

Risk Assessment: RIOT Running Club

Run Risk:	Assessed by:	Location :	Review :
Road Running	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	Targ et date
Slips, trips and falls whilst road running	Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs. Typically results in knee, ankle and foot injuries	<ul style="list-style-type: none"> -Ensure use of experienced group leaders/tail runners who carry a fully charged mobile phone to take action call 999/112+ use of 'what3words' for location in case of emergency and serious injury. -Tail runner to carry small first aid kit with each group (plasters etc). Runners to apply own first aid as needed. --Country roads-no pavement-keep close to the right-hand side so seen by on-coming traffic. -Walk in single file if narrow road or poor light -Always check you are clearly seen -change side of road on sharp right bend as needed -cross back after. -Group leaders to shout out and warn of hazards pre-run and on route. -Remind runners to keep a sensible distance between themselves and the runner in front of them. -Take weather into account before runs -in winter be aware of potential for ice. -Appropriate warm up/cool down 	M	<ul style="list-style-type: none"> -Group leaders to inform attending committee member of any accidents immediately after the run. -Health and Safety Policy clearly visible on website so all runners aware of risks. -Remind runners to wear appropriate/good condition footwear and appropriate clothing. -Committee to inform council of any accidents that happen as a direct result of pavement/road maintenance or negligence. -Consider cancellation of run in poor weather 	L	<ul style="list-style-type: none"> -Committee to ensure all group run leaders are updated and aware of Health and Safety policy. -Run leader to ensure accident form completed with help of committee as needed. -Regular audit of accidents by committee -Committee to update/review Health and Safety policy on a yearly basis. 	