

## Risk Assessment: <Off Road Running>

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
28/03/23	Melanie Barker	Desk based	12 months

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Poor lighting	Runners may be injured due to slips/trips/collision with obstacle	<ul style="list-style-type: none"> <li>• Asking runners to wear head torches once light is inadequate (reflected in wording on FB page so runners are aware prior to turning up)</li> <li>• Good practice for all runners to point out pot holes/any obstacles that are observed to the group</li> <li>• Good practice for leader to point out potential hazards at start of the session</li> <li>• Individuals run together if a light fails during the session</li> </ul>	M					
Cars and other vehicles on the road	Runners may be struck by vehicle on the road	<ul style="list-style-type: none"> <li>• Asking runners to wear head torches and hi-viz to be more visible</li> <li>• Leader requesting runners stay on the same side of the road, close to the side (generally facing traffic)</li> <li>• Good practice for all runners to shout out to the group when a car is approaching</li> <li>• Increased awareness around junctions/ areas of faster road speed</li> </ul>	M	<ul style="list-style-type: none"> <li>• Keep spare hi-viz vests at club in case runner has forgotten to bring</li> </ul>	M			

		<ul style="list-style-type: none"> <li>• Good practice for leader to point out hazards at the start of session</li> <li>• Good practice to 'run back' for runners so group remains together</li> </ul>						
Poor weather conditions	Poor weather may cause slippery underfoot conditions and/or poor visibility	<ul style="list-style-type: none"> <li>• Leader requests that runners are vigilant in these conditions at start of run</li> <li>• Leader changes route or session to avoid areas that are known to be particularly icy or more dangerous due to visibility of traffic</li> <li>• Leader shortens session and stays local to the club/ close to better lit residential area</li> </ul>	M					
Runner has inappropriate or kit that is not working appropriately	Runner injured due to incorrect kit	<ul style="list-style-type: none"> <li>• Good practice to point out laces undone/ head torch not working etc. during run so individual is aware and addresses as appropriate</li> <li>• State requirement for suitable off-road trainers when providing details on run meeting place/time etc.</li> <li>• If a Leader was concerned about the kit of an individual, opportunity to raise in a positive way</li> </ul>	M	<ul style="list-style-type: none"> <li>• When a new runner requests to join as a trial, state minimum kit requirements</li> </ul>				
Runner has medical episode on run	An individual may suffer a medical episode	<ul style="list-style-type: none"> <li>• Leaders allowing runners to flag up if struggling with pace/ give option to reduce reps</li> <li>• A number of other runners are qualified first aiders (often through their job)</li> </ul>	M	<ul style="list-style-type: none"> <li>• Mandating run leaders carry mobile phones for all runs</li> <li>• Requesting info on pre-existing medical conditions and details of who to contact in an</li> </ul>	L			

				<p>emergency (to be stored in line with data protection requirements)</p> <ul style="list-style-type: none"> <li>Propose run has first aid kit and briefing sheet that is available to all leaders and details protocol to be taken</li> </ul>				
Safeguarding	An inexperienced/ younger or disabled runner attends a session	<ul style="list-style-type: none"> <li>All new starters are asked about ability to place them in the right running group (generally a step lower, with the opportunity to work up)</li> <li>If it becomes apparent that it is not appropriate for a runner to keep running during a session, the leader would appoint another leader if available and return to the club with the individual (and preferably another person) or the whole group would need to return to the club</li> </ul>	M	<ul style="list-style-type: none"> <li>Safeguarding Officer to be appointed. All club runners will be informed/ be aware.</li> </ul>				