

Risk Assessment: RIOT Running Club

Run risk	Assessed by:	Location :	Review :
Night/Winter Run	Adele Elliott, Michael Paulley & Gerald Carter	RIOT Running Club	18 th May 2023

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Result ant Risk Rating	Action by whom	Targe t date	Co mpl ete
Running at night or Winter Road/Trail	Lack of visibility increases risk of slips/trips and falls. Uneven pavements/kerbs, Tree roots/uneven ground/mud. Injuries to ankle/feet and knee and potentially to upper body due to falls More potential for road traffic accidents if runner not visible.	<p><i>As Trail and Road running +</i></p> <ul style="list-style-type: none"> -For on road running use of head/body torch recommended. -For off road running use of head/body torch is highly recommended -ALL RUNNERS should wear high visibility clothing. -Runners to dress appropriately for weather-cold/wind/rain etc. -Run against the prevailing traffic -Group leaders to ensure groups cross the road together -Ensure runners stay on the pavement where possible. 	M	<p><i>Health and Safety policy clearly seen on website so all runners aware of risk.</i></p> <p><i>Group leaders to remind group of potential risks before the run and request that runners have torch and high visibility clothing.</i></p> <p><i>Have loan high visibility clothing available on the night if needed.</i></p> <p><i>Consider that anyone who cannot illuminate their way will be refused participation in the run.</i></p>	L	<p><i>Committee to ensure all group leaders are regularly updated and aware of Health and Safety policy.</i></p> <p><i>Committee to update/review Health and Safety policy on a yearly basis.</i></p>		