



### Risk Assessment: Running Club Nights

Date	Assessed By	Location	Review
Varies.	Luke Prest	Civic Centre, Dronfield  Northern Common Dronfield  Other meeting points that do not require a course specific Risk Assessment.	04/09/2020

What are the hazards?	Who might be harmed and how?	Current Risk Rating	Mitigation	Resultant Risk Rating	What else can you do to control the risk?
Slips Trips & Sprains or feeling unwell from on ROAD running	Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs. Typically results in ankle injuries.	M	Have qualified group leaders warning of such hazards en route that are known to them.  Ensure group leaders carry mobile phones to take action in case of emergency.  In situations where the group runs separate to each other (such as speed sessions or specific workouts) then	L	Inform local authorities of any issues that arise as a direct result of poor maintenance.



			the leader will recce the course and advise runners of any course specific hazards at the start of the session.		
Slips Trips & Sprains or feeling unwell from OFF ROAD running	Runners may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips) and ground with uneven camber. Injury as above but maybe upper body injuries too due to falls.	M	<p>Group leaders Reccie route to advise group of additional hazards during the run and ensure less experienced off road runners are accompanied.</p> <p>Ensure group leaders carry mobile phone to take action (call 999) in case of emergency &amp; serious injury. Whenever possible, group leaders will be first aid trained.</p> <p>Recommend off road shoes with strong grip.</p>	L	Limited: These are inherent risks in participating in offroad running.
Running at night during the winter months (on & off road) - in addition to the above	Above risks, but risk is increased due to lack of visibility	H	For Off Road Mandate running with head torch or torchlight. Anyone that cannot illuminate their way will be refused participation.	M	



			<p>For on Road running recommend use of Head torches.</p> <p>All runners recommended to wear bright clothing with reflective accents.</p> <p>If any runner doesnt have access to high viz clothing they may arrange loan of some from the club in advance of the session</p> <p>Run against the prevailing traffic.</p> <p>Groups cross roads together.</p>		
Car Collisions with runners from either Crossing Roads and running accidentally in the road	Runners - injured through collisions with cars and/or car drivers injured through taking avoiding action.	M	<p>Group leaders to ensure runners stay on the pavement.</p> <p>Re-group at road crossings to ensure the group crosses together.</p> <p>Ensure group leaders carry mobile phone to take action (call 999) in case of emergency &amp;</p>	L	Keep enforcing the point 'run on the pavement only'



			<p>serious injury When running in country lanes ensure group runs so that it has maximum visibility to car drivers.</p> <p>In situations where the group runs separate to each other (such as speed sessions or specific workouts) then the leader will advise that all runners must slow to a walk and ensure their own safety at road crossings.</p>		
Runners get separated from the run group or simply go missing	Runners could have incurred injury unknown to the group and can't make it back to the meeting points.	M	<p>Have regular regroupings during group runs.</p> <p>Group leaders count runners at each re-group and ensure no-one is missing.</p> <p>A rear runner to be nominated at the start of the session.</p> <p>Keep re-enforcing point to always advise group leader if runners want to cut the route short.</p>	L	



Muscle injury after running.	Runners with pulled muscles & mild sprains	M	Individual runners advised to undertake warm up and cool down exercises.	L	If groups choose not to do warm up/down then they accept this risk
Unexpected Obstacles on course	Collisions, trips or falls leading to injury	M	Leader/Lead runners to advise the following group of any unexpected hazards which he/she may notice 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.	L	All runners are encouraged to shout warnings.
Medical Conditions	Conditions which may affect a runner's ability to run (such as asthma) or require specific assistance (such as partial sight) or may require specialist medical intervention (such as epilepsy)	M	To be advised to Group Leader. Any appropriate medication to carried on the run.  Any condition specific requirements catered for where possible.  If specific treatments are required in the case of emergency then these need to be	L	The decision whether or not to participate is left to the discretion of the individual, having sought professional medical advice and at their own risk.



			communicated by the runner to the group leader		
Adverse Weather	Weather conditions such as high temperatures, extreme cold, snow, ice or high winds may make running unsafe	M	<p>Advise runners to wear appropriate kit.</p> <p>Remind runners to use high factor sun cream in hot weather.</p> <p>Advise runners to be wary of ice in cold conditions</p>	L	If conditions are extreme run to be cancelled at the discretion of the Group Leader.