

Risk Assessment: RIOT Running Club

Risk:	Assessed by:	Location :	Review :
Medical Incident	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?	Resultant Risk Rating	Action by whom	Target date	Complete
Medical conditions- Diagnosed or undiagnosed	Runners and leaders	<p>The decision whether to run or not is left to the discretion of the individual but they run at their own risk.</p> <p>-Group leaders/tail to ensure they carry a fully charged mobile phone, tail runners to carry a small first aid kit.</p> <p>-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.</p> <p>-Asthmatics to be advised to carry inhalers, and not to run if they are suffering badly or they feel an asthma attack is imminent.</p> <p>-Diabetics to ensure blood glucose levels appropriate before the run and to carry glucose tablets.</p> <p>-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.</p> <p>-Appropriate warm up-cool down</p>	M	<p>-Health and Safety policy clearly seen on the website so all runners aware of the risks.</p> <p>-Runners to be encouraged to discreetly alert group leader to any potential medical issues. Details will only be disclosed in case of an emergency.</p> <p>-Run leaders to ask runners at the start of each session whether anyone has any injuries/muscular problems they should know about.</p> <p>-Risk assessment to be completed after any incident + reviewed for suitability by committee.</p> <p>-Raise awareness of Bees/Wasps/Snakes Nettle/Hogweed-stings and bites</p> <p>Know your run route.</p>	L	<p>-Runners</p> <p>-Group leads and tail</p> <p>-Committee to review/update Health and Safety policy on a yearly basis</p> <p>Identify First aiders if available on runs</p>		