

# Risk Assessment - Road and Trail Runs

Group name **Stanley Striders**

Date of previous risk assessment

09/06/2020

Date of current risk assessment

19/06/2020

Risk assessment scheduled review date

19/06/2021

What are the hazards?	Who might be harmed?	Controls Required	Additional Controls	Applicability	Risk Rating after measures (High/Medium/Low)
<b>Inclement weather – making it hot/ wet/ cold/ windy</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Group leaders to assess weather forecast for the planned sessions</li> <li>If conditions are extreme, run to be postponed/ cancelled at discretion of Group Leader</li> </ul>	<ul style="list-style-type: none"> <li>Advise runners to wear kit appropriate to weather conditions</li> <li>Take water to session, especially on longer runs</li> <li>Schedule sessions for cooler times of day, e.g. early morning or later evening</li> <li>Remind runners to use high factor sun cream</li> <li>Encourage runners to warm up properly in cold weather</li> <li>Remind runners to be vigilant of their surroundings in cold or windy weather, e.g. any ice patches or debris blown into the path of runners</li> </ul>	ROAD & TRAIL	L
<b>Risk of Falling/Slipping on steep or slippery surface</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them</li> <li>Walk if conditions are particularly difficult</li> </ul>		ROAD & TRAIL	L
<b>Uneven/changing ground conditions.</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Group Leader to assess route safety prior to session</li> <li>Group Leader to advise participants of any known changing/ uneven ground conditions at the start of the session</li> </ul>	<ul style="list-style-type: none"> <li>Remind runners to wear appropriate footwear, where uneven ground is expected, for example trails</li> <li>Stick to well known routes and public footpaths</li> <li>Runners at front of group to warn following runners of very rutted, uneven ground by shouting a clear warning</li> </ul>	ROAD & TRAIL	L
<b>Traffic/road crossings on route</b>	Participants/ leaders taking part in the session. Other members of public	<ul style="list-style-type: none"> <li>Group Leader to remind runners at the start of the session to use pedestrian crossings where available</li> <li>Cross as a group where possible</li> <li>Group Leader to remind runners to take personal responsibility to check for traffic prior to crossing the road</li> </ul>	<ul style="list-style-type: none"> <li>Runners advised to wear reflective clothing so they can be seen</li> <li>Remind runners to use pavements as much as possible</li> <li>Participants reminded to ensure traffic has come to a stop before stepping into the road</li> <li>If runners are forced into the road, stay to the right (facing traffic)</li> <li>Group Leader / Lead runners to shout warning to following group if traffic approaches unexpectedly</li> </ul>	ROAD & TRAIL	L
<b>Stiles</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Group Leader to check stability of any stiles on the route prior to the session</li> <li>Badly maintained/broken stiles to be avoided if possible or climbed with care</li> </ul>	<ul style="list-style-type: none"> <li>Care to be taken when climbing stiles particularly in wet weather when they may be slippery</li> </ul>	TRAIL	L
<b>Overgrown Vegetation/ Brambles/ Nettles</b>	Run leader, participants	<ul style="list-style-type: none"> <li>Group Leader to warn runners if route is expected to be particularly over-grown, give them an opportunity to opt out</li> <li>If route is impassable take an alternative.</li> </ul>	<ul style="list-style-type: none"> <li>Advise runners to wear appropriate clothing, e.g. TRAIL legs and arms covered to prevent scratches / grazes/ nettle stings</li> </ul>	TRAIL	L
<b>Unexpected obstacles on pavement</b>	Run leader, participants	<ul style="list-style-type: none"> <li>Group leader to check route before session where possible to identify any unexpected risks</li> </ul>	<ul style="list-style-type: none"> <li>Group leader/ lead runners to advise the following group of any unexpected hazards they become aware of, e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheelchairs, overhanging foliage, dog mess, road signs, holes and kerbs by shouting a clear warning</li> </ul>	ROAD	L
<b>Injuries or medical issues during session</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Group Leader to ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check</li> <li>Group Leader to deliver an appropriate warm up and cool down activity and plan sessions to suit varying ability levels</li> <li>Group Leader to carry spare water and a first aid kit on every session</li> <li>Group Leader to carry a mobile phone in case of emergencies</li> </ul>	<ul style="list-style-type: none"> <li>Participants reminded to ensure they bring any medication they may require during the session, e.g. inhalers, insulin, epi-pen etc</li> <li>If in doubt, runners are to seek advice from a medical professional</li> <li>Runners to act responsibly during the session and keep a sensible distance between themselves and the runner ahead of them to avoid collision and ensure they can see the ground in front of them</li> <li>Group leader to administer first aid where certified to do so</li> </ul>	ROAD & TRAIL	L
<b>Getting Lost</b>	Participants and leaders	<ul style="list-style-type: none"> <li>Group Leader to be familiar with area and have run route at least once before.</li> <li>Group Leader to plot and share the planned route on group Facebook page prior to session</li> <li>Group Leader to carry a mobile phone at all times</li> </ul>	<ul style="list-style-type: none"> <li>Where possible, Group Leader to have access to online map application / gps tracker e.g. Google maps / View Ranger / What3Words in case of emergency</li> <li>Where possible, Group Leader to have location app 'What 3 Words' in case of emergency</li> </ul>	ROAD & TRAIL	L
<b>Losing a runner</b>	Participants at session	<ul style="list-style-type: none"> <li>Group Leader to share route with the group on the club Facebook page before each run and explain the route at the start of the session</li> <li>Group Leader to use mustering techniques to ensure the group stays together, e.g. loop backs where front runners run back or fixed re-group points on the route</li> </ul>	<ul style="list-style-type: none"> <li>Remind runners to select a group consistent with their ability</li> <li>Advise runners of approximate pace at the beginning of the session</li> </ul>		L

<b>Inappropriate running kit/equipment</b>	Participants	<ul style="list-style-type: none"> <li>Runners to consult the RunTogether website for advice on correct kit for running</li> <li>Group Leaders to do a visual check prior to each session</li> <li>Group Leaders to advise runners to dress according to the conditions</li> </ul>	<ul style="list-style-type: none"> <li>Participants reminded before the start of each session the impact to their physical wellbeing, health and safety if wearing inappropriate kit</li> </ul>		L
<b>Poor street lighting</b>	Run leader, participant	<ul style="list-style-type: none"> <li>RunTogether leader to plan appropriate routes for the group</li> <li>RunTogether leader check route safety prior to each session</li> <li>RunTogether leader to report lighting failures to local council where necessary</li> <li>RunTogether leader to plan revise route if necessary</li> </ul>	<ul style="list-style-type: none"> <li>Participants to be reminded to be vigilant at all times and to leave enough space between them to clearly see the ground in front of them</li> </ul>		L
<b>Other members of the public causing an obstacle to runners</b>	Participants and members of public	<ul style="list-style-type: none"> <li>RunTogether leader to plan appropriate routes for the group</li> <li>RunTogether leaders to remind participants to be respectful to other road users.</li> </ul>	<ul style="list-style-type: none"> <li>Participants reminded the sessions take place on public land / footpaths and to be aware and respectful to each other and non-participants by not taking up the whole width of pavements for example and exercising more caution around dogs/dog walkers to avoid any collisions or conflict.</li> <li>RunTogether leaders to use a whistle to start/stop group quickly where necessary</li> <li>RunTogether leaders to issue very clear and timely direction when other path users need to pass</li> </ul>		L
<b>Animals</b>	Participants, leaders, animals, members of the public	<ul style="list-style-type: none"> <li>Observe animals before entering field - if any aggressive behaviour observed choose alternative route without hesitation.</li> </ul>	<ul style="list-style-type: none"> <li>If crossing through a field with cows, exercise caution and stay in a group rather than walking through in a line</li> </ul>	TRAIL	L
<b>Dogs</b>	Participants, leaders, animals, members of the public	<ul style="list-style-type: none"> <li>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.</li> </ul>		ROAD & TRAIL	L
<b>Running in the dark</b>	Leader, participants	<ul style="list-style-type: none"> <li>Off-road runs in the dark should generally be avoided but if taking place, must do so under the strict supervision of experienced run leaders and only apply to small groups. Head torches, mobile phones, reflective clothing are mandatory.</li> <li>Group leader should plan to have completed the session before the light fades</li> <li>Road runs will utilise routes with street lighting where possible and extra care to be taken by Group leader and runners as road crossings</li> </ul>		ROAD & TRAIL	L
<b>Spread of COVID-19 Coronavirus</b>	Run leader, participants  Elderly, pregnant or members of the public that have underlying health conditions  Anyone else who physically comes into contact with other people in relation to the activity	<p><b>Hygiene</b></p> <ul style="list-style-type: none"> <li>RunTogether leader and participants to wash/ sanitise hands prior to each session</li> <li>RunTogether leaders to carry hand sanitiser and advise runners to carry hand sanitiser</li> <li>Refrain from unnecessary contact with surfaces such as walls, lamposts etc during rest / recovery phases</li> <li>Refrain from unnecessary contact with face, eyes etc with unclean hands</li> <li>RunTogether leaders to carry face tissues and advise participants to do the same for any coughin / sneezing etc</li> </ul> <p><b>Social Distancing</b></p> <ul style="list-style-type: none"> <li>RunTogether leaders and all participants not from the same household to maintain 2 metre social distancing at meeting point, during activity and when leaving the meeting point</li> <li>RunTogether leader to participant ratio of 1:5 maximum at all times in an outdoor setting only</li> <li>RunTogether leaders to remind participants prior to attendance at session of government guidance around self-isolation</li> <li>RunTogether leaders to arrange separate meeting points for groups to maintain social distancing / ensure planned routes do not overlap/ stagger session start times where necessary</li> </ul>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>Participants reminded prior to each session of the hygiene guidance</li> <li>Participants reminded prior to each session of government health advice</li> <li>RunTogether leaders to use a whistle to start/stop group quickly where necessary</li> <li>RunTogether leaders to issue very clear and timely direction when other path users need to pass</li> </ul> <p><b>Route / Session Management</b></p> <ul style="list-style-type: none"> <li>Plan routes which minimise potential for having to cross roads etc to avoid members of the public on pavements where it may not always be possible to pass at a 2 metre distance</li> <li>Ensure communication system with participants to indicate start / stop / cross the road in order that the instruction can be transmitted and received at a social distance</li> </ul>	ROAD & TRAIL	L