

# ROMSEY

## ROAD RUNNERS

### Risk Assessment Club Off-Road Training

<b>Task Description:</b>	Club training off-road
<b>Assessment completed by:</b>	Romsey Road Runners Committee
<b>Date Completed:</b>	27/4/08
<b>Review date:</b>	Upon change

**Hazards identified:**

Tripping over uneven surfaces (eg. Lumps and bumps in ground surface, ruts, ploughed fields, etc); running into obstructions (eg. Fences, stiles, trees, low branches, ditches, 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 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.

**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.

<b>SEVERITY</b>		H	Fatality, Major injury or illness causing long term disability	<b>Risk rating table</b>		
	<b>X</b>	M	Injury/Illness causing short term disability			
		L	Other injury or illness	<b>SEVERITY</b>	L/H	M/H
<b>LIKELIHOOD</b>		H	Certain/Near Certain to Occur		L/M	<b>M/M</b>
		M	Reasonably likely to occur	L/L	<b>M/L</b>	H/L
	<b>X</b>	L	Very Seldom or Never Occurs	<b>LIKELIHOOD</b>		

**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 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.

These off-road routes only occur infrequently in the Training schedules, normally Home Runs or off-road training in the Summer. Therefore the pre-run briefing should contain details of the route to be taken, including approximate effort and total session distances, as the Training schedule will only state that the session is a Home Run. Session leader and Home Run organiser to ensure runners are aware of the session they are about to undertake so runners can ensure adequate preparation/ ability.

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.