

PACERS AIRECENTRE PACERS

Risk assessment guidelines for club runs and training sessions.

The following risk assessment is based on the standard model which considers a **hazard** as being something with the potential to cause harm.

The **risk** is the *likelihood* of the harm occurring balanced against the *consequences* of that incident/event occurring. This can be summarised in the table to the right.

Each risk should be graded Low/Medium/High and **control measures** applied to eliminate, or to reduce the risk to an acceptable level.

The majority of the clubs risks can be identified as generic, i.e. not unusual to our normal activities.

Specific or new previously unidentified risks can be assessed in the same way and added to the table as required.

As an example of the model:

Risk: Members running during the dark hours of winter.

Hazard: being struck by a vehicle

The *likelihood* of a member being hit a vehicle on the road is 'likely' with a large group distracted by company and/or competition etc.

The *consequences* of the event happening are 'Severe = Fatal/major injury' as getting hit by a car generally hurts.

The **control measures** applied are :

- Wear hi viz clothing.
- Run with consideration of other road users who may not see you.
- Stick to roads with footpaths & street lighting where possible
- Use designated crossing points
- Reiterate the awareness needed at each pre-run meeting.

This would not reduce the severity of being hit by a car, but reduces the likelihood to low.

L I K E L I H O O D	Likely	Medium Risk	High Risk	Extreme Risk
	Unlikely	Low Risk	Medium Risk	High Risk
	Highly Unlikely	Insignificant Risk	Low Risk	Medium Risk
		Slightly Harmful	Harmful	Extremely Harmful
	CONSEQUENCES			

General Risk Assessment – club runs

Risk Identified	Risk Rating H/M/L	Control measures	Residual Risk H/M/L
COVID-19 Transmission	M	<p>Anyone showing symptoms of Coronavirus, or living with someone showing symptoms should not come to club meets. They should stay home and follow current government & WHO advice.</p> <p>Club runners to meet outside of the leisure centre, adjacent to the old entrance to avoid congestion of ALC access/egress routes.</p> <p>Members will be advised to wash their hands, or sanitise, directly before and after club runs</p> <p>Members to be informed that facilities in ALC (changing/WC's) are out of use & they should make their own arrangements.</p> <p>In line with EA guidance groups setting out for club runs will be restricted to 6 – comprising 1 run leader and 5 members. Groups will have staggered starts to avoid too many people being at the meeting place at one time.</p> <p>Runners will maintain a 2m separation while running. To avoid congregating & potentially blocking footpaths, runs should be continuous (non stop) as far as possible, with faster runners 'looping back' to at least 2m behind the last runner</p> <p>Runners will be invited to join groups based on pace, so that an evenly spaced 'train' is easier to maintain.</p> <p>Routes will be planned which will take runners away from busy areas, and avoid route 'clash' with other groups.</p> <p>Running club members should be aware of other users of roads and footpaths at all times, giving way to pedestrians and, if running two abreast, not cause a nuisance to cars, bikes or other road users.</p>	L
Traffic conflict	M	Hi Viz/Day-Glo/reflective clothing to be worn in dark conditions, avoid dull dark colours	L

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		Run with consideration of other road users who may not see you. If running on roads without a footpath, ensure the group runs facing the flow of traffic by default, crossing (in good time) to the opposite side on tight bends to aid visibility. Avoid routes with no footpath/lights in dark conditions Pre run briefing session to raise awareness	
Traffic conflict road crossing	H	Take personal responsibility for yourself when crossing road way. Do not assume the runner stepping out has ensured the road is clear Run leader to manage allocated run group & use pedestrian crossings where possible. Do not attempt to cross the group on blind bends.	M
Trips /falls/mid-run injury	H	Pre run briefing session to raise awareness of type of ground to be encountered e.g. off road, hills, pathway curbing Appropriate foot wear for the terrain Headlights to be worn/torches carried during off road darkness runs Run leaders to carry fully charged mobile phone in case of emergency	M
Members health	H	Members with health conditions that could affect running (Breathing issues, muscle injuries etc) should inform the run leader. Members to run within their abilities & be responsible for their own medication	L
Run Route compliance/ Group management	M	Pre run briefing session to raise awareness of route & who the run leaders are Regular regrouping points & looping back by faster runners to make sure group stays together Take personal responsibility for yourself and select route/group appropriate to	L

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Risk Identified	Risk Rating H/M/L	Control measures	Residual Risk H/M/L
		ability/conditions Run leader to head count at start, regrouping points, finish point. Run leader to appoint 'Sweeper' when appropriate. Run leader to appoint run 'buddy' to new or inexperienced members when appropriate Take personal responsibility for yourself to follow the run leader and notify him/her should you leave the group mid run	
Group ability (Experience, health, numbers in group)	M	Run leaders to assess pre run. Group split/route selection to accommodate	L
Animals and Livestock	H	Pre run briefing session to raise awareness. Lead to note type of ground to be encountered eg off road, field with cows Keep group together and move through stock in a calm manner.	M
Weather Conditions (sun, rain, snow, ice, wind)	M	Individuals to take responsibility for their ability and run gear. Run leaders to remind members regarding protection advice in pre run brief Routes to be adapted to weather where required	L