RISK ASSESSMENT – ROAD RUNNING

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<th>Activity being assessed</th>
<th>Hazards which may be present or may be generated?</th>
<th>Who may be harmed by the hazards?</th>
<th>Precautions already in place to either eliminate or reduce the risk of an accident happening?</th>
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| Group safety before first and every session | • Venue /location  
• Ability of participants  
• Participants with known health problems  
• injury/fitness – prior to session | • Group leader  
• Participants | • Ensure that there is a safe place for belongings and that participants feel safe at the venue  
• The Club membership form and health disclaimer should be completed prior to the first session  
• The Club should retain a copy of the membership form  
• The Club should retain contact details and a note of any medical conditions. Refer to GP if at all in doubt  
• Ensure medication is carried by participants where appropriate |
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| General safety during every session | • Injury / illness unreported by participant  
• Inappropriate clothing  
• Poor visibility of the group  
• Possible dehydration or low energy  
• Injury or illness during session  
• Inappropriate footwear | • Group leader  
• Participants | • Perform a visual check and enquire about health and or injury before every session  
• Clothing should suit the conditions  
• Reflective tops should be mandatory  
• Next of kin contact details should be available  
• A UKA, or equivalent, qualified leader should lead all sessions  
• New members should be pre-advised regarding water and food carrier part of beginner pack  
• Participants should have been advised to have eaten no more than two hours prior to the session  
• A clear policy on management of injured or ill runners is required  
• First aid must only be given if currently qualified  
• Advice on footwear can be given by the leader | • Keep a small stock of appropriate kit for new members  
• Leader to carry Mobile phone  
• Count your group  
• Encourage a group member or leader to complete First Aid training |
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| Running routes           | • Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags  
• Poor visibility  
• Ability of the group | • Group leader  
• Participants | • Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment  
• Participants forewarned of route obstacles  
• Routes selected that have good lighting wherever possible  
• Rural groups must wear lights  
• Road safety rules must be adhered to  
• Session kept to appropriate time  
• Intermediate and advanced sessions may be longer  
• On-going assessment by leader, with adaptation as required  
• Ability of the slowest/ least able sets the session time | • Pre-check the route close to the day of the session  
• Always have a contingency plan, as advised in UKA leaders course |
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<td>Traffic/road crossings</td>
<td>All traffic, including other members of the public, runners, cyclists, crossing traffic</td>
<td><strong>Public</strong>&lt;br&gt;<strong>Group leader</strong>&lt;br&gt;<strong>Participants</strong></td>
<td>• Use any and all crossings provided as a prudent pedestrian&lt;br&gt;• Cross as a group&lt;br&gt;• Take personal responsibility&lt;br&gt;• Reinforce every week&lt;br&gt;• Respect all other users of the highway&lt;br&gt;• Follow the Highway Code</td>
<td>Ensure group procedure for regrouping at crossings is reiterated weekly</td>
</tr>
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<td>Weather</td>
<td>Variations in weather making it too cold, wet, hot or slippery</td>
<td><strong>Public</strong>&lt;br&gt;<strong>Group leader</strong>&lt;br&gt;<strong>Participants</strong></td>
<td>• Weather reports should be checked leading up to and on the day&lt;br&gt;• Runners to be given advice on clothing, fluid intake and sun screen&lt;br&gt;• Cancellation to be considered if ice, snow or lightning are likely&lt;br&gt;• Carefully monitor participants for difficulties</td>
<td>Abandon run and return to centre if conditions deteriorate</td>
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<td>Animals</td>
<td>Presence of and behaviour of animals and their owners</td>
<td><strong>Group leader</strong>&lt;br&gt;<strong>Participants</strong></td>
<td>• Ensure runners keep aware of and alert to things around them&lt;br&gt;• Be aware of any fears and phobias in your group – and take them seriously&lt;br&gt;• Respect other street users&lt;br&gt;• Follow the Countryside Code when on farmland</td>
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<td>Members of Public</td>
<td>• Getting in way of runners, causing injuries or accidents</td>
<td></td>
<td>• Ensure participants are respectful of other road users • Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed</td>
<td></td>
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<td>Other hazards</td>
<td>Due to the diversity of the routes Group Leaders will assess as they progress</td>
<td>• Public • Group leader • Participants</td>
<td>Group Leader responsibility</td>
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