

Newburn Running Club - Risk Assessment

Run Leader: **Simon Lynch**

Venue: Blaney Row / Wagonway

Date of risk assessment: 14th September 2020

Task/activity you are assessing?	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session	Venue /location Ability of participants Participants with known health problems Injury/fitness – prior to session	Group leader Participants	<ul style="list-style-type: none"> • The Run England health disclaimer or organisation’s own PARQ should be completed prior to the first session • The leader should retain a copy of the disclaimer/PARQ • The leader should retain contact details and a note of any medical conditions • Refer to GP if at all in doubt • Ensure medication is carried by participants where appropriate 	<ul style="list-style-type: none"> • There is no safe place for belongings and possessions to remind group to carry or leave them in the boot of a locked vehicle
General safety on every session	Injury/illness unreported by participant Inappropriate clothing Visibility of group Possible dehydration or low energy Injury and illness during session Footwear Headphones	Group leader Participants	<ul style="list-style-type: none"> • Perform a visual check and health/injury enquiry before every session • Clothing should suit the conditions • Reflective tops should be mandatory • Next of kin contact details should be available • A UKA qualified leader must lead all sessions • New members should be pre-advised regarding water and food • Participants should have been advised to have eaten no more than two hours prior to the session • A clear policy on management of injured or ill runners, as in Run England guidance, is required • First aid must only be given if currently qualified • Advice on footwear can be given by the leader • Headphones should not be worn by runners if the chosen training route will require them to be able to hear oncoming traffic or other pedestrians 	<ul style="list-style-type: none"> • The Run England health disclaimer or organisation’s own PARQ should be completed prior to the first session • The leader should retain a copy of the disclaimer/PARQ • The leader should retain contact details and a note of any medical conditions • Refer to GP if at all in doubt • Ensure medication is carried by participants where appropriate

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<p>Running routes</p>	<p>Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags Visibility Ability of the group</p>	<p>Group leader Participants</p>	<ul style="list-style-type: none"> • Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment • Participants forewarned of route obstacles • Routes selected that have good lighting wherever possible • Rural groups must wear lights • Road safety rules must be adhered to • Session kept to appropriate time, as guided by the Run England 10 week beginners course • Intermediate and advanced sessions may be longer • On-going assessment by leader, with adaptation as required • Ability of the slowest/ least able sets the session time 	<ul style="list-style-type: none"> • Pre-check the route close to the day of the session • Always have a contingency plan, as advised in UKA leaders course
<p>Traffic/road crossings</p>	<p>All traffic, including other members of the public, runners, cyclists, crossing traffic</p>	<p>Public Group leader Participants</p>	<ul style="list-style-type: none"> • Use any and all crossings provided as a prudent pedestrian • Run Leader alerts the group to any traffic • Take personal responsibility • Reinforce every week • Respect all other users of the highway • Follow the Highway Code 	<ul style="list-style-type: none"> • Ensure group procedure for regrouping at crossings is reiterated weekly
<p>Weather</p>	<p>Variations in weather making it too cold, wet, hot or slippery</p>	<p>Public Group leader</p>	<ul style="list-style-type: none"> • Weather reports should be checked leading up to and on the day • Runners to be given advice on clothing, fluid intake and sun screen • Cancellation to be considered if ice, snow or lightning are likely • Carefully monitor participants for difficulties 	<ul style="list-style-type: none"> • Abandon run and send participants home

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<p>Venue Specific 1</p>	<p>Horse Riders / Horses on the main Wagonway & Blaney Row</p>	<p>Group leader Participants Horse Riders Road Users</p>	<ul style="list-style-type: none"> • Run Leader to run at head of run to identify all oncoming traffic including Horses • Alert the Horse and Rider to the Groups Presence • Allow time for the Horse & Rider to react • If safe do so as advised by Horse Rider Run Group to slow down, drop into single file giving where possible a car's width in distance from the horse and rider, keeping noise levels to a minimum so as to not frighten the horse(s) • Where advised to stop by Horse Rider(s) , Run Group to drop into single file , stop running again giving where possible car distance width from the horse and rider. Run Group can recommence activity once Horse & Rider(s) are safe distance away. 	<ul style="list-style-type: none"> • During busy period relocate Run Group to quieter area of the Country Park or split Run Group into smaller sections.
<p>Venue Specific 2</p>	<p>Dogs running on & off lead on the main Wagonway & Blaney Row</p>	<p>Group Leader Participants</p>	<ul style="list-style-type: none"> • Run Leader to engage with Run Group prior to each session to advise on actions to take in the event they are approached by a dog on / off the lead - These include • Stay Calm, Don't Panic • Stop Running & stand still • Face the Dog on a slight angle • Once the Dog stops moving, slowly and quietly move backwards away from the Dog without turning your back to them 	<ul style="list-style-type: none"> • Run Leader to engage where possible with Dog Owners prior to and during activity to see if any perceived risk exists. If risk is identified move Run Group to alternative location

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Venue Specific 3	Member of the Public using the main Wagonway & Blaney Row	Group Leader Participants Members of the Public	<ul style="list-style-type: none">• Run Leader to engage with Run Group reminding individual of their responsibilities to respect other users of the path ways• Run Leader to run ahead of Run Group identifying any potential issues on the path ways• Run Leader to drop group into single file where there is a risk to members of the public or participants of the Run Group• Reinforce every week prior to commencement of the session	<ul style="list-style-type: none">• Where necessary during busy periods Run Leader to consider relocation of run routes to avoid other members of the public.
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Newburn Running Club welcomes any comments or suggestions relating to the contents of this Risk Assessment. Please feel free to email the club via – info@newburnrunningclub.co.uk