



## Brough Runners Risk Assessment

Generic risk assessment, applies to all members, guests and occasional attendees.

Task/ activity/ environment	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Actions to mitigate hazards and reduce risks	Additional precautions and information.
Group safety	Venue / location Pot holes in Prescott Ave. Car park and traffic.	Leader and participants	Poor street lighting in Prescott Ave.  Extra care required to avoid the potholes in the road. Walk if unsure of foot stability. Be aware of vehicles using car park. Wait / meet away from main traffic flows. Look out for turning vehicles.	
	Ability of participants.  Known medical issues. Injuries. Fitness levels.	Leader and participants	<b>All participants should be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual and they run at their own risk.</b>  Those with on-going conditions ( e.g. asthma or diabetes) must advise the group leader of their condition and carry their medication during each session. Asthmatics should not run if they are suffering badly or fear an attack is imminent.	Leaders to ensure that the health disclaimer has been completed where practical prior to an individual's first session.  A list of individuals contact details and medical condition is to be retained and carried by group leaders.  Individuals should be referred to their GP if there is any doubt about fitness.  Participants must include a next of kin contact on registration form.



General safety on every session	Injury/illness unreported by participant.  Inappropriate clothing.  Visibility of individuals and group.  Footwear.	Group leader and participants	Carry out visual check and health / injury enquiry before every session. Clothing should suit conditions.  Hi-viz or reflective tops should be worn especially in low light conditions.  Advice on footwear can be given by the leader.	Small stock of Hi-viz / reflective armbands is available for loan per session.
	Possible dehydration or low energy	Group leader and participants.	New members should be pre-advised regarding water and food.  New participants should carry drink and snack with them until they are confident of their body's requirements.	Leader to carry :- <ul style="list-style-type: none"> <li>• Mobile phone</li> <li>• Contact list</li> </ul>
	Injury and illness during session	Group leader and participant.	Next of kin details should be available.  First aid must only be given if currently qualified.  Injured or ill runners will be accompanied back base by a responsible participant, or accompanied until assistance arrives.  Group leader to advise next of kin if hospitalisation is required.	
	Getting lost	Group leader and participants	Group leader to be familiar with the area and to have run the route at least once before.	Route maps to be available
	Losing a runner	Group leader and participants	Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a running group consistent with their ability.	An experienced runner will be designated "tailend " to accompany the stragglers.



<p>Traffic and road crossings.</p>	<p>All traffic, including other runners, members of the public, cyclists. Crossing roads and non-pavement roads.</p>	<p>Public Group leader and participants</p>	<p>Use any and all crossings provided as a prudent pedestrian.          Cross as a group where practical to minimise the disruption to other traffic and maximise runners safety.          Take personal responsibility.          Respect all other road users.          Follow the highway code.          Reinforce traffic guidelines each week.</p>	
<p>Running routes general.</p>			<p>Route has been checked as suitable for the group.          Participants forewarned of route obstacles.          Routes selected that have good lighting wherever possible.          Lights and "Hi-viz" gear to be worn on darker evenings.          Road safety rules must be adhered to.          Session for novice participants kept to appropriate time .          Intermediate and advanced sessions can be longer/ more challenging.          On-going assessment by leader, with adaption as required.          Ability of the slowest / least able sets the session time.</p>	<p>Risk assessment specific to route to be carried out.</p>
<p>Weather</p>	<p>Variation in weather conditions making it too hot, cold, wet or slippery</p>	<p>Group leader and participants</p>	<p>Group to decide if conditions are not conducive to an enjoyable run. Emphasis to be placed on hydration in hot conditions. In cold slippery conditions advise that foot, leg or other injuries could occur and that falls are likely. Ensure that Hi-Viz is not obscured by additional outerwear.</p>	



Route name / reference	Hazards specific to route	Who may be harmed by hazard	Actions to mitigate hazards and reduce risks	Additional precautions and information.