



Risk Assessment: Netley Abbey Runners (Official Runs)

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| Date: | Assessed by: | Location : | Review : |
| 28/03/17 | Nick Coe | Netley Abbey & Surrounding Areas | Monthly |

| Activity/ Environment | Hazards | Who might be harmed ? | What are you already doing? | Risk Rating | What else can you do to control this risk? |
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| Group Safety | <p>Ability of participants</p> <p>Known medical issues</p> <p>Injuries</p> <p>Fitness levels</p> | All Runners | <p>All participants should be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual and they run at their own risk.</p> <p>Those with on-going conditions (e.g. asthma or diabetes) must advise the group leader of their condition and carry their medication during each session.</p> <p>Asthmatics should not run if they are suffering badly or fear an attack is imminent.</p> | Low | <p>Run Leader (RL) to ensure that the health disclaimer has been completed where practical prior to an individual's first session.</p> <p>A list of individuals emergency contact (ICE) details and medical condition is to be retained and carried by group leaders. Individuals should be referred to their GP if there is any doubt about fitness.</p> <p>Participants must include a next of kin contact on registration form.</p> |
| Group Runs | <p>Injury/illness unreported by runner</p> <p>Inappropriate clothing</p> | All Runners | <p>RL carries out visual check and asks if any runners are suffering from a current injury or have an illness</p> <p>Clothing should suit conditions</p> | Low | <p>Remind runners to let RL know if they are injured or ill</p> <p>Use social media to inform runners if it is going to be hot/cold/wet</p> |
| Group Runs | <p>Visibility of individuals and group</p> <p>Footwear</p> | All Runners | <p>Hi-viz or reflective tops must be worn in low light conditions. Head torches must be worn on night runs.</p> <p>Advice on footwear can be given by RL</p> | Low | <p>A small stock of hi-viz / reflective armbands and head torches are available for loan per session on a first-come first-served basis</p> <p>Use social media to inform runners of running conditions underfoot (trail/road/beach)</p> |



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| Group Runs | Possible dehydration or low energy | All Runners | <p>New runners should be pre-advised regarding water and food.</p> <p>New runners should carry drink and snack with them until they are confident of their body's requirements</p> | Low | RL carries mobile phone and ICE list at all times |
| Group Runs | Injury and illness during session | All Runners | <p>Next of kin details should be available.</p> <p>First aid must only be given if currently qualified.</p> <p>Injured or ill runners will be accompanied back base by a responsible participant, or accompanied until assistance arrives.</p> <p>RL to advise next of kin if hospitalisation is required.</p> | Low | RL carries mobile phone and ICE list at all times |
| Group Runs | Getting lost | All Runners | RL to be familiar with the area and to have run the route at least once before | Low | Route maps available online |
| Group Runs | Losing a runner | All Runners | <p>Running groups to stick together, appointed RLs to run at the back to make sure they are the last runner.</p> <p>Remind runners to select a running group consistent with their ability and to inform RL if they are leaving the group before the designated finish point</p> | Low | An experienced runner (typically an RL) will be designated "tail runner " to accompany the stragglers |
| Group Runs | <p>All traffic, including other runners, members of the public, cyclists.</p> <p>Crossing roads and non-pavement roads.</p> | All Runners | <p>Use any and all crossings provided as a prudent pedestrian.</p> <p>Cross as a group where practical to minimise the disruption to other traffic and maximise runners safety.</p> <p>Take personal responsibility.</p> <p>Respect all other road users.</p> <p>Follow the highway code.</p> | Low | <p>Inform runners before the run if there are any major/busy roads that need to be crossed.</p> <p>Remind runners that they need to be accountable for their own actions.</p> <p>If running in a group with junior (child) runners insist that they are within arm's reach of a responsible adult</p> |



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| | | | <p><i>Reinforce traffic guidelines each week.</i></p> | | |
| <p><i>General route guidelines</i></p> | <p><i>Getting lost</i></p> | <p><i>All Runners</i></p> | <p><i>Route has been checked as suitable for the group.</i></p> <p><i>Participants forewarned of route obstacles.</i></p> <p><i>Routes selected that have good lighting wherever possible.</i></p> <p><i>Lights and “Hi-viz” gear to be worn on darker evenings.</i></p> <p><i>Road safety rules must be adhered to. Session for novice participants kept to appropriate time .</i></p> <p><i>Intermediate and advanced sessions can be longer/ more challenging.</i></p> <p><i>On-going assessment by RL, with adaption as required.</i></p> <p><i>Ability of the slowest / least able sets the session time.</i></p> | <p><i>Low</i></p> | <p><i>Risk assessment specific to route to be carried out.</i></p> |
| <p><i>Weather</i></p> | <p><i>Variation in weather conditions making it too hot, cold, wet or slippery</i></p> | <p><i>All Runners</i></p> | <p><i>Group to decide if conditions are not conducive to an enjoyable run.</i></p> <p><i>Emphasis to be placed on hydration in hot conditions.</i></p> <p><i>In cold slippery conditions advise that foot, leg or other injuries could occur and that falls are likely.</i></p> | <p><i>Low</i></p> | <p><i>Use social media to inform runners if it is going to be hot/cold/wet</i></p> |



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| | | | Ensure that Hi-Viz is not obscured by additional outerwear | | |
| Junior runners (children) on Friday Family Session | Injury Getting lost Harm | All Junior Runners (aged 4-11) | <p>Children aged from 4-11 must be accompanied on the run by a member of their family who is over 17,</p> <p>or</p> <p>Accompanied by a member of their family who is over 17 that takes on duties as a marshal (standing along the course or waiting at 'base camp'),</p> <p>or</p> <p>Accompanied on the run by a responsible adult that has been allocated as a guardian by the child's parent AND the parent has explained this in writing to the Run Leader(s) in charge of the session,</p> <p>or</p> <p>Accompanied by a responsible adult taking on duties as a marshal that has been allocated as a guardian by the child's parent AND the parent has explained this in writing to the RL(s) in charge of the session.</p> | Low | <p>Inform all parents/guardians that they must sign the Friday Family Session Waiver/Consent Form otherwise their child is not allowed to participate</p> <p>One adult (over 17 years) can be responsible for a maximum of two children (4-11) in their care for the entire session</p> <p>During the run it is inevitable that the children will spread out over the course but there should be at least one adult in close proximity to two children (4-11)</p> <p>There should always be an adult running at the front and a Run Leader at the back of the group</p> <p>As it is a 'There & Back' course there should always be an adult who stands at the halfway point until the last runner comes through</p> <p>It is the adults' responsibility to make sure that the children run in a safe environment, this means that they should stay close enough to a child (4-11) during the run to make sure they are safe</p> |
| Junior runners (children) on Friday Family Session | Injury Getting lost Harm | All Junior Runners (aged 12-17) | Children aged 12 to 17 can run without adult supervision but are not old enough to have the responsibility to accompany a child under 12 without an adult | Low | Inform all parents/guardians that they must sign the Friday Family Session Waiver/Consent Form otherwise their child is not allowed to participate |
| Junior runners (children) on Group Run | Injury Getting lost Harm | All Junior Runners | Children under 12 are welcome on our Social Runs if accompanied by a parent or guardian, as long as they can comfortably run 5k in 35 minutes. | Low | Inform all parents/guardians that they must sign the Friday Family Session Waiver/Consent Form otherwise their child is not allowed to participate |

