**Risk Assessment: RIOT Running Club**

| **Run risk** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| Night/Winter Run | 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** |
| *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.* | *As daytime running +*  *-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* | *Health and Safety policy clearly seen on website so all runners aware of risk.*  *Group leaders to remind group of potential risks before the run and request that runners have torch and high visibility clothing.*  *Have loan high visibility clothing available on the night if needed.*  *Consider that anyone who cannot illuminate their way*  *will be refused participation in the run.* | *L* | *Committee to ensure all group leaders are regularly updated and aware of Health and Safety policy.*  *Committee to update/review Health and Safety policy on a yearly basis.* |  |  |