

Generic Risk Assessment for Winter Club Runs

This Generic Risk Assessment:

1. Follows UK Athletics Risk Assessment guidance document and closely follows UKA Risk Assessment presentation form.
2. Has been prepared for **Newquay Road Runners** Wednesday club-night, group, road running training sessions for adult athletes.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with road running. Where junior, disabled athletes or those with learning difficulties attend sessions, they would require to be accompanied by “buddy runners” with appropriate specific individual risk assessments completed.
4. Also incorporates the group “warm-up” run to Trenance Gardens.

The following generic risks have been identified as likely to be encountered and considered at standard NRR evening run sessions. The list is not exhaustive and is available for continuous improvement and expansion.

No	Activity and Associated Hazards	Input Risk Level	Control Measures	Output Risk Level	Comments
1	General safety at each session – Identify participants Age, Ability, Experience, Illness/Injury, Numbers, Clothing and Footwear	M	<ul style="list-style-type: none"> ➤ <i>A comprehensive pre-run briefing to be given to all runners by Chair to include: -</i> <ul style="list-style-type: none"> • Evening’s Route • New/Inexperienced participants • Identify pace groups and leaders • Mandatory Hi-Viz & suitable clothing reminder 	L	<p>Route recce if possible, to identify any unexpected issues</p> <p>Any new faces to be identified</p>

			<ul style="list-style-type: none"> • Weather considerations • Consideration to pedestrians and other road users • Additional hazards identified, eg: Roadworks, road closure 		
2	Weather conditions making it cold, wet, slippery & windy	M	<ul style="list-style-type: none"> • Chair/Committee to check weather reports and select or adjust route accordingly • Individual's responsibility for their own ability and equipment • Pace group leaders to monitor appropriate clothing apparent within each group and advise accordingly 	L	Maintain a dynamic assessment of prevailing conditions throughout run and to abandon if appropriate
3	Group Management	M	<ul style="list-style-type: none"> • Pre-run briefing to raise awareness and identify group leaders • Group leader to take head count before, during and after run • Individual's responsibility to follow the run leader and notify him/her should you drop out or drop back mid run • Group leader to appoint a 'Sweeper' prior to the run • Group leader to appoint run 'buddy' to new or inexperienced members when appropriate 	L	

4	Route Compliance	M	<ul style="list-style-type: none"> • Pre-run briefing will identify the route and map availability • Individual's responsibility to assimilate route information and select pace group appropriate to their ability and conditions • Leaders to adhere to specified route to allow for runners who may drop back or move up from other pace groups 	L	<p>Route maps should be advertised on Club Facebook page in advance</p> <p>Ideally map will also be available at Sports Centre</p>
5	Night running	H	<ul style="list-style-type: none"> • Hi- Viz and ideally reflective clothing to be worn by all runners prior to setting off from Sports Centre • Stay on illuminated roads and footpaths • Cross roads with extra care • Avoid running on the roadway where possible 	L	No Hi-Viz = No Run
6	Risk of traffic conflict	H	<ul style="list-style-type: none"> • Stay on pavement as far as possible • Take personal responsibility for crossing roads • Preferably use pedestrian crossing facilities where available • Try to cross as a group • Everybody to check for traffic, don't just follow the crowd 	L	

			<ul style="list-style-type: none"> • Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly • Follow the Highway Code 		
7	Trips & Falls	M	<ul style="list-style-type: none"> • Group leaders to raise awareness of type of ground to be encountered e.g. off road, hills, pathway kerbing, speed humps • Run single file if necessary and maintain a gap behind runner ahead • Appropriate foot wear to be worn for the run route and conditions 	L	
8	Pedestrians and Obstructions	M	<ul style="list-style-type: none"> • Lead runner/s to identify the presence of pedestrians or obstructions ahead and give a loud verbal warning and avoidance instructions if necessary, which should be relayed back through the group 	L	
9	Lost or missing runner	M	<ul style="list-style-type: none"> • Running groups to stick together, appointed leaders to encourage mustering where front runners double 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 	L	All members contact and ICE details are available through the club secretary if required

			<ul style="list-style-type: none">• If an athlete is identified as missing organise a sweep of the route• Check athletes' contact /emergency contact number to confirm their location• If the athlete cannot be located contact emergency services		
--	--	--	--	--	--