



RISK ASSESSMENT – FOR ROAD RUNS / OFFICIAL CLUB TRAINING SESSION

Road Running Risks / Potential Hazards:

Note: We do not permit running with dogs on our official club training sessions (Tuesdays in Shaftesbury/Thursdays in Sturminster), whilst on organised road running sessions, or whilst competing in our internal club races.

Public Highways, Public & Permissible Rights of Way

Action Required:

Runners must always be vigilant of other users of their running route(s), e.g. vehicles, people, horses etc, especially when running on roads, other public highways and public rights of way. Coaches/Run Leaders should attempt to choose locations where it is safe for the group to run, and point out the potential risk of other road user traffic prevalent at the time. However, it is also the runners individual and collective responsibility to run safely and avoid other road users.

Visibility

Action Required:

Runners should always attempt to wear clothing that makes them visible to others. When running in the dark/dusk, members should make themselves highly visible by wearing bright clothing, preferably high viz or clothing with reflective strips. They should be aware that drivers, cyclists or pedestrians may find it difficult to see them.

Uneven Ground

Action Required:

Coach/Run Leader to assess and advise of any adverse running surfaces. Runners to wear appropriate footwear, and exercise appropriate caution running on uneven ground through open countryside, woods, tracks and trails. Stick to designated or known routes, and permissible rights of way.

Trips, Slips and Falls - Risk of Falling / Slipping on uneven, rough, pot-holed, steep or slippery surfaces and roads

Action Required:

Runners to run carefully and responsibly, keeping a sensible distance between themselves and other runners around them. Walk if conditions are particularly difficult.

Overgrown Vegetation / Brambles / Nettles

Action Required:

Warn runners if route is expected to be particularly overgrown, give them an opportunity to opt out. If route is impassable take an alternative.

Getting Lost / Losing a Runner

Action Required:

Coach / Run Leader(s) to be familiar with training area and fully briefed with the run route(s). Running pace groups to stay together or within the same or familiar vicinity, with regular re-grouping within the training session location.

Coach / Run Leader(s) to know the number of runners on the session and account for them during the session.



Over-Exertion / Training overload

Action Required:

Approximate pace of the run to be made clear by Coach / Run Leader before each run unit commences. Remind runners to select a pace consistent with their ability. Coach / Run Leader to monitor the runners to check that their running efforts are appropriate, not exceeding ability.

Adverse Weather

Action Required:

Hot Conditions:

Runners to wear kit, including headwear, appropriate to conditions. Take water/electrolyte drinks particularly on longer runs. Avoid running at midday, run early morning or evening. Consider shaded routes to run in. If conditions are extreme, run to be postponed/cancelled at discretion of Group Leader. Remind runners to use high factor sun cream.

Cold Conditions:

Runners encouraged warming up thoroughly in cold weather and wearing shoes/clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Avoid the group having to stand around for too long in the cold. If conditions are extreme and/or dangerous, run to be postponed/cancelled at discretion of the Coach/Group Leader.

Medical Conditions

Action Required:

Advise runners to let Coach/Run Leader know if they suffer from any relevant medical condition which might affect their ability to complete the run. Any appropriate medication should be carried with them on the run. The decision whether or not to run is left to the discretion of the individual but they must accept that they run at their own risk.

Asthma

Action Required:

Advise runners to let Coach/Run Leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual, but they must accept that they run at their own risk.

Dogs, Horses, other Livestock

Action Required:

Take care when running near dogs, particularly when they are off leads and owners are not present. Slow to a walk if necessary and avoid turning your back on the dog. Seek assistance from the dog owner or other people if appropriate. Take care when running near horses, calmly attempt to gain the riders attention before approaching. Slow to a minimum or walk as appropriate when approaching and passing

Tick Bites, Wasp / Bee Stings, Mosquitos etc

Action Required:

Remember to check for tick bites at the end of off-road, countryside runs. Be aware of wasp, bee, mosquito and other insects as appropriate to the location and time of year; avoid any nests encountered. Runners with allergies should carry their own medication devices.