirral AC (Simon and Vicky in particular) for providing essential support in enabling the school's races to go ahead.

An inter district race is planned on Saturday 4th March. We are putting a team together for this event. If a child in your school is selected, we will be in touch shortly.

Forthcoming Events

02/03/23 – Arrowse Park

We use the field directly behind Arrowse Park Hospital. We must start at 4.15pm, so please ensure you arrive for this time. The field we run on is equidistant between the Cherry Orchard car park and the Arrowse Brook car park. Please ask parents to park considerably.

16/03/23 – Birkenhead Park

We use the field directly behind Wirral Hospital Schools on the Claughton Village side of the park (Upper Park - not far from the start of the Saturday ParkRun). We must start at 4.15pm, so please ensure you arrive for this time. Please ask parents to park considerably.

The best options for parking are:

- Ashville Road
- Park Road North
- Park Road West
- Cavendish Road

30/03/23 – Oxtan Fields (Arno) Relay Race

The Cross Country Relay will be on Thursday 30th March 2023 at Oxtan Fields in Prenton. The race should start at 4.10, and everything should be over by about 5pm. Parking is available in surrounding streets and some is generally available behind Sainsbury's or next to the Aldi store, but please check signage.

1. You may enter up to 2 teams
2. The teams are to be made up of 3 boys and 3 girls running in any order.
3. Each child will run 1 lap of 600 -800 metres on grass (no spikes or boots) no batons, just touch of hand.
4. Your strongest team should be called your A team and should have a large A on their vest. The B team should be identified in the same manner. A number should be added to show which leg they are running (i.e. A1, A2, A3.etc). Letters with numbers should be attached to the front of the vest.
5. A trophy will be awarded to the first A team. Those in the first 6 A teams, and the first 6 B teams will be awarded medals.

I'm happy to chat with you if this needs clarifying further!

Points of Note:

• *First Aid*

Each school is responsible for the first aid of their pupils at all race events, including minor cuts and grazes, breathing difficulties, administering medicines (i.e. inhalers), etc. Please note there are no toilets at any venue.

• *Behaviour*

It is each school's responsibility to ensure the behaviour of their children and spectators. Please be vigilant and ensure that no one obstructs the runners at any point, especially at the end when they may be waiting for their number.

• *Spectators*

Spectators must remain in designated areas at all times in light of covid restrictions. It is vital the risk is minimised by remaining in the designated areas to ensure minimal contact between groups. Please help reinforce this message to the spectators in your party.

• *Public Parks*

The area is a public open space, and Wirral Borough Council gives us permission to use it for our cross country events each year. Please help by keeping a close eye on your children at all times - don't let them wander off or try running around the course when they are not taking part. Take all your litter home and remind children to collect belongings.

Organisation of Races

1. Races begin at 4.15pm and are completed with a presentation by approx 5.20pm. Except in exceptional circumstances, no race will be cancelled in advance and a **final decision will be made at 4.15pm on the course**. A information talk for all competitors will take place at 4.05pm. Children to remain in school bubbles for this time.
2. Races are over two laps, in total, about 1200m on grass and path.
3. **No spikes or boots** are to be worn.
4. Each race meeting is an individual entity and a school may enter as many or as few races as they choose.
5. There are six races at each meeting - Y4 girls, Y4 boys, Y5 girls, Y5 boys, Y6 girls, Y6 boys. There is no limit on numbers of pupils a school wishes to bring along.
6. At the meeting each school will receive a results recording pack. There are two small results cards where you indicate your fastest 4 boys and fastest 4 girls positions overall. These are used to work out the winning teams. Please return these when asked for.
7. Medals will be awarded to the first three individuals of each race. Medals will be awarded to the first six teams. No child shall win two medals at a meeting. If a child is in the first three and is a member of a winning team, then the team medal shall be passed down to another member of the team. Any child finishing in the positions four to ten who is not receiving a team medal will receive an individual medal.
8. Scoring – At the end of a meeting your four best scores on your team cards will give your teams scores (boys team separate from the girls team). Team totals (for complete teams) are entered on a card and should be handed in at the end of the race. Results are not sent out to schools and are only announced during the presentation.

Wirral Primary Schools Cross Country Association

Race Risk Assessment for Arrowe Park, Birkenhead Park, Oxton Fields and The Dips for academic year 2022 – 2023. Devised and reviewed by Andrew Meadows and Steve Dakin, organisers for events.

Hazard	Who might be harmed?	What controls exist to reduce risk?	What action can be taken to further reduce risk?
Participants at risk from contact with spectators/ Members of Public/ students	All participants	<p>School staff accompanying children are responsible for their safety at all times whilst on site.</p> <ul style="list-style-type: none"> • School staff are responsible for the conduct of their own spectators, parents/guardians. • Any unwanted or disruptive individuals will be asked to leave the premises. • Staff and pupils informed of rules and safety aspects prior to the event and event information posted on the website prior to the event. • Accompanying staff are issued rules and guidelines in advance of the events and these are sent to schools, published in staff WhatsApp group and shared on the Wirral XC website. 	<ul style="list-style-type: none"> • Instructions for arrival emailed out in advance. • Event leader or leaders to speak to staff about pupils who are behaving inappropriately. • Rules and risk assessment published on the website and emailed to participating schools prior to event. • Constant monitoring and review during event
Participants at risk of injury or illness from poor organisation of event	All participants	<ul style="list-style-type: none"> • Entries can be capped to ensure manageable competitors in available space. Additional space organised if entries extended. • School staff will be responsible for warming up and preparing players before their specific events. Time warnings will be given. • School staff are responsible for supervising members of their team when they are not participating in events and resting. • Schools advised to bring a First Aider. Although the organiser is a first aider and will have a first aid kit, the preference is for schools to take responsibility for their own children. • Leaders trained prior to the event. • Teams of runners will be spread along the start line to ensure enough running space for each competitor. • Safety warnings will be given before the start of each race and pushing/bumping will not be permitted. Offenders risk disqualification. 	<ul style="list-style-type: none"> • Schedule of play organised before the event and emailed to schools in advance of the event. • Constant monitoring and review during event

Participants at risk from damaged or unsafe surface	All participants	<ul style="list-style-type: none"> • Venue inspected on arrival. Completed by organisers and WAC Insurance Representative. • Course walked ahead of event. • Course set up to divert from any unsafe ground conditions (wet, puddles, holes, damaged ground, uneven surface, etc). • Participants able to walk course ahead of time 	<ul style="list-style-type: none"> • Checklist completed on day <p>Possible risk:</p> <ul style="list-style-type: none"> • Good defined running area with appropriate spectators area • Hazards and debris removed • Surfaces are not slippery • Constant monitoring and review during event
Participants at risk from damaged or unsafe equipment	All participants	<ul style="list-style-type: none"> • Equipment to be used for intended purpose only. • Schools emailed prior to event if specific equipment is requested. • Equipment inspected before event begins. • Checklist completed by event leader 	<ul style="list-style-type: none"> • Checklist completed on day: <p>Possible risk:</p> <ul style="list-style-type: none"> • All equipment checked prior to use • Constant monitoring and review during event
Participants at risk from collisions when participating	All participants	<ul style="list-style-type: none"> • Participants will be reminded throughout the event to be aware of other participants. • Teams briefed at the start of event and reminders given as necessary. • Constant monitoring and review during event. • Activities set up in such a way to avoid collisions i.e. angle of turns, splitting runners using a gradient, etc. 	<ul style="list-style-type: none"> • Teams briefed at the start of event and reminders given as necessary. • Constant monitoring and review during event
Participants at risk from inappropriate kit	All participants	<ul style="list-style-type: none"> • Schools will provide all kit and instructions for kit for their participants. • All Schools instructed to bring warm clothes and waterproofs. • School staff are responsible for their participant runners and will ensure suitable PE kit and footwear is worn. • No Jewellery to be worn by participants. • Reminders are given on the start-line of each race about correct, appropriate clothing and footwear. 	<ul style="list-style-type: none"> • Schools informed that pupils should wear suitable clothing and footwear for taking part in physical activity • Organisers of the event will speak to a member of the school staff if they think any of the child's clothing is inappropriate. • The organiser can stop a runner from participating if they could potentially harm themselves or others.
Participants at risk from adverse weather conditions	All participants	<ul style="list-style-type: none"> • A decision over cancellation is made as a result of ground conditions and agreed with all volunteers and team managers from schools on the course, on the day. Except in exceptional circumstances, for instance, when the ground is saturated, no race will be cancelled ahead of time. 	<ul style="list-style-type: none"> • Conditions assessed on the day • Constant monitoring and review during event.
Participants at risk from identification	All	<ul style="list-style-type: none"> • Records made on the day for awards and presentation includes 	<ul style="list-style-type: none"> • Constant monitoring and review

	participants	child's name and school are immediately destroyed after the event.	during event and after event as appropriate.
Participants at risk from poorly organised Cross Country course	All participants	<ul style="list-style-type: none"> • Course will be clearly marked and explained to all children and team managers prior to race. • Course cleared of any obstruction or potential hazards, i.e. branches. • Course deviates from sudden changes in ground level. • The course is available to be walked by competitors prior to the start of the competition. • Team managers and participants will be briefed before the event. • Wirral Primary Cross Country volunteers will be positioned at various points around the course to direct racers and check on welfare of participants • Schools will be directed to an assembly area on arrival. 	<ul style="list-style-type: none"> • Whole course will be visible from the start and finish points • Constant monitoring and review during event.
Spectators causing obstruction	All participants	<ul style="list-style-type: none"> • Spectators are given instructions at outset of event to remain in spectator area. • Participants are advised only to access the course for their own event, the rest of the time they are a spectator and need to remain in the spectator area. • No parents/spectators allowed to cross the track at any time. • No parents on 'inside' of circular course. • Reminders issued for spectators not to run with competitors. • Spectators requested to stay behind 'respect barrier' at all times, not lean on barrier and not sit forward of it. 	<ul style="list-style-type: none"> • Reminders and constant checking. • Spectators advised that only participants are allowed on course and the next race will not start until all spectators are within the designated spectating area. • Schools advised that team managers are responsible for their spectators at all times and are asked to take responsibility for ensuring they are following the rules issued by organisers.

Wirral Primary Schools' Cross Country Association

Venue Maps and Course Outlines 2022-2023

RED LINE – COURSE ROUTE (always 2 laps)

BLUE LINE – SPECTATOR AREA (Marked by 'respect barrier')

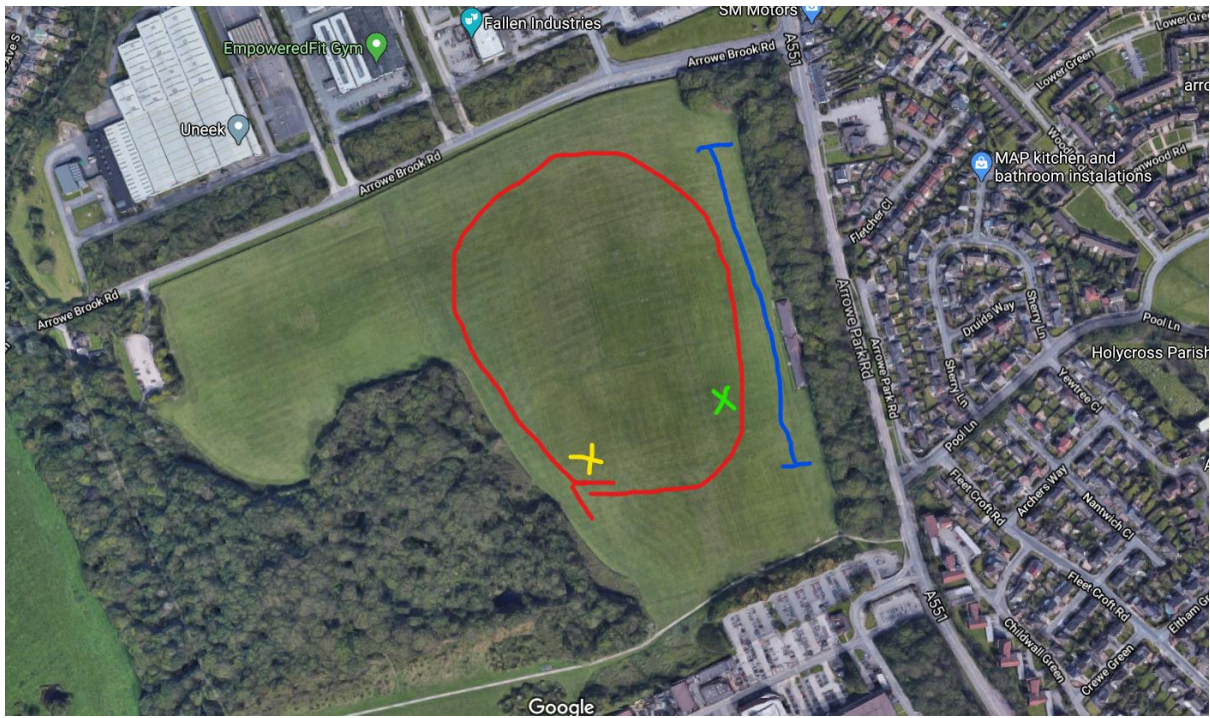
YELLOW CROSS – START AREA

GREEN CROSS – FINISH AREA

Arrowe Park A



Arrowe Park B – Always avoiding football pitches. Never across pitches.



Birkenhead Park – Primary desired location. If waterlogged, race moves to New Brighton Dips.



Oxton Fields – Small relay race for around 50-80 children. Parking has never been an issue with such small numbers.



The Dips, New Brighton – Only to be used in the event that Birkenhead Park is waterlogged. Adequate parking and well draining.

