

Risk Assessment Road Running

Activity Being Assessed	Hazard (may be present or may be generated)	People at risk (who may be harmed)	Precautions (steps in place to either eliminate or reduce the risk of accident/incident occurring).	Additional precautions (may be needed to reduce or eliminate risk further)
Group safety before session	<ul style="list-style-type: none"> • Venue/location • Ability of participants • Participants with known health problems • Injury/fitness - prior to session. 	<ul style="list-style-type: none"> • Group Leaders • Participants 	<ul style="list-style-type: none"> • Ensure all belongings are locked in the changing rooms. • Encourage participants to walk in groups when crossing the park to reach venue (using public footpath). • Ensure that a key is available at each training sessions (managed by committee members) • The club membership for should be completed prior to training session. • Club should retain a note of any medical conditions. Refer to GP if in any doubt • Ensure medication is carried by participants if appropriate e.g. inhaler/epi-pen. 	<ul style="list-style-type: none"> • Highlight the constitutions 'minimum requirements' of time/ distance for a club training session. • Committee members to ensure key is present in their absence and suitable member of committee to unlock.

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<p>General Safety during every session.</p>	<ul style="list-style-type: none"> ● Injury/Illness unreported by the participant ● Inappropriate clothing ● Poor visibility of the group ● Possible dehydration or low energy ● Inappropriate footwear 	<ul style="list-style-type: none"> ● Group Leader ● Participants 	<ul style="list-style-type: none"> ● Perform visual check and check verbally for injuries or illness ● Clothing should suit the conditions - advise those whose clothing is inappropriate ● Reflective tops (high vis) are mandatory from October 1st- March 1st inclusive ● Head torches to be worn by leader if route is poorly lit. ● Next of Kin/emergency contact details should be present. ● Advice on hydration/food to be given to new members. ● First aid to be given if appropriate qualification is held. ● Advice on footwear can be given by leader. 	<ul style="list-style-type: none"> ● Keep a small stock of high visibility tops which can be borrowed if required ● Leader to carry a mobile or have access to a mobile phone ● Encourage leaders to obtain first aid/ leaders qualification.

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Running routes	<ul style="list-style-type: none"> ● Uneven ground, potholes, mud, street furniture, debris, bins or rubbish bags, rivers/streams ● Poor visibility ● Ability of group 	<ul style="list-style-type: none"> ● Group Leader ● Participants 	<ul style="list-style-type: none"> ● Routes have been checked for suitability. ● New routes are checked before taking a group on them ● Participants warned of obstacles e.g. bollards, posts ● Single file beside rivers/ streams and encourage a slower pace ● Routes selected that have good lighting where possible ● Headtorches advised if poorly lit or rural routes or sections ● Sessions kept to an appropriate time and distance shorter cut off may be provided.. ● Intermediate and advanced sessions could be longer ● On-going, dynamic risk assessment by group leaders, with adaptation where appropriate (communicated to group if appropriate) ● Ability of the slowest/least able sets the pace for groups ● Regular regroupings on routes at appropriate times to allow back markers to catch up 	<ul style="list-style-type: none"> ● Routes regularly checked for suitability or updates e.g. roadworks, unplanned changes, construction work.

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Traffic/road crossings or junctions	<ul style="list-style-type: none"> ● All traffic on roads including horses, road traffic, other members of the public, cyclists ● Crossing traffic ● Approaching junctions and crossings ● Runners colliding with traffic 	<ul style="list-style-type: none"> ● General Public ● Group leaders ● Participants 	<ul style="list-style-type: none"> ● Use and encourage group to use road crossings, traffic lights and pedestrian refuges ● Cross as a group ● Take personal responsibility for crossing ● Leader to remind group that headphones are prohibited ● Respect all other users of the highway ● Follow the highway code ● Remain on footpaths where possible - if no footpath run towards oncoming traffic (right hand side of the road UK) if safe to do so. 	<ul style="list-style-type: none"> ● Ensure good practice and leadership is shown weekly. ● Report any dangerous occurrences or near misses to club safeguarding/welfare officer and captain(s)
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Weather conditions	<ul style="list-style-type: none"> ● Variations in weather making it too cold, wet, slippery, dangerous, hot 	<ul style="list-style-type: none"> ● Group leaders ● Participants 	<ul style="list-style-type: none"> ● Weather reports to be checked on day of activity ● Runners given advice on clothing ● Cancellation or modification of route if weather is unsafe. ● Monitor participants (difficulty) 	<ul style="list-style-type: none"> ● Abandon run and return to base if conditions deteriorate whilst en route.

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Animals	<ul style="list-style-type: none"> ● Presence of and behaviour of animals and their owners 	<ul style="list-style-type: none"> ● Participants ● Group Leaders ● General Public 	<ul style="list-style-type: none"> ● Ensure runners are aware of their surroundings ● Warn animal owners of approach if coming from behind them (to reduce risk of scaring animals). ● Be aware of fears and phobias of group if applicable - and respect them ● Follow the countryside code when on farmland 	<ul style="list-style-type: none"> ● Report any dangerous behaviour to appropriate authority and safeguarding/welfare officer plus club captain(s)
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Members of the public	<ul style="list-style-type: none"> ● Public in the way of runners or blocking routes. ● General public shouting at or joining runners ● Verbal or physical abuse ● Cyclists on pavement causing an obstacle 	<ul style="list-style-type: none"> ● Participants ● Group Leaders ● General Public 	<ul style="list-style-type: none"> ● Ensure runners are aware of their surroundings ● Warn public approach if coming from behind them (to reduce risk of scaring them). ● Avoid areas which may be unsuitable for running - local knowledge will help ● Ensure participants are respectful of other highway/footpath users. ● Remove from area and report 	<ul style="list-style-type: none"> ● Report any dangerous/threatening behaviour to appropriate authority and safeguarding/welfare officer plus club captain(s)

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Changing rooms usage (before and after session)	<ul style="list-style-type: none"> ● Slips, trips and falls ● Scalds or burns ● Changing rooms visible from outside (when door is opened) 	<ul style="list-style-type: none"> ● Participants ● Group Leaders 	<ul style="list-style-type: none"> ● All bags, clothing, sundries to be stored on the hooks, benches provided. ● Big items to be stored underneath benches out of way.. ● When showering take care to minimise water transfer outside shower area. Any spillage to be mopped/dried with appropriate equipment. ● Water temperature to be checked prior to going in the shower. ● Screen to be put up to preserve modesty of shower user's/individuals changing. 	<ul style="list-style-type: none"> ● Report any dangerous occurrences or route problems safeguarding/welfare officer plus club captain(s) ● Any water temperature issues or cleanliness of facilities to be reported to committee member, then Birstall Parish Council.
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Other hazards	<ul style="list-style-type: none"> ● Other hazards discovered on the route due to diversity 	<ul style="list-style-type: none"> ● Participants ● Group Leaders ● General Public 	<ul style="list-style-type: none"> ● Group leader to assess risk and take appropriate action 	<ul style="list-style-type: none"> ● Report any dangerous occurrences or route problems safeguarding/welfare officer plus club captain(s)

Context Notes:

Birstall Running Club (BRC) is an affiliated member of England Athletics. As a part of this affiliation, we are covered by the insurance policy put in place. Any dangerous accidents, incidents or near misses are to be reported to England Athletics via the safeguarding section of their website. As a result of this process, any of the above **MUST** be reported to the club welfare officer ASAP.

Birstall Running Club (BRC) meet on a Monday, Wednesday and Friday for club runs and training sessions. All participants are paying members and sign a membership form disclaiming that they are fit and healthy enough to participate. Monday and Friday sessions are held at the Birstall Park Pavilion in the centre of Birstall Park. This is fully locking and protected venue with ample changing and shower facilities. There is a separate a male and female changing area and toilet. Any belongings and valuables are locked inside the venue but are left at the participant's own risk. BRC can accept no liability for loss or damage to personal equipment. Runners are aware that their safety is their own responsibility and if they fail to follow a group leaders' instruction (including taking part in a warm-up and cool down), they do so at their own risk.

Birstall Running Club (BRC) use a variety of parking venues for their sessions. Participants realise that cars are left at their own risk and Birstall Running Club (BRC) can accept no liability for loss, theft or damage which may occur as a result.

Although this Risk Assessment has been completed is can be a non-exhaustive list and may be modified as extra unforeseen risks arise. Birstall Running Club (BRC) can accept no liability for accidents of injuries which are sustained whilst attending a club training session, due to the nature of the environment, unless it was deemed that the activity was unsuitable or unsafe. Participants concerned should be encouraged to take out their own insurance.

Completed by: James Snutch (on behalf of committee)

Date completed: October 2017

Position/Role in Club: Welfare Officer/Vice Captain

Date reviewed: January 2024 by Claire Burbidge / Simon Cox (Welfare Officers)

You can download the Risk Assessment from: <https://www.birstallrc.org.uk/links>