



Risk Assessment:

Date:	Assessed by:	Location:	Review:
21 November 2020	Andy Lee	Training Runs	August 2021



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
Covid Transmission	Runners may acquire covid infection from other runners or other members of the public or running environment	<ul style="list-style-type: none"> • Club members are advised of guidelines and rules • Runners are not permitted to participate if they exhibit symptoms • Run leader reminds runners of latest guidelines at the start of the run • Runners observe distancing guidelines • Run leader carries sanitizer and face mask (packaged and discarded if used) in case needed to administer to a runner or manage other eventualities • Meeting places and routes are planned to a reduce the need to touch surfaces such as gates and have sufficient space to facilitate distancing. • Group sizes are restricted to comply with Govt. and EA guidelines and the planned route. • Sessions are by pre-booking only to ensure group limits are not exceeded. • Multiple groups (same time/same place) are not permitted. • Run leaders send a list of attendees at each session to the Coaches Group Admin secretary who keeps the record for two weeks for tracing purposes. 	M	<ul style="list-style-type: none"> • Exec to keep up-to-date on covid guidance and ensure all run club members are aware • Regular reminders to members 	L	Exec.	Ongoing	n/a
Slips and trips	Runners may be harmed from slip or trip or bump into hazards	<ul style="list-style-type: none"> • Run leader identifies potential hazards on intended route • Runners are advised to wear 	M	<ul style="list-style-type: none"> • Exec to consider provision of appropriate first aid kits for run leaders 	L	Exec.	30/11/20	complete

		<p>shoes appropriate to the route</p> <ul style="list-style-type: none"> • Run leader runs at the rear (or back and forth within the group) so can monitor runners • All runners requested to highlight hazards to runners behind them and adjust speed as necessary • Runners advised to carry a card with details of who and how to contact in the event of an injury. The card should also include details such as allergies or other medical conditions such as diabetes or epilepsy. 					
Collision with third party	Runners may be harmed by bumping into other people or vehicles or other obstacles in poor visibility	<ul style="list-style-type: none"> • Activities in poor visibility will be cancelled. • Runners will not be permitted to take part unless attired or equipped to ensure visibility • Run leader should monitor visibility and take action to reduce runners' speed or curtail the activity. • Runners advised to carry a card with details of who and how to contact in the event of an injury. The card should also include details such as allergies or other medical conditions such as diabetes or epilepsy. 	L	•	L		
Runner has pre-existing ill health condition	Runner may become unwell during run or transmit infection etc. to other runners	<ul style="list-style-type: none"> • Runners are not allowed on the run if they exhibit symptoms of being unwell • Run leader runs at the rear so can monitor runners • Run leader carries a phone • Run routes are established beforehand and withdrawal routes (if necessary) determined. • Runners advised to carry a card with details of who and how to 	L	•	L		



		contact in the event of an injury or incident. The card should also include details such as allergies or other medical conditions such as diabetes or epilepsy.					
Adverse weather	Injury or hypothermia / sun stroke due to weather onset	<ul style="list-style-type: none"> • Run leader monitors weather and calls off event if considered too hazardous • Run leader identifies withdrawal points as necessary • Run leader ensures runners are suitably attired for the conditions 	L	•	L		
Attack by third party	Runners may be injured by attack. Abduction.	<ul style="list-style-type: none"> • Defensive running guidance provided to members • Run route avoids risky areas • Run leader runs at rear (or back and forth within the group) and ensures a loop-back system keeps runners reasonably in sight of colleagues. • Run leader carries phone 	L	•	L		
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