

## Run Alcester Risk Benefit Analysis for Club Runs

**ACTIVITY:** Running    **ENVIRONMENT:** Roads, paths, trail, woods, riverside, Stratford-upon-Avon School athletics track

<b>1. Significant Hazards and Associated Risks</b> <i>Those hazards which may result in serious harm or affect several people.</i>	<b>2. Those who might be harmed</b> <i>Persons at risk from significant hazards</i>	<b>3. Control Measures:</b> <i>Controls, including relevant sources of guidance</i>	<b>4. Residual Risk Rating</b>
<u>Inappropriate Leadership</u>	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Runs are led by EA trained Leaders in Running Fitness (LiRFs) or Coaches in Running Fitness (CiRFs). All hold a current DBS check.</p> <p>*Two LiRFs are present for each run wherever possible. One may be used for a group &lt;5, with a point of contact (by mobile phone) is established beforehand. At track, one LiRF is present as hazards are fewer but again a point of contact is established.</p> <p>*Activity management takes account of group characteristics, according to our inclusion policy.</p> <p>*Clearly defined roles are established for front runner and tail runner for each group.</p> <p>*Leaders are familiar with planned, previously inspected route and looping or muster points identified.</p> <p>*Clear run briefing delivered at the start of each session.</p>	Acceptable
<u>Injury or Illness</u> Running injury Road Traffic Accident Slips or trips Animal bites or sting Heat exhaustion Other illness or medical condition	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Before running, leaders establish if there are any injuries or medical conditions we need to be made aware of amongst the runners.</p> <p>*All runners must show where about their person they are carrying their 'In Case of Emergency (ICE) details for their home contact.</p> <p>*Avoiding uneven surfaces in poor visibility, low light levels or long vegetation.</p> <p>*Use of appropriate footwear.</p> <p>*High visibility clothing and head/body torches in poor visibility/low light levels.</p> <p>*Running at a speed and in conditions appropriate to runners' ability.</p> <p>*Individuals to carry medication likely to be required for existing medical conditions.</p> <p>*Leader carries their mobile phone.</p> <p>*Leader carries first aid kit and water.</p> <p>*Leader ensures that participants run in at least pairs, with run leaders at the front and tail.</p> <p>*Leader ensures roads are crossed safely and where possible, on roads without paths, alert the group of cars approaching from ahead or behind. Highway code to be followed for appropriate road usage by people on foot.</p> <p>*Run leaders are aware of the location of public access defibrillators nearby.</p>	Acceptable

<p><u>Uneven Ground &amp; Obstacles</u> For example: tree roots, rocks, loose gravel and mud, potholes etc</p>	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Avoiding uneven surfaces in poor visibility, low light levels or in dense vegetation if possible. *Suitable footwear and equipment e.g. head torches, hi-vis clothing *Advise following runners of unexpected hazards that occur during run. *Leaders to ensure participants are aware of the type of run, pace and terrain so individuals can make their own judgements about the suitability of the session for their own ability. *Leader carries their mobile phone. *Leader carries first aid kit and water.</p>	<p>Acceptable</p>
<p><u>Individuals becoming separated from the group</u></p>	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Two LiRFs to 'book-end' the group. Where only 1 LiRF in a small group – the group <b>must</b> stay together. *Inform group prior to start of session of the route; agreed muster points established at any junction/change of direction. *Run leaders to run at the pace of the fastest and slowest members of the group so no one gets left behind. Distance is agreed at the start of the run. *Individuals should call to others if there is a problem. *Individuals should be responsible their own safety and communicating with others. *Individuals should be aware of their own limitations and base their decision to participate upon this. <b>However</b>, tail run leaders will always stay with the slowest runner. *Leader carries their mobile phone. *Leader carries first aid kit and water.</p>	<p>Acceptable</p>
<p><u>Extreme Weather</u> Wet, slippery ground Hypothermia Icy, slippery ground Risk of electrocution by lightning Heat exhaustion/stroke</p>	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Run leaders should guide participants regarding:</p> <ul style="list-style-type: none"> <li>• Suitable clothing and footwear</li> <li>• Sunscreen and carrying water</li> <li>• Running at a speed suitable for conditions</li> <li>• In extreme circumstances, cancellation of the run/session.</li> </ul> <p>This guidance should be given, if possible in advance of the session and certainly at the run briefing. *Leader carries their mobile phone. *Leader carries first aid kit and water.</p>	<p>Acceptable</p>
<p><u>Injury during track sessions</u> Extreme weather Slips and trips Overexertion</p>	<ul style="list-style-type: none"> <li>• <i>Run Leaders</i></li> <li>• <i>Members of the public</i></li> <li>• <i>Club Members</i></li> </ul>	<p>*Athletes to perform activity in an open, safe, clearly defined area with enough space to complete the activity safely. *Regular checks of track surface and equipment such as cones. *Athletes to be briefed at the beginning of session as to activity, expectations and</p>	<p>Acceptable</p>

Hazards from other facility users (eg hockey team)		<p>outcome.</p> <ul style="list-style-type: none"> <li>*Athletes to bring their own drinks</li> <li>*Suitable clothing, footwear and sunscreen where required.</li> <li>*Individuals to follow guidance from run leaders.</li> <li>*First Aid kit on site at all times; defibrillator on the club house wall.</li> </ul>	
<p><b>In the event of an emergency:</b>  Note – run leaders are not currently first aid trained (this is to be arranged for the future). Individuals are to be guided to use first aid supplies to treat their own, minor injuries. Some leaders are defibrillator trained.</p> <p>In a serious medical emergency:  Run leaders should call 999 immediately and await guidance.  Injured/ill participant's ICE contact should be alerted.  Session should be halted immediately, with messages passed to all participants.</p>			

This Risk Assessment has been prepared by Helen Bowen and checked by Chris Tompkins and Dave Foxall, October 2022.  
To be reviewed October 2023.