

Huncote Harriers A.C. Risk assessment for training

The following is a generic risk assessment for road running and off road running. It must be emphasised that members of Huncote Harriers are ultimately responsible for their own safety and the club strongly recommends that all members read and follow the advice written below as well as listening to the recommendations made by the coaches and leaders of the club before each training session.

The wearing of head phones whilst on a club training run is not permitted.

Coaches and leaders should carry a mobile phone with them and have the contact number of the appropriate Leisure centre.

Quoting from the ARC website 'Most clubs use such a variety of training routes so a formal risk assessment is not practical. However before leading a run, leaders should mentally review the route and weather conditions and decide whether any specific precautions are necessary'.

Risk assessment for road runs.

Potential hazard= **Running in the dark.**

Action= runners should wear light or reflective clothing. Wherever possible stay on the roads that have street lighting.

Potential hazard= **Traffic.**

Action=Wear reflective clothing - be seen. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic). When crossing road use pedestrian crossing if possible. Everybody to check for traffic, don't just follow the crowd. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly.

Potential Hazard: **Uneven running surface**

Action Required:

Leaders, as far as reasonably possible, to select routes which are free from potholes and loose ground. Runners to take care when changing levels e.g. descending from curbs. Remind runners to wear appropriate footwear. Group leader to shout warning if surface unexpectedly becomes uneven. Walk if conditions are particularly difficult.

Potential Hazard: **Accidents caused by bumping or jostling**

Action Required:

Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them.

Potential Hazard: **Unexpected Obstacles on pavement**

Action Required:

Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, road signs, holes and kerbs by shouting a clear warning.

Potential Hazard: **Dogs**

Action Required:

Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from the dog owner if appropriate.

Potential Hazard: **Very hot weather**

Action Required:

Advise runners to wear appropriate kit. Take fluids particularly on longer runs. Avoid running at midday, run early morning or evening. If conditions are extreme run to be postponed/cancelled at the discretion of the Group Leader.

Potential Hazard: **Cold Weather**

Action Required:

Members to be encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Group Leaders if conditions are considered dangerous.

Potential Hazard: **Getting Lost**

Action Required:

Group leader to be familiar with area and to have run route at least once before. Leaders must muster from time to time to ensure no-one gets left behind.

Potential Hazard: **Losing a runner**

Action Required:

Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a running group consistent with their ability. Approximate pace of group will be made clear by leader before run commences.

Potential Hazard: **Asthma**

Action Required:

Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry an inhaler. Asthmatics should not run if they are suffering badly or fear an attack is imminent. The decision whether run or not is left to the discretion of the individual but they run at their own risk.

Potential Hazard: **Other medical conditions**

Action Required:

To be advised to Group Leader. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

Risk Assessment for Off Road Runs

Potential Hazard: **Uneven Ground**

Action Required:

Remind runners to wear appropriate footwear. Stick to well known routes and public footpaths. Runners at front of group to warn following runners of very rutted, uneven ground by shouting.

Potential Hazard: **Stiles**

Action Required:

Care to be taken when climbing stiles particularly in wet weather where they may be slippery. Badly maintained/broken stiles to be avoided if possible or climbed with care.

Potential Hazard: **Risk of Falling/Slipping on steep or slippery surface**

Action Required:

Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Walk if conditions are particularly difficult.

Potential Hazard: **Getting Lost**

Action Required:

Group Leader to be familiar with area and have run route at least once before.

Potential Hazard: **Losing a runner**

Action Required:

Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a group consistent with their ability. Approximate pace of group to be made clear by leader before run commences.

Potential Hazard: **Animals**

Action Required:

Observe animals before entering field - if any aggressive behaviour observed choose alternative route.

Potential Hazard: **Dogs**

Action Required:

Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.

Potential Hazard: **Overgrown vegetation/Brambles/ Nettles**

Action Required:

Warn runners if route is expected to be particularly overgrown, give them an opportunity to opt out. If route is impassable take an alternative.

Potential Hazard: **Very Hot Weather**

Action Required:

Advise runners to wear kit appropriate to conditions. Take water particularly on longer runs. Avoid running at midday, run early morning or evening. If conditions are extreme run to be postponed/cancelled at discretion of Group Leader.

Potential Hazard: **Cold Weather**

Action Required:

Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Group Leaders if conditions are considered dangerous.

Potential Hazard: **Asthma**

Action Required:

Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.

Potential Hazard: **Other Medical Conditions**

Action Required:

To be advised to Group leader. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

Potential Hazard: **Running in the Dark**

Action Required:

Off road runs not to be undertaken in the dark. Leader will plan to get group back before light fades.

Night runs in preparation for the 'Thunder run' or similar events should be organised in small groups and not part of the main club training session. All members must wear head torches and be familiar with the route. The group leader must have the contact number of someone who can be called in an emergency and provide transport if needed.
