

Risk Assessment: Running

Date:	Assessed by:	Location :	Review :
30 / 04 /2016 26/6/2016	Fiona King Anne Woods	Little Feet – Hampton Wick	30/4/2017 26.6.2018

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
Slips and trips	Group runners	<ul style="list-style-type: none"> • Ensure Lead runners use paths that are well marked out • Lead runner shouts out to fellow runners when potential hazards • Remind runners who are new to the group to wear appropriate foot wear 	L	<ul style="list-style-type: none"> • Avoid going off unmarked paths • Encourage lead runner/other group member to carry mobile phone • Advise any new lead runners on the above requirements • Suggest that runners all carry some form of identification/ICE numbers through website information 	L	Committee	1/5/16	Yes
Runners becoming lost while out running	Group runners	<ul style="list-style-type: none"> • Group leaders consider ability of group members, considers ability and defines group members into independent runners (IR) and dependant runners (DR) • Make clear that IR's must be able to get themselves back to the start point . • DR's need the Group leader to lead them • At run starts group Leaders should count the number of runners in the group. • At intervals /rest breaks group leaders should re count runners. 	L	<ul style="list-style-type: none"> • At start of run group leader introduces him/herself and goes through the route of the run. • Ensure there are at least 2 runners in each group to avoid runners running alone 	L	Committee	1/5/16	Yes

Runners bumping into each other/ pedestrians or even moving vehicles while running	Group runners	<ul style="list-style-type: none"> • Ensure group considers other road users • Remind runners especially new runners that other road users have right of way • Remind the group if running on road routes of other road users • Runners to run single file when meets pedestrians • Remind runners to provide enough room between other runners and to shout out if they are about to pass another runners 	L	Issue reminder at start of group runs especially during winter season when road routes are used more frequently.	L	Committee	1/5/16	Yes
Weather conditions - Dark evenings	Group runners	<ul style="list-style-type: none"> • Group leader to wear bright clothing and preferably carry a torch/head light • Runners encouraged to wear bright clothing/Stragglers yellow tops 	L	Issue reminder at the start of autumn meetings about the importance of wearing appropriate winter clothing and using head lamps via email and start of runs	L	Committee	1/5/16	Yes
Weather conditions – Warm/Hot evenings	Group runners	<ul style="list-style-type: none"> • Remind runners to ensure they bring water with them during summer/warm evenings • Remind runners to wear appropriate clothing to avoid overheating 	L	<ul style="list-style-type: none"> • Issue a reminder to runners at the start of summer months to bring water on the runs/fro runners to wear appropriate clothing/sunscreen • Any runners with medical condition who are prone to dehydration reminded to bring adequate fluids 	L	Committee	1/5/16	Yes
Danger of deer charging during culling season	Group runners	<ul style="list-style-type: none"> • Group leaders to assess as park is entered and re-route the group if necessary avoiding the possibility of endangering the group • Group not to run during culling season and abide by the park signs 	L	To check dates for culling season	L	Committee	1/5/16	Yes

Park Closures - If an accident occurs in a park (after closure) – possibility of leaving injured runner alone	Group Runners	<ul style="list-style-type: none"> Encourage group leaders to carry mobile phones to minimise need to leave runner(s) Or group leader should be prepared to run to telephone for assistance, or nominate other runner – leaving someone with the injured runner Avoid running in group of less than 3 when running in the park in case one runner needs to run to get assistance/no mobile phone reception Direct ambulance to scene of accident 	L	Ensure one of the runners carries a phone during the run	L	Committee	1/5/16	Yes
Existing health conditions of runners	- Group Runners	<ul style="list-style-type: none"> Run leader to assess on joining/ pre run. Group split to accommodate Members with health conditions that could arise during an outing (Breathing constraint, muscle injuries, etc) should inform the run leader of the condition and the risk of an occurrence. 	L	Where condition gives cause for concern, runner to be asked not to run	L	Committee	1/5/16	Yes
Specific needs of individual runners eg blind/partially sighted runners	Group runners/leaders	<ul style="list-style-type: none"> Runner runs with lead runner who has experience 		Affected runners to make own arrangements with lead runners in advance of the session		Committee	1/5/16	Yes

Used this risk rating <http://www.hse.gov.uk/foi/internalops/og/ogprocedures/complaints/riskmodel.pdf>