

ROMSEY

ROAD RUNNERS

Risk Assessment Club On-Road Training

Task Description:	Club training on-road
Assessment completed by:	Romsey Road Runners Committee
Date Completed:	28/4/08
Review date:	Upon change

Hazards identified:

Tripping over uneven surfaces (eg. kerbs, dips and bumps on roads and pavements, etc); running into obstructions (eg. Parked cars, wheelie bins, road signs, lampposts, overhanging branches and foliage, etc); road crossings, slipping on loose surfaces such as gravel or slippery surfaces such as wet/ icy/ muddy roads and pavements; collision and/or tripping up other runners or pedestrians; heat exhaustion; dehydration; bites from insects; cold stress; illness on route; injury during session; inability of runner to complete distance; runners getting lost. Verbal or physical abuse by pedestrians.

Who can be harmed:

Club runners, prospective members, members of the public.

Nature of possible harm:

From cuts, grazes and bruises to more severe cuts and broken limbs, exhaustion, thermal stress, running injury, stings and bites.

Evaluation of risk

Below is a risk rating table which looks at **Severity** of the effects if the risks described above occurred and the **Likelihood** of these risks occurring. Each of these are categorised as either High, Medium or Low. The assessment of Severity against Likelihood is plotted on the table to highlight a value with an X.

H/H: Avoid Whenever Possible. **L/L:** May be Ignored. All other values need control.

SEVERITY		H	Fatality, Major injury or illness causing long term disability	Risk rating table			
	X	M	Injury/Illness causing short term disability		L/H	M/H	H/H
		L	Other injury or illness		L/M	M/M	H/M
LIKELIHOOD		H	Certain/Near Certain to Occur	SEVERITY	L/L	M/L	H/L

	M	Reasonably likely to occur		LIKELIHOOD
X	L	Very Seldom or Never Occurs		

Existing Controls:

Runners are instructed to be aware of condition of surfaces and to warn other runners of any trip hazards or obstructions eg. kerbs, unevenness and dips in pavement, parked cars, wheelie bins, foliage.

Runners are advised to warn other runners regarding traffic.

Routes are planned to use pavements primarily and crossing points should be used where available and directed.

Runners are advised to inform the session leader or other nominated person if they are taking an alternative route or leaving the group.

Runners are advised to wear suitable clothing for the weather conditions, especially fluorescent or bright coloured clothing on dusk/dark sessions.

Runners are advised to carry a head torch/hand held torch for sessions using dark roads/pavements.

Runners should carry enough water for personal use as required, particularly in hot weather. Sun cream and insect repellent may be required.

Runners are split into ability groups for some sessions (or part of session). The session leader or nominated person should be aware of numbers in their group, keep watch for back markers and check all have are coping with the session.

Training schedules contain details of the route to be taken, including approximate effort and total session distances. Session leader to ensure runners are aware of the session they are about to undertake so runners can ensure adequate preparation/ ability.

Runners are advised to ignore any verbal abuse from pedestrians. Any confrontation should be avoided, although members have a legal right to defend themselves, using only reasonable force if absolutely necessary. Having moved the group away from any incident site, the session leader should decide whether to arrange for the Police to be called/informed as soon as possible, so that any problems can be reported. An incident report form should be completed and held in club records on return to base.

All above plus additional information contained within the Romsey Road Runners Safety Guidelines available on the club website and notice boards.

Additional Controls:

Where possible session leader or member of group should carry mobile phone and club membership list.

Consider whether additional UKA level 1 or Fitness in Running & Walking coaches are required.

Consider whether session leader/ nominated persons should be trained in first aid.