


			Risk Assessment Date:	
Cleobury Mortimer Running Club			13/10/2020	
Carried out by: Andrea Ford			Review Date: 31/08/2021	

Health & safety risks to runners, volunteers, members of public and others before, during and after running club sessions.

Section 1. Hazards at meeting point and prior to sessions			Likelihood	Potential impact	Mitigating or planned action
S1.1	Stress or anxiety to new participant prior to their first session.	Medium	Low	Meeting in a safe public place at Cleobury Sports Centre - location given to new runners and someone will meet them if required. All information emailed prior to attending. Toilets and changing rooms on site.	
S1.2	Conflict between running club and members of public/leisure centre users.	Medium	Low	We advise all members to meet inside the fenced area (teachers car park) as directed by leisure centre staff. Off-site parking advised.	
S1.3	Large numbers of runners meeting and leaving together could cause injury particularly as leaving via car park.	Medium	Medium	Runners split into groups of 12 maximum per leader. Each to meet their leader prior to session for head count and leader to advise on route and safe exit from car park.	
S1.4	Potential pre-existing health issues with participants.	Medium	Medium	No one can attend without first completing an online form stating any medical conditions, medication and emergency contact details. These can be accessed by all coaches and leaders.	
S1.5	Potential pre-existing injuries or lack of fitness prior to attending session.	Medium	Low	Coach/leader should always check for any updates from participants prior to session and advise accordingly (eg; change of group or rest advised).	
Section 2. General Safety hazards during sessions			Likelihood	Potential impact	Mitigating or planned action
S2.1	Unreported illness or injury by participant.	Low	Medium	Coach/leader to do visual/verbal check to all group members "How are you all feeling? Is there anything I need to know regarding your health or fitness before we set off?"	
S2.2	Unsuitable clothing for conditions. Eg: lack of hi-viz or head torch during dark evenings.	Low	High	Hi-viz clothing and head torches are mandatory during the dark months. We have a small set of hi-viz vests that can be loaned out. If it felt un-safe then runner may be sent home.	
S2.3	Danger caused by extreme weather conditions: Heat, cold, ice, strong winds etc. Poor visibility due to fog.	Medium	High	Care should be taken by group leaders to plan routes accordingly and alter if the weather conditions change. Sessions/intensity should be altered accordingly. Leader will do a head count prior to session and at regular intervals. Cancel sessions if dangerous (eg: icy pavements), advise participants to take responsibility for themselves (applying sunscreen, wearing hat, carrying water). Abandon session and return carefully to safety if conditions become un-safe during run.	
S2.4	Illness or injury during session.	Low	Medium	Only qualified Coaches and Leaders may lead a group. Leader must always carry their mobile phone. A decision would be made to return back to the sports hall or to call the ill person's contact for them to be collected. Leaders have access to all runner's records via the CMRC app. General first aid to be carried out - all leaders carry a small first aid kit and have had first aid training. Call 999 in an emergency.	
S2.5					
Section 3. Safety hazards on running routes			Likelihood	Potential impact	Mitigating or planned action
S3.1	Uneven road surfaces, potholes, poorly lit areas, kerbs, street furniture, debris, wet leaves, slippery surfaces..	High	Medium	Leaders/coaches to carry out their own route checks regularly. They must keep an eye on weather reports and have a contingency plan in place. Ensure runners have suitable torches/lights. Issue safety reminders prior to the session of known hazards. Make sure participants are fully concentrating and that they are in the correct group for their ability.	
S3.2	Crossing and running on busy roads.	Medium	High	Groups should avoid running on the main Ludlow-Kidderminster road due to the speed of the traffic using that road (other safer routes are available). Use pavements and pedestrian crossings where possible. Cross roads as a group with leader in charge. Follow the highway code (run facing traffic unless on a blind bend), single file. Full concentration advised. Respect for other road users. This must be reiterated each week.	
S3.3	Off-road running - overgrown footpaths, stinging plants, thorns, pot holes, mud, animals, stiles and gates to navigate.	High	Medium	Leaders/coaches will need to check these routes more regularly as they can change often. Ensure runners are suitably dressed - legs covered etc. and have the correct shoes on by pre-warning them of possible hazards on route. Routes through cow fields should be avoided.	

	S3.4	Meeting members of the public, pedestrians, cyclists, animals, road users etc.	Low	Low	Observe the highway code and countryside code and practice care and politeness at all times. Thank people for standing aside. If participants have fears/phobias regarding animals, these should be taken seriously and routes planned with care. Avoid particularly busy or troublesome areas if necessary and vary routes. Runners must be responsible and run with safety in mind at all times.