



Alchester Running Club – Club Night Risk Assessments

Venue	Sports Centre	Assessed By	Gary Warland			
Activity	Thursday Night Club Run – Various Groups (Development Group – sub 7 minute miling)					
Persons affected	Club members, pedestrians, road users					
Hazard	Current Control Measures	PPE	Likelihood	Severity	Final Risk	
Lone Running	Each runner is advised to run in the group according to their ability Responsibility of all runners in the group to make sure no-one is left behind New runners advised to start off in a slower group and then move up Groups advised to keep to the designate pace of the group	None	2	E	2E	
Getting Lost	All routes are published on the website (both winter and summer routes) All groups advised to stick as a group and run at their designated pace No groups to go out without at least one member of the group being confident of the route	None	3	E	3E	
Slips, Trips & Falls	Runners advised at the pre-run briefing of any issues due to road works All winter routes well lit with the exception of approx. 150m by “Ten Tonne Bridge (bottom of Lords Lane) – runners advised to be careful Nearly all runners local and encouragement for knowledge to be shared If runner does slip, trip or fall other members in the group to stay with the runner and seek assistance	None	2	D	2D	
Injury	Runners advised at the pre-run briefing not to take part if injured If develop an injury runners to advise others and co-ordinate accordingly	None	2	C	2C	
Crossing Roads	Use of traffic aids where possible such as pelican and zebra crossings Runners advised to approach crossings with caution – key crossings are Banbury Road, Buckingham Road, Launton Road, Kings End (winter) and A41, Middleton Stoney Road, Banbury Road and Howes Lane (summer) Runners advised to wear high visibility and / or light coloured clothing to make themselves more visible		3	C	3C	
No Pavements / Other Road Users	Roads with no pavements only applicable to summer routes (May – early Sept) Runners advised to run against the flow of traffic when no pavement Runners advised to wear high visibility and / or light coloured clothing to make themselves more visible Runners to be made aware of high risk areas and that other road users have right of way		3	C	3C	
Pedestrians / Other Pavement Users	All runners to be aware of other pavement users in particular dog walkers who have dog leads which may be trailing The group to keep to one defined side of the pavement where possible and step on to the verge / grass		2	D	2D	



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	Pedestrians have equal rights to be using the pavement Front runner in the group to alert other members of the group				
New Runners	All new runners told to identify themselves to the organiser of the Club Night Organiser to establish the best group for them to go into Organiser to advice new runner of protocols All new runners given certain tolerance for a 3-4 sessions and then asked to join the club for Insurance purposes	None	1	E	1E
Pre-Existing Illnesses & Pregancy	Inform Jenny McBain (membership secretary) of any condition that may affect your running and avoid running alone, must carry a phone	None	1	D	1D
Inclement Weather	In the event of snow / ice runners advised to check website and an email sent out to advise of cancellation and / or restricted routes If official notice given of not to run then any runners who do so do it at their own risk	None	2	D	2D
Inclement Weather	Runners advised to wear clothing suitable for the conditions and individual responsibility No provision for water is made on any of the routes	None provided however runners should provide own gloves, hat, waterproof jacket if required	1	E	1E
	Likelihood		Severity		
1	Highly Probably – Almost certainly will occur in time	A	Catastrophic – Imminent danger exists, will cause injury or danger on a wider scale		
2	Probable – Likely to occur over time	B	Critical – Likely to cause serious illness, severe injury, property or equipment damage		
3	Possible – May occur in time	C	Significant – Will cause an injury, illness, property or equipment damage and the results would be significant		
4	Remote – Unlikely to occur	D	Marginal – May cause injury, illness, property or equipment damage but the results would not be expected to be serious		
5	Extremely remote – Extremely unlikely to occur	E	Negligible – Unlikely to cause injury, illness property or equipment damage – remote possibility of injury requiring first aid attention		
Name	Gary Warland	Signed		Date	06/11/2014

Updated 01/09/2017



Alchester Running Club – Club Night Risk Assessments

Venue	Gavray Drive (Sept – Apr)	Assessed By	Gary Warland			
Activity	Tuesday Pace Improvement					
Persons affected	Club members, pedestrians, road users					
Hazard	Current Control Measures	PPE	Likelihood	Severity	Final Risk	
Lone Running	Everyone completes the same session according to ability Mile reps are done in a continual loop – on lap 3 faster runners have caught up with the slower runners Gavray Drive 100m splits are completed by going up and back	None	4	E	4E	
Getting Lost	Mile reps are done in a continual loop – on lap 3 faster runners have caught up with the slower runners Gavray Drive 100m splits are completed by going up and back	None	4	D	4D	
Slips, Trips & Falls	Runners advised at the pre-run briefing of any potential issues Any overhanging branches are clipped back or snapped off Any branches on the leaves are swept aside For mile reps the 100m after the first corner is very uneven – raised manholes All route is well lit If runner does slip, trip or fall other members in the group to stay with the runner and seek assistance	None	2	D	2D	
Crossing Roads	Runners advised to approach Mallards Way crossing with caution When doing mile reps runners advised to be careful when crossing Ravenscroft and by the Nightingale Pub / Tesco's. 2 other smaller roads to cross Runners advised to wear high visibility and / or light coloured clothing to make themselves more visible Caution Runner sign to be placed on entrance to Mallards Way from Gavray Drive and on exit from Mallards Way to Gavray Drive Caution runner signs to be placed on entrance to and from shops when doing mile reps	Light coloured clothing – runners responsibility	3	C	3C	
Injury	Runners advised at the pre-run briefing not to take part if injured If develop an injury runners to advise others and co-ordinate accordingly	None	2	C	2C	
Other Road Users	Runners must only run on the pavement and must not stray on to the road Runners advised to wear high visibility and / or light coloured clothing to make themselves more visible Runners to be made aware of high risk areas and that other road users have right of way	Light coloured clothing – runners responsibility	3	C	3C	
Pedestrians / Other Pavement Users	All runners to be aware of other pavement users in particular dog walkers who have dog leads which may be trailing	Light coloured clothing – runners responsibility	2	D	2D	



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	The group to keep to one defined side of the pavement where possible and step on to the verge / grass Pedestrians have equal rights to be using the pavement Front runner in the group to alert other members of the group Runners to keep on the right hand side to avoid colliding with each other and also to help pedestrians				
New Runners	All new runners told to identify themselves to the organiser of the Club Night Organiser to advice new runner of protocols All new runners given certain tolerance for a 3-4 sessions and then asked to join the club for Insurance purposes	None	1	E	1E
Pre-Existing Illnesses & Pregancy	Inform Jenny McBain (membership secretary) of any condition that may affect your running and avoid running alone, must carry a phone	None	1	D	1D
Inclement Weather	In the event of snow / ice runners advised to check website and an email sent out to advise of cancellation and / or restricted routes If official notice given of not to run then any runners who do so do it at their own risk	None	2	D	2D
Inclement Weather	Runners advised to wear clothing suitable for the conditions and individual responsibility No provision for water is made on any of the routes	None provided however runners should provide own gloves, hat, waterproof jacket if required	1	E	1E
	Likelihood		Severity		
1	Highly Probably – Almost certainly will occur in time	A	Catastrophic – Imminent danger exists, will cause injury or danger on a wider scale		
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Updated 01/09/2017



Alchester Running Club – Club Night Risk Assessments

<b>Venue</b>	Bicester Sports Association, Chesterton (May – Sept)	<b>Assessed By</b>	Gary Warland		
<b>Activity</b>	Tuesday Pace Improvement				
<b>Persons affected</b>	Club members, pedestrians, road users, other BSA users				
<b>Hazard</b>	<b>Current Control Measures</b>	<b>PPE</b>	<b>Likelihood</b>	<b>Severity</b>	<b>Final Risk</b>
Lone Running	Everyone completes the same session according to ability Repetitions are doing by running in loops around a large field (approx. 650m circumference)	None	4	E	2E
Getting Lost	Repetitions are doing by running in loops around a large field (approx. 650m circumference) Warm up is done on the same field	None	4	E	4E
Slips, Trips & Falls	Runners advised at the pre-run briefing of any potential issues Any overhanging branches are clipped back or snapped off Any branches on the leaves are swept aside No flood lighting but only used during lighter evenings If runner does slip, trip or fall other members in the group to stay with the runner and seek assistance	None	2	D	2D
Crossing Roads	N/A	None	5	E	5E
Injury	Runners advised at the pre-run briefing not to take part if injured If develop an injury runners to advise others and co-ordinate accordingly	None	2	C	2C
Other Road Users	N/A	None	5	E	5E
Other BSA Users	All runners to be aware of other BSA users in particular the Archery Club and Cricket Club There are 3 fields available – 1 for each group	None	2	D	2D
Pre-Existing Illnesses & Pregancy	Inform Jenny McBain (membership secretary) of any condition that may affect your running and avoid running alone, must carry a phone	None	1	D	1D



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New Runners	All new runners told to identify themselves to the organiser of the Club Night Organiser to advise new runner of protocols All new runners given certain tolerance for a 3-4 sessions and then asked to join the club for Insurance purposes	None	1	E	1E
Inclement Weather	Runners advised to wear clothing suitable for the conditions and individual responsibility No provision for water is made on any of the routes	None provided however runners should provide own gloves, hat, waterproof jacket if required	1	E	1E
Inclement Weather	In the event of field being unfit then there may be an option to move to the village itself Runners advised to check website and an email sent out to advise of cancellation and / or restrictions If official notice given of not to run then any runners who do so do it at their own risk	None	2	D	2D
Likelihood		Severity			
1	Highly Probably – Almost certainly will occur in time	A	Catastrophic – Imminent danger exists, will cause injury or danger on a wider scale		
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