

Risk Assessment: RIOT Running Club

Risk:	Assessed by:	Location :	Review :
Club Runs	Adele Elliott & Michael Paulley	RIOT Running Club	20 th Jan 2025

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
Slips, trips and falls whilst road running.	<p>Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs. Typically results in knee, ankle and foot injuries.</p> <p>Runners and pedestrians: Cuts, grazes or bruises from collision</p>	<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. -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, crossing back after. -Group leaders to shout out and warn of hazards incountered along the route. -Runners be aware and to give due consideration/respect to others on the run route. -Run in single file to stay on pavement when passing pedestrians. -Thank pedestrians for giving way to runners -Stay alert in the proximity of dog walkers and the possibility of extending dog leads. -Remind runners to keep a sensible distance between themselves and the runner in front of them. -Take weather into account before runs, in the winter/cold weather be aware of potential for ice. -Appropriate warm up/cool down. 	M	<ul style="list-style-type: none"> -Health and Safety Policy clearly visible on website so all runners are 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 -Plan run route away from busy pedestrian areas. -Give due consideration and warning to dog walkers -Loose dogs not to be approached 	L	<ul style="list-style-type: none"> -Group run leaders, runners and the committee -Committee to ensure all group run leaders are updated and aware of Health and Safety policy. -Group leaders to inform attending committee member of any accidents immediately after the run. -Run leader to ensure accident form completed with help of a committee member if required. -Regular audit of accidents by committee 		

						<p>-All runners to run according to the Health and Safety Policy.</p> <p>-Committee to update/review Health and Safety policy on a yearly basis.</p>		
Slips, trips and falls or feeling unwell whilst off road/trail running	<p>Runners may be injured if they trip or slip on uneven ground, tree roots, muddy fields, and ground with an uneven camber such as coast paths. Typically results in knee, ankle and foot injuries but may be upper body injuries due to falls.</p>	<p>-For anyone new to off road running advise of likely terrain and inherent risk.</p> <ul style="list-style-type: none"> -Group leaders to be experienced trail runners and reccie run route - when able - to advise group of extra hazards during the run. -Recommend off road shoes with a good grip. Appropriate clothing for weather, and that runners have adequate hydration/food with them for the length of the run. -Take account of weather and if appropriate cancel run if extreme weather likely to be encountered -Ensure group leaders carry a fully charged mobile phone to take action call 999/112 + use of 'what3words' for location in case of emergency and serious injury. -Ensure group leaders shout out potential hazards on route. -Runners aware to give due consideration/respect to others on the run route, staying in single file passing. -Thank others for giving way to runners 	<i>M</i>	<ul style="list-style-type: none"> -Health and Safety policy clearly seen on website so all runners aware of risks -Ensure new runners/members go into in a steady to them group with experienced a lead runner and tail runner. -Give due consideration and warning to dog walkers -Plan route and warn runners if animals likely to be encountered 	<i>L</i>	<ul style="list-style-type: none"> -Group run leaders, runners and the committee -Committee to ensure group leaders aware of Health and Safety policy. -Group leaders to inform committee member of any accidents immediately after the run. -Group leader to complete accident / Incident forms with help of committee. 		

<p>Wild animals ie: cows/ horses/sheep</p>	<p>-Runners injuries from attacks or trips.</p>	<p>-Stay alert in the proximity of dog walkers and the possibility of extending dog leads.</p> <p>-Runners to run/walk in group carefully though fields with animals in keeping a sensible distance between themselves and the animals.</p> <p>-Ensure all gates to fields shut behind runners.</p>		<p>-If animals are spooked by runners, group to stand still and stay together until animals settled.</p> <p>-If aggressive behaviour observed DO NOT enter the field</p> <p>-Loose dogs not to be approached</p>		<p>-Regular audit of accidents by committee and implement changes as needed.</p>		
<p>Running at night or Winter Road/Trail</p>	<p>-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.</p>	<p>-For on road running use of head/body torch recommended.</p> <p>-For off road running use of head/body torch is highly recommended</p> <p>-ALL RUNNERS should wear high visibility clothing.</p> <p>-Runners to dress appropriately for weather-cold/wind/rain etc.</p> <p>-Run against the prevailing traffic</p> <p>-Group leaders to ensure groups cross the road together</p> <p>-Ensure runners stay on the pavement where possible.</p>	<p><i>M</i></p>	<p>-Health and Safety policy clearly seen on website so all runners aware of risk.</p> <p>-Group leaders to remind group of potential risks before the run and request that runners have torch and high visibility clothing.</p> <p>-Have loan high visibility clothing available on the night if needed.</p> <p>-Consider that anyone who cannot illuminate their way will be refused participation in the run.</p>	<p><i>L</i></p>	<p>-Group run leaders, runners and the committee</p> <p>Committee to ensure all group leaders are regularly updated and aware of Health and Safety policy.</p> <p>Committee to update/review Health and Safety policy on a yearly basis.</p> <p>-All runners to run according to Health and Safety policy</p>		

<p>Runners getting separated from run group. Lost or missing runners</p>	<p>Runners getting lost or injured (unable to keep up) whilst out with group</p>	<ul style="list-style-type: none"> -Ask everyone to introduce themselves in the group, do a head count before you start, during and at the end. -Responsibility of group lead and tail runners to carry a fully charged mobile phone. -Brief runners on the route being used, leader to be familiar with the route. -Leaders/tail take a head count before, during regular regroupings, and at the end of the session. -Pace announced at start. Runners to run in appropriate ability group. Consider use of loop backs if a runner wishes to go faster/longer. -Tail runner stays behind the last runner in the group. -Ask runners to advise lead/tail runners if they are dropping out or leaving the session early. Runner to report they have got home safely to lead/tail runners. 	<p><i>M</i></p>	<ul style="list-style-type: none"> -Health and Safety policy clearly seen on website so all runners aware of risks. -Tail runner has the contact details for the lead runner <p>If a runner is identified as missing:</p> <ul style="list-style-type: none"> -Contact Club Membership Secretary or Club Secretary to check missing runners contact/ICE numbers to confirm their location. -if unable to contact, organise a sweep of the route. -if the runner cannot be located contact emergency services and report missing person. 	<p><i>L</i></p>	<ul style="list-style-type: none"> -Group run leaders, runners and the committee. -Committee to ensure all group leaders regularly updated and aware of Health and Safety policy. -All runners to run according to Health and Safety policy -Health and Safety policy to be reviewed on a yearly basis. 		
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