



## TAMAR TROTTERS

### RISK ASSESSMENT – ROAD RUNNING

Activity being assessed	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session	<ul style="list-style-type: none"> <li>• Venue /location</li> <li>• Ability of participants</li> <li>• Participants with known health problems</li> <li>• injury/fitness – prior to session</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure that there is a safe place for belongings and that participants feel safe at the venue</li> <li>• The Club membership form and health disclaimer should be completed prior to the first session</li> <li>• The Club should retain a copy of the membership form</li> <li>• The Club should retain contact details and a note of any medical conditions. Refer to GP if at all in doubt</li> <li>• Ensure medication is carried by participants where appropriate</li> </ul>	

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General safety during every session	<ul style="list-style-type: none"> <li>• Injury / illness unreported by participant</li> <li>• Inappropriate clothing</li> <li>• Poor visibility of the group</li> <li>• Possible dehydration or low energy</li> <li>• Injury or illness during session</li> <li>• Inappropriate footwear</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a visual check and enquire about health and or injury before every session</li> <li>• Clothing should suit the conditions</li> <li>• Reflective tops should be mandatory</li> <li>• Next of kin contact details should be available</li> <li>• A UKA, or equivalent, qualified leader should lead all sessions</li> <li>• New members should be pre-advised regarding water and food carrier part of beginner pack</li> <li>• Participants should have been advised to have eaten no more than two hours prior to the session</li> <li>• A clear policy on management of injured or ill runners is required</li> <li>• First aid must only be given if currently qualified</li> <li>• Advice on footwear can be given by the leader</li> </ul>	<ul style="list-style-type: none"> <li>• Keep a small stock of appropriate kit for new members</li> <li>• Leader to carry Mobile phone</li> <li>• Count your group</li> <li>• Encourage a group member or leader to complete First Aid training</li> </ul>

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Running routes	<ul style="list-style-type: none"> <li>• Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags</li> <li>• Poor visibility</li> <li>• Ability of the group</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment</li> <li>• Participants forewarned of route obstacles</li> <li>• Routes selected that have good lighting wherever possible</li> <li>• Rural groups must wear lights</li> <li>• Road safety rules must be adhered to</li> <li>• Session kept to appropriate time</li> <li>• Intermediate and advanced sessions may be longer</li> <li>• On-going assessment by leader, with adaptation as required</li> <li>• Ability of the slowest/ least able sets the session time</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-check the route close to the day of the session</li> <li>• Always have a contingency plan, as advised in UKA leaders course</li> </ul>

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Traffic/road crossings	All traffic, including other members of the public, runners, cyclists, crossing traffic		<ul style="list-style-type: none"> <li>• Use any and all crossings provided as a prudent pedestrian</li> <li>• Cross as a group</li> <li>• Take personal responsibility</li> <li>• Reinforce every week</li> <li>• Respect all other users of the highway</li> <li>• Follow the Highway Code</li> </ul>	Ensure group procedure for regrouping at crossings is reiterated weekly
Weather	Variations in weather making it too cold, wet, hot or slippery	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Weather reports should be checked leading up to and on the day</li> <li>• Runners to be given advice on clothing, fluid intake and sun screen</li> <li>• Cancellation to be considered if ice, snow or lightning are likely</li> <li>• Carefully monitor participants for difficulties</li> </ul>	Abandon run and return to centre if conditions deteriorate
Animals	Presence of and behaviour of animals and their owners	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure runners keep aware of and alert to things around them</li> <li>• Be aware of any fears and phobias in your group – and take them seriously</li> <li>• Respect other street users</li> <li>• Follow the Countryside Code when on farmland</li> </ul>	

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Members of Public	<ul style="list-style-type: none"> <li>• Getting in way of runners, causing injuries or accidents</li> </ul>		<ul style="list-style-type: none"> <li>• Ensure participants are respectful of other road users</li> <li>• Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed</li> </ul>	
Other hazards	Due to the diversity of the routes Group Leaders will assess as they progress	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group leader</li> <li>• Participants</li> </ul>	Group Leader responsibility	