

Alchester Running Club

Risk Assessment

Risk Assessment No		1		Activity		Pace Improvement Sessions		Locations		Gavray Drive (September – April) & Whiteland (April – September)			
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 / Other Facility Users	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	4	16	<ul style="list-style-type: none"> Runners advised to keep to the pace they know they can complete the session in Briefings prior to starting Regular routes 		4	2	8	Robust controls and continuing discipline required	Individuals & Session leader	- Briefings prior to starting - Newcomers and guests to be introduced prior to starting off

2	Getting Lost	M G	4	2	8	<ul style="list-style-type: none"> Each runner is advised of the session prior to starting and with the exception of mile loops is either around an enclosed field or up and down a road. Mile loops are one continuous circle with no deviation Cones used at Whitelands to confirm area being used New runners advised to start off within "the pack" Runners advised to keep to the pace they know they can complete the session in Briefings prior to starting Regular routes 	4	2	8	Robust controls and continuing discipline required	Session leader, Individuals	<ul style="list-style-type: none"> Briefings prior to starting Newcomers and guests to be introduced prior to starting off
3	Slips, Trips & Falls	M G P	4	4	16	<ul style="list-style-type: none"> Assessment of area prior to starting Cones used at Whitelands to confirm area being used Gavray Drive lit by street lights Runners advised of well known risk areas & action taken if conditions become treacherous If runner does slip, trip or fall other members to stay with the runner and seek assistance Bollards/ railings can be a particular hazard – runners to call out to alert Overhanging trees and brambles should be made known especially in darker weather Alert fellow members of other path / road users Headphones not permitted Regular routes Alternative routes for inclement weather 	4	3	12	Robust controls and continuing discipline required	Session leader, Individuals	<ul style="list-style-type: none"> Keep alert whilst running Newcomers and guests to be introduced prior to session Conditions assessed by session leader prior to starting
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 session

5	Crossing Roads	M G P R	5	4	20	<ul style="list-style-type: none"> • Only crossing when safe to do so • 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 • Runners to alert others if vehicles approaching • Individual responsibility • All routes are either on an enclosed field or pathway paced and road crossings kept to a minimum • 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"> • Runners advised to run on the side advised by session leader on any pavements and give oncomers sufficient room to pass • 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 • Pedestrians have equal rights to be using the pavement • Runners to alert each other • Individual responsibility 	4	2	8	<p>Discipline and awareness required</p> <p>Biggest risk of long distance running</p>	Individuals & Group members	- Keep left where possible
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 session on arrival • Organiser to establish who to benchmark the new runners against and make introductions • 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>	Session leader, newcomers & committee to ensure a leader each week	- All introductions prior to starting runs

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 however there is a congregating area where jackets / refreshments can be left (individuals responsibility as area is unmanned) 	4	2	8	Robust controls and continuing discipline required	Individuals, runners should provide own gloves, hat, waterproof jacket if reqd	<ul style="list-style-type: none"> 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 session they should not attend If a runner displays flu like symptoms they should not attend 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	<ul style="list-style-type: none"> Right treatments brought along