

ACTIVITY / OPERATION / LOCATION	ASSESSMENT UNDERTAKEN BY		APPROVED BY	
Road Running Activity for Wymondham AC. Risks assessments to help promote safe running and coaching members of Wymondham AC in Wymondham and surrounding areas, Including any running activity officially promoted and organised by Wymondham AC.	Name:	Karl Chapman	Name:	
	Date:	04/03/15	Date:	
	Review Date:	04/03/16	Review Date:	

HAZARDS (List significant hazards below)	WHO IS AT RISK	RISK FACTORS (Conditions that make the hazard more or less likely to occur)	CONTROL MEASURES	SEVERITY RATING	FREQUENCY RATING	OVERALL RISK FACTOR
Trips or falls whilst running  Street Furniture	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>• Raised Kerb Edges</li> <li>• Street furniture</li> <li>• Uneven road and pavement surfaces</li> </ul>	<p>Leaders, as far as reasonably possible, to select routes which are free from street furniture and poor surfaces. Runners to take care when changing levels e.g. descending from curbs. Remind runners to wear appropriate footwear. Group leader to shout warning if surface unexpectedly becomes uneven. Walk if conditions are particularly difficult.</p> <p>Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them as well as calling out potential obstacles on route.</p> <p>Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, dog mess, road signs, holes and kerbs by shouting a clear warning.</p>	3	2	6
Traffic Conflict on roads	Wymondham Ac Members, Coaches and road users.	<ul style="list-style-type: none"> <li>• Runners behaviour</li> <li>• Session not being supervised correctly</li> <li>• Runners running with flow traffic</li> </ul>	Wear bright/reflective clothing - be seen. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic). When crossing road use pedestrian crossing if possible. Everybody to check for traffic, don't just follow the crowd. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly. Safety briefing given to each group at start of each session.	4	1	4
Pedestrians/cycles conflict on paths	Wymondham Ac Members, Coaches and pedestrians	<ul style="list-style-type: none"> <li>• Runners behaviour</li> <li>• Pavements open to general public</li> <li>• Cyclists on Pavement</li> <li>• Dogs on/off leads</li> </ul>	Leaders/Lead runner to warn others in group of other users ahead. Group to make sure that they 'thin' out to accommodate other pavement users. Ensure that runners are briefed each session of any particular blind spots on the route. Ensure good communication with other users to ensure there is no conflict.	2	3	6
Injury through over exertion	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>• Sessions not being supervised correctly</li> <li>• Individuals not knowing their limits.</li> </ul>	Coaches and individuals to recognize restricting factors and adjust session accordingly for individuals. Coaches to ask groups where practical at the beginning of session if they have raced or are unwell/been unwell	3	2	6
Weather Conditions <ul style="list-style-type: none"> <li>• Sun</li> <li>• Rain</li> <li>• Snow</li> <li>• Ice</li> </ul>	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>• Extreme heat</li> <li>• Ice on roads/pavements</li> <li>• Snow on roads/pavements</li> <li>• Poor visibility of runners and by other road users.</li> <li>• Slippery surface when wet</li> </ul>	<p>Advise runners to wear appropriate kit. Take fluids particularly on longer runs. Avoid running at midday, run early morning or evening. Remind runners to use high factor sun cream. If conditions are extreme run to be postponed/cancelled at the discretion of the coach/Leader.</p> <p>Members to be encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Coach/Leaders if conditions are considered dangerous.</p>	2	3	6
Running in the dark	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>• Poorly lit areas</li> <li>• No Street lighting</li> </ul>	Runner encouraged to wear bright or reflective clothing (Reflective Bibs can be purchased/borrowed from the club). Wherever possible stay on roads with street lighting.	2	2	4

Dogs	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>Runners running to close to dogs</li> <li>Dogs off lead</li> </ul>	Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from the dog owner if appropriate.	3	1	3
Getting Lost/Losing Runners	Wymondham Ac Members	<ul style="list-style-type: none"> <li>Runner in group of wrong ability</li> <li>Runners not communicating within the group</li> </ul>	Coach/leader to be familiar with area and to have run route at least once before. Leaders must muster from time to time to ensure no-one gets left behind. Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a running group consistent with their ability. Approximate pace of group will be made clear by leader before run commences.	2	2	4
Pre-Existing medical conditions	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>Runners not making coach/leader aware</li> </ul>	Runners to advise coach/Leader. Any appropriate medication to be carried on the run by member. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.	2	2	4

NUMERICAL ASSESSMENT				OVERALL RISK FACTOR						
Severity Rating		Frequency Rating		Overall Risk Factor = Severity x Frequency	Frequency					
					5	4	3	2	1	
1	No Injuries / Minor Damage	1	Remote	Severity	5	25	20	15	10	5
2	Single Minor Injury	2	Unlikely		4	20	16	12	8	4
3	Single Major Injury / Personal Injury	3	Occasional		3	15	12	9	6	3
4	Single Fatality / Major Pollution	4	Probable		2	10	8	6	4	2
5	Multiple Fatalities	5	Frequent		1	5	4	3	2	1

15-25	UNACCEPTABLE – REVISIT ACTIVITY & CONTROL MEASURES	WHO IS AT RISK		
		Coaches	Visitors/Public	Members
8-15	INTRODUCE FURTHER CONTROL MEASURES TO LOWER THE RISK			
1-6	ACCEPTABLE / LOW RISK			