



RISK ASSESSMENT

All members and guests of Brentwood Running Club taking part in club organised training or events, should be aware of this risk assessment.

Potential Hazard: Slips trips and falls

- Runners should ensure they wear proper running shoes for the environment (road or trail).
- Group Leaders will be first aid qualified
- Advisable but not mandatory: All runners should run with a phone in case of emergencies.

Potential Hazard: Uneven Pavements or Unexpected Obstacles on pavement

- Coach/Group Leader or front runners should advise their group of any unexpected hazards which he/she may come across for example: roadworks, cyclists, bollards, street furniture, broken slabs, wheelchairs, overhang foliage, dog mess, road signs, holes and kerbs by shouting a clear warning.

Potential Hazards: Risk of Falling/Slipping on steep or slippery surfaces.

- Runners should run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them.
- They should walk if the conditions are particularly difficult.

Potential Hazard: Getting lost

- The Group Leader should be familiar with area and have run route at least once before.

Potential hazard: Traffic

Runners should:

- Wear reflective clothing to 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.
- Coach/Group Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly.

Potential Hazard: Very Hot Weather

- Group Leaders should advise runners to wear kit appropriate to conditions, and suggest runners take water particularly on longer runs.
- Runners should avoid running at midday, and instead run early morning or evenings.
- If conditions are extreme the run should be postponed/cancelled at discretion of the Committee / Group Leader.
- Runners should use high factor sun cream.

Potential Hazard; Cold Weather

- Members should 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 can be cancelled by the Committee or Group Leader if conditions are considered dangerous.

Potential Hazard: Asthma

- Runners should let the Group Leader know that they suffer with asthma, if this could affect their ability to run
- Asthmatics must always carry inhalers.
- Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent.
- The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.

Potential Hazards; Other Medical Conditions

- Membership form includes a medical information section.
- Runners should ensure they are medically fit enough to run prior to attending club sessions.
- Runners should advise their Coach/Leader of any other Medical Condition that could affect their ability to run.
- Any appropriate medication should be carried on the run.
- The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

Potential Hazard: Running in the dark

- Runners should wear light or reflective clothing and/or torch.
- Wherever possible runners should stay on routes with street lighting, and encourage care when crossing roads.
- At the discretion of the Coach/Leader, an inappropriately dressed runner may be asked not to participate in the run.

Potential Hazard: Accidents caused by bumping or jostling

- Runners should run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them.

Potential Hazard: Ear or headphones

- Runners should not wear ear or headphones during a coached session, as these may restrict the hearing of any instruction from the Group Leader.

Potential Hazard: Losing a runner

- Running groups should stick together, appointed leaders should encourage mustering where front runners run back to collect back runners.
- The approximate pace of group should be made clear by leader before run commences.
- Runners should select a group consistent with their ability.
- The Group Leader should ensure that all runners are back at the finish point and that everyone has a safe means of getting home.

Potential Hazards: Dogs

- Runners should 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.

Potential Hazard: Uneven Ground

- Runners should wear appropriate footwear, especially where uneven ground is expected, for example trails.
- Runners should stick to well-known routes and public footpaths.
- Runners at front of group should warn following runners of very rutted, uneven ground by shouting.

Potential hazards: Animals

- Runners should observe animals before entering fields – if any aggressive behaviour is observed runners should choose an alternative route.

Potential Hazard: Stiles

- Runners should take care when climbing stiles particularly in wet weather where they may be slippery.
- Badly maintained/broken stiles should be avoided if possible or climbed with care.

Potential Hazard: Overgrown Vegetation/Brambles/Nettles

- Group Leaders should warn runners if the route is expected to be particularly over-grown, and give them an opportunity to opt out.
- If route is impassable take an alternative.