**Risk Assessment: Club outdoor running**

| **Date:** | **Assessed by:** | **Location :** | **Reviewed by:** | **Review Date :** | **Next Review:** |
| --- | --- | --- | --- | --- | --- |
| 18-Mar-24 | Paul Venis | General road running winter and summer | Paul Venis & Sarah Hoggarth | 06-Sept-24 | Sept-25 |

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| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** | **What else can you do to control this risk?** | **Resultant Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Oncoming traffic, sometimes at speed | Runners, leaders and drivers | * No in / over ear headphones permitted. Bone conductive headphones are permitted but are used at runners own risk. * Group encouraged to shout when a vehicle approaches from front or rear. | L | * Single file only. * Encourage hi visibility reflective clothing. * Use pavement. * Do not overtake runners on the road. * Leaders to brief runners of hazards before run. | L | Run leader | ongoing |  |
| Inclement weather – too hot / wet or slippery to run | Runners and leaders | * Leaders to give appropriate advice to runners dependant on weather conditions. * Cancellation of sessions to be considered if weather conditions deemed unsuitable to hold session. | L | * Choose a route that is suitable for the weather conditions (i.e. do not run in muddy / slippery conditions if it is raining) * Consider additional rest stops in the shade if running in summer / high temperature. | L | Run leader | ongoing |  |
| Uneven / changing ground conditions | Runners and leaders | * Leader to inform group of any know uneven ground before starting run. | M | * Leader to assess the route as far is as reasonably practicable beforehand. | L | Run leader | ongoing |  |
| Visibility | Runners and leaders | * Single file running. * Bright coloured / hi visibility reflective clothing. * Group to remain together and a manageable number of runners of suitable ability. | M | * No running after darkness without lights (head / body torch) and hi visibility reflective clothing. * Head / body torch to be worn if a run starts when visibility is good but scheduled to end after darkness – run leader to notify when to use the torch. * Mandatory hi visibility reflective clothing and head / body torch or no run allowed. * Safety briefing before run. * During dusk or darkness only to run in areas where there is a clear pathway. | L | Run leader | ongoing |  |
| Group size and split | Runners and leaders | * Leaders ensure that route is suitable for capability of runners. * Leader to schedule suitable safe refuge stopping point which group are all aware of in pre-run brief. * Number of runners and leaders is suitable for chosen route. * Leader to runner ratio to be as recommended 1:12 | H | * Reduce group size. * Use additional leaders or assistants. | L | Run leader | ongoing |  |
| Traffic turning and/or waiting at junctions, crossing roads | Runners and leaders | * Pre-run briefing by leaders to advise on road safety. * Leader to schedule suitable safe refuge stopping point which group are all aware of in pre-run brief. * Number of runners and leaders is suitable for chosen route. * No in / over ear headphones permitted. Bone conductive headphones are permitted but are used at runners own risk. | H | * Increased visibility using head / body torches, hi visibility reflective clothing. * Heightened awareness during poor weather and darker evenings. * No standing on road when taking a break- leaders to remind runners. | L | Run leader | ongoing |  |
| Group meeting point and warm up/cool down area | Runners and leaders | * Leaders ensure that route is clear from moving vehicles. * Number of runners and leaders is suitable for meeting/warm up area size. * Runners encouraged to shout where a vehicle approaches from front or rear. | H | * Suitable area away from moving vehicles. * Use pathways where possible. * Effective leader management of the group. * Remain on pathway or grasses area only. | L | Run leader | ongoing |  |

NB Copy and paste rows as required