



HEALTH & SAFETY RISK ASSESSMENT

Please take some time to read and digest the risk assessment compiled by the committee:

Potential Hazard: **Risk of Falling/Slipping on slippery surface**

Action Required:

Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Walk if conditions are particularly difficult. Warnings to be given by leader if track is wet and slippery

Potential Hazard: **Getting Lost**

Action Required:

Group Leader to be familiar with area and have run route at least once before.

Potential Hazard: **Losing a runner**

Action Required:

Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a group consistent with their ability. Approximate pace of group to be made clear by leader before run commences.

Potential Hazard: **Dogs**

Action Required:

Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.

Potential Hazard: **Very Hot Weather**

Action Required:

Advise runners to wear kit appropriate to conditions. Take water particularly on longer runs. Avoid running at midday, run early morning or evening. If conditions are extreme run to be postponed/cancelled at discretion of Group Leader. Remind runners to use high factor sun cream.

Potential Hazard: **Cold Weather**

Action Required:

Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Group Leaders if conditions are considered dangerous.

Potential Hazard: **Asthma**

Action Required:

Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.

Potential Hazard: **Other Medical Conditions**

Action Required:

To be advised to Group leader. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

Potential Hazard: **Running in the Dark**

Action Required:

Runner encouraged to wear light or reflective clothing. Wherever possible stay on roads with street lighting.

Potential Hazard: **Traffic**

Action Required:

Wear reflective clothing - be seen. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic). When crossing road use pedestrian crossing if possible. Everybody to check for traffic, don't just follow the crowd. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly.

Potential Hazard: **Uneven running surface**

Action Required:

Leaders, as far as reasonably possible, to select routes which are free from potholes and loose ground. Runners to take care when changing levels e.g. descending from curbs. Remind runners to wear appropriate footwear. Group leader to shout warning if surface unexpectedly becomes uneven. Walk if conditions are particularly difficult.

Potential Hazard: **Accidents caused by bumping or jostling**

Action Required:

Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them.

Potential Hazard: **Unexpected Obstacles on pavement**

Action Required:

Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, dog mess, road signs, holes and kerbs by shouting a clear warning.