**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