

ROMSEY

ROAD RUNNERS

Risk Assessment Club Track Sessions

Task Description:	Club Track Sessions																					
Assessment completed by:	Romsey Road Runners Committee																					
Date Completed:	27/4/08																					
Review date:	Upon change																					
Hazards identified:																						
Tripping over uneven grass track surface; slipping on wet/muddy grass; collision with or tripping up other runners; heat exhaustion; dehydration; bites from insects; cold stress; illness ; injury during session; inability of runner to complete session.																						
Who can be harmed:		Nature of possible harm:																				
Club runners, prospective members, members of the public.		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	<table border="1" style="margin: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">Risk rating table</th> </tr> <tr> <th rowspan="3" style="text-align: center;">SEVERITY</th> <th style="text-align: center;">L/H</th> <th style="text-align: center;">M/H</th> <th style="text-align: center;">H/H</th> </tr> </thead> <tbody> <tr> <th style="text-align: center;">L/M</th> <th style="text-align: center;">M/M</th> <th style="text-align: center;">H/M</th> </tr> <tr> <th style="text-align: center;">L/L</th> <th style="text-align: center;">M/L</th> <th style="text-align: center;">H/L</th> </tr> <tr> <th colspan="4" style="text-align: center;">LIKELIHOOD</th> </tr> </tbody> </table>	Risk rating table				SEVERITY	L/H	M/H	H/H	L/M	M/M	H/M	L/L	M/L	H/L	LIKELIHOOD			
	Risk rating table																					
	SEVERITY	L/H	M/H		H/H																	
L/M		M/M	H/M																			
L/L		M/L	H/L																			
LIKELIHOOD																						
		M	Injury/Illness causing short term disability																			
	X	L	Other injury or illness																			
LIKELIHOOD		H	Certain/Near Certain to Occur																			
		M	Reasonably likely to occur																			
	X	L	Very Seldom or Never Occurs																			

Existing Controls:

Runners are instructed to be aware of condition of the grass track on their warm up laps and to warn other runners of any trip hazards or obstructions.

When warming up or cooling down runners should use the outside lanes. Lanes will be allocated for runners to start, finish or continue their efforts depending on the session.

Runners should overtake slower runners on the outside (unlike conventional track etiquette).

Runners are advised to inform the session leader or other nominated person if they are leaving the session early.

Runners are advised to wear suitable clothing for the weather conditions. Runners should bring enough water for personal use as required, particularly in hot weather. Sun cream and insect repellent may be required.

Training schedules contain details of the session to be undertaken, including approximate effort times and distances. Session leader 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 have a copy of the 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.