

Alchester Running Club

Risk Assessment

| Risk Assessment No | | 1 | | Activity | | Group Club Runs | | Locations | | Pre-arranged location | | | |
|--------------------------------|-----------------------|--|--|-----------------|-------|---|--|------------------|---------------|--|----------------------|--|--|
| Assessment Undertaken by | | G Warland | | Assessment Date | | May-22 | | Next Review Date | | Nov-22 | | | |
| Risk Ratings | | | | | | | | | | | | | |
| Persons at risk (PAR) | | Severity / Harm Rating (S) | | | | Likelihood (L) | | | | | | | |
| M | Club members | 1 | Negligible injury or no injury | | | 1 | Extremely unlikely to occur at any time | | | | | | |
| P | Pedestrians | 2 | Minor injury requiring First Aid | | | 2 | A rare combination of factors would be required for an incident to occur | | | | | | |
| G | Guests | 3 | Lost time illness | | | 3 | Could happen, but considered unlikely under normal circumstances | | | | | | |
| R | Road users | 4 | Single serious illness or single death | | | 4 | Not certain, but an additional factor may result in an incident | | | | | | |
| | | 5 | Multiple deaths and or serious illness | | | 5 | Almost inevitable that an incident will result - Highly likely to occur | | | | | | |
| Tolerance rating | | | | | | | | | | | | | |
| 17 - 25 | | SIGNIFICANT RISK - Task/activity should not proceed. Further control measures are to be put in place to reduce risk. When in place the level of risk should be re-assessed for adequacy before the work recommences. | | | | | | | | | | | |
| 9 - 17 | | SOME RISK- is attached to this task/activity. At lower level remain vigilant in measures and keep under review. At higher level look critically at ways of reducing the level of risk to a more tolerable level by improving existing control measures or by introducing new controls. | | | | | | | | | | | |
| 1 - 8 | | TOLERABLE RISK - Consider if risk is "as low as reasonably practicable", If not try to reduce risk further by improving control measures. Keep under review and continue with task/activity, but with caution | | | | | | | | | | | |
| Initial Assessment No controls | | | | | | Risk Mitigation Measures | | | | | | | |
| Item No | Hazard Identification | PAR | S | L | Score | Control Measures | S | L | Revised Score | Risk Acceptable | Responsible | What actions completed and when | |
| 1 | Lone Running | M G | 4 | 5 | 20 | <ul style="list-style-type: none"> 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 Briefings prior to starting Groups arranged prior to starting 1 experienced member at least per group Regular routes | 4 | 2 | 8 | Robust controls and continuing discipline required | Individuals & Groups | <ul style="list-style-type: none"> - Briefings prior to starting - Groups arranged prior to starting - Confirmation groups understand routes prior to starting - Newcomers and guests to be introduced prior to joining groups | |

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| 2 | Getting Lost | M G | 4 | 5 | 20 | <ul style="list-style-type: none"> • Routes published and made available prior to session where possible on a various platforms • Where routes aren't published Group leaders know them • All groups advised to stick as a group and run at their designated pace • Briefings & group arranged prior to starting • Runs start promptly at 19:00, latecomers considered not part of running groups or covered under this risk assessment • 1 experienced member at least per group • Regular routes where possible | 4 | 2 | 8 | Robust controls and continuing discipline required | Session leader, Individuals & Groups | <ul style="list-style-type: none"> - Briefings prior to starting - Groups arranged prior to starting - Confirmation groups understand routes prior to starting - Newcomers and guests to be introduced prior to joining groups - Summer road based route introduced (Apr22) |
| 3 | Slips, Trips & Falls | M G P | 4 | 4 | 16 | <ul style="list-style-type: none"> • Runners advised at the pre-run briefing of any known issues (e.g. road works) • All "winter" routes well lit • Runners advised of well known risk areas • 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 • Bollards/ railings can be a particular hazard – runners to call out to alert • Alert fellow group members of other path / road users • Overhanging trees and brambles should be made known especially in darker weather • Headphones not permitted • Regular routes • Alternative routes for inclement weather | 4 | 2 | 8 | Robust controls and continuing discipline required | Session leader, Individuals | <ul style="list-style-type: none"> - Keep alert whilst out as a group - Newcomers and guests to be introduced prior to joining groups |
| 4 | Injury | M G | 4 | 4 | 16 | <ul style="list-style-type: none"> • Runners requested not to attend if injured • If develop an injury runners to advise others and co-ordinate accordingly • Alternative routes for inclement weather | 4 | 3 | 12 | Honesty required | Individuals | <ul style="list-style-type: none"> - Newcomers and guests to be introduced prior to joining groups |

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| 5 | Crossing Roads | M G P R | 5 | 4 | 20 | <ul style="list-style-type: none"> • Only crossing when safe to do so • Use of traffic aids where possible such as pelican and zebra crossings • Cross roads as a group and not as individuals • Do not cross on blind bends • Do not cross if oncoming vehicles (cars and bikes) • Key crossing points identified on regular routes • Runners advised to wear high visibility and / or light coloured clothing to make themselves more visible • Runners briefed on routes for the session prior to starting out • Front and back end of groups to alert other group members of safety when wanting to cross • Road based routes to be confined to “summer months” • Crossing roads on single carriageway roads only (avoid A41 crossings) • Cross roads in well lit and visible areas | 5 | 3 | 15 | <p>Discipline and awareness required</p> <p>Biggest risk of long distance running</p> | Individuals & Group members | - | Only crossing when safe to do so |
| 6 | Other road / pavement users | M G P R | 4 | 4 | 16 | <ul style="list-style-type: none"> • 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 • 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 • Pedestrians have equal rights to be using the pavement • Front runner in the group to alert other members of the group | 4 | 2 | 8 | <p>Discipline and awareness required</p> <p>Biggest risk of long distance running</p> | Individuals & Group members | - | |
| 7 | New Runners | G | 4 | 4 | 16 | <ul style="list-style-type: none"> • All new runners told to identify themselves to the organiser of the Club Night on arrival • 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 | 4 | 2 | 8 | <p>Robust controls and continuing discipline required</p> | Run leader, newcomers & committee to ensure a leader each week | - | All introductions prior to starting runs |

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| 8 | Inclement Weather | M G | 4 | 4 | 16 | <ul style="list-style-type: none"> In the event of snow / ice runners advised to check social media (Facebook – members only page) website and an email sent out to advise of cancellation and / or restricted routes If official notice given of not to run then runners who do so do it at their own risk Runners advised to wear clothing suitable for the conditions and individual responsibility No provision for water is made on any of the routes | 4 | 2 | 8 | Robust controls and continuing discipline required | Individuals, runners should provide own gloves, hat, waterproof jacket if reqd | - All runs commence at 19:00 - Communications done in a timely manner |
| 9 | Illnesses | M G | 3 | 5 | 15 | <ul style="list-style-type: none"> Pre-existing conditions should be made clear on membership forms and this information is treated confidentially Runners are responsible for ensuring they bring and can administer any treatments they are required to have whilst running. These should not be shared with other runners If a runner feels unwell on the day of a club run they should not attend If a runner displays flu like symptoms they should not attend Any runner showing symptoms will be requested to leave Runners are advised if they feel uncomfortable to wear buffs or face coverings whilst the pre-run briefing takes place All briefings take place outdoors Runners are advised to run in clean kit suitable for the conditions Runners are advised to have a towel and sanitizer with them for after they've run. There are no changing facilities provided If a runner feels unwell during the session they should inform another person and make their way home immediately. If they require assistance they should say so at this point | 3 | 3 | 9 | Personal discipline required | Individuals | - Right treatments brought along |