**Risk Assessment: RIOT Running Club**

| **Risk:** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| Medical Problems | Anne Saunders | RIOT Running Club | 31st January 2022 |

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| *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?* | *Resultant Risk Rating* | *Action by whom* | *Target date* | *Complete* |
| *Medical conditions-Diagnosed or undiagnosed* | *Runners and leaders* | ***The decision whether to run or not is left to the discretion of the individual but they run at their own risk.***  *-Group leaders/tail to ensure they carry a fully charged mobile phone, tail runners to carry a small first aid kit.*  ***-Any appropriate medication to be carried on the run, any first aid +medication/ Inhalers/allergy relief/ tablets/glucose to be administered by the individual only****.*  *-Asthmatics to be advised to carry inhalers, and not to run if they are suffering badly or they feel an asthma attack is imminent.*  *-Diabetics to ensure blood glucose levels appropriate before the run and to carry glucose tablets.*  *-In case of chest pain/collapse keep individual and group calm and call 999 or 112 for assistance-use* ***‘What3Words’*** *app.to help emergency services find exact location.*  *-Appropriate warm up-cool down* | *M* | *-Health and Safety policy clearly seen on the website so all runners aware of the risks.*  *-Runners to be encouraged to discreetly alert group leader to any potential medical issues.*  ***Details will only be disclosed in case of an emergency.***  *-Run leaders to ask runners at the start of each session whether anyone has any injuries/muscular problems they should know about.*  *-Risk assessment to be completed after any incident + reviewed for suitability by committee.*  *-Raise awareness of Bees/Wasps/Snakes*  *Nettles/Hogweed-stings and bites*  *Know your run route.* | *L* | *-Runners*  *-Group leads and tail*  *-Committee to review/update Health and Safety policy on a yearly basis*  *Identify First aiders if available on runs* |  |  |