

## Brackley and District Running Club

# Risk Assessment: Club Sessions

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
/ 04 /18	Richard McMahon / Claire Frogley	Roads and Paths around Brackley	< Review Date>

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
Lone running	Runners may be injured or attacked while running alone	<ul style="list-style-type: none"> <li>Runners advised to run in a group in line with their abilities</li> <li>All runners in each group responsible for ensuring no one is left behind, with faster runners undertaking loop-backs if necessary.</li> <li>Maps of all routes published on website, and new members advised to familiarise themselves with these to avoid getting lost.</li> <li>Groups to confirm all their runners are accounted for at the end of the session.</li> </ul>	L	•	L	Session Leader	Ongoing	
Traffic	Runners crossing roads or running where there are no footpaths,	<ul style="list-style-type: none"> <li>All runners advised to wear hi visibility clothing and lights when running in twilight or darkness.</li> <li>Pelican and zebra crossings</li> </ul>	M	•	M	All runners	Ongoing	

		<p>should be used to cross roads where possible</p> <ul style="list-style-type: none"> <li>• Runners advised to run against the flow of traffic when there is no pavement, unless road/traffic conditions indicate otherwise</li> <li>• Runners to warn each other of approaching vehicles on narrow or country roads</li> <li>• Use of 'Caution Runners' road signs during BDRC Time Trial events</li> </ul>					
Injury or illness	Runners may sustain an injury or be taken ill during the session.	<ul style="list-style-type: none"> <li>• A runner who sustains a minor cut or abrasion should be offered the opportunity to be accompanied back to the Leisure Centre where the first aid kit can be accessed from Locker 43.</li> <li>• A runner sustaining a serious injury or becoming seriously ill must not be left alone. Appropriate assistance should be summoned using a mobile 'phone or by knocking on the door of nearby dwellings. If required, a list of runners' emergency contact numbers are kept in Locker 43.</li> <li>• Although a session leader led warm up and cool down may take place at each session (this is not always possible due to timings, route and start or end location arrangements) therefore it is the responsibility</li> </ul>	M	•	M	All runners and session leaders	ongoing

		of each runner to ensure they are safe and fit to run by completing their own warm up and cool down activities as appropriate.					
Inclement weather	Runners could slip and injure themselves on ice/snow	<ul style="list-style-type: none"> <li>• Members advised to check Club Facebook page prior to leaving home.</li> <li>• Session leader to assess or ask others to assess route.</li> <li>• If route or any part of it is deemed unsafe then the session will be cancelled and this will be posted on the Club Facebook page.</li> <li>• In the event of very hot weather runners are responsible for ensuring they have adequate access to water and take appropriate precautions (e.g. suncream).</li> </ul>	M	•	M	All runners and session leaders	Ongoing
Pedestrians and other road users	Risk of collision with pedestrians / dogs	<ul style="list-style-type: none"> <li>• All runners to be aware of other pavement users, in particular dog walkers who have dog leads which may be trailing. The group to keep to one defined side of the pavement where possible and step on the verge / grass.</li> <li>• Pedestrians have equal rights when using the pavement.</li> <li>• Front runner in the group to alert other members of the group as necessary.</li> </ul>	M	•	L	All runners and session leaders	Ongoing

New runners	New runners may not be familiar with routes or protocols	<ul style="list-style-type: none"> <li>All new runners should be asked to identify themselves at the beginning of the session by the session leader. Runner and session leader to agree on most appropriate pace group / route for the new runner.</li> <li></li> </ul>	L	•	L	New runners and session leaders	Ongoing	
Encountering farm animals / livestock	Risk of disturbing farm animals / livestock during cross country / trail runs. Risk to runners if animals become aggressive	<ul style="list-style-type: none"> <li>Runners must ensure no distress is caused to animals. If necessary use alternative routes and keep to the edge of fields or bridleways if shared with animals/ livestock.</li> </ul>	L	•	L	All runners	Ongoing	

Approved 04/07/18  
 BDRC Committee.  
 Review July 2020.