**Risk Assessment: RIOT Running Club**

| **Run Risk:** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| Road Running | 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** |
| *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* | *-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* | *-Group leaders to inform attending committee member of any accidents immediately after the run.*  *-Health and Safety 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* | *-Committee to ensure all group 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.* |  |