

The following generic risk assessment describes the key risks/hazards that ACP members may encounter during club runs.

At the start of each run session, the run leader will identify if there any specific risks relevant to the run session or location i.e. a dynamic risk assessment will be conveyed verbally as appropriate.

Please note that:

- Members run at their own risk and are responsible for joining the appropriate group for their ability and experience.
- Advice can be given by run leaders as to the suitability of the groups to individuals’ abilities and goals.
- A run leader will be appointed for each run and will provide details of the session on Spond. Members can ask questions via Spond also.

	KEY RISKS/HAZARDS	CONTROLS	RISK LEVEL WITH CONTROLS IN PLACE
1	Surfaces of roads, pavements, trails, footpaths, and obstacles, that have potential for slips, trips and falls.	<p>Run Leaders:</p> <ul style="list-style-type: none"> • To advise on type of route surface i.e. trail or road so that appropriate shoes can be worn and due care and attention given. <p>Members:</p> <ul style="list-style-type: none"> • To take own responsibility when running on uneven, slippery surfaces and to be aware of kerbs and other potential running hazards. • To warn other runners of impending hazards. • No dogs or other pets to be brought by members on club runs. 	Medium
2	Traffic conflict and road crossings	<p>Run Leaders:</p> <ul style="list-style-type: none"> • To ensure that members use pavements and designated crossings where appropriate. <p>Members:</p> <ul style="list-style-type: none"> • To take personal responsibility when crossing roads and not to assume traffic will give way. 	Medium
3	Weather conditions and clothing	<p>Run Leaders:</p> <ul style="list-style-type: none"> • To advise, in advance, of additional kit that may be needed, including high viz clothing and head torches. • To cancel runs, before or during, in the event of extreme weather. <p>Members:</p> <ul style="list-style-type: none"> • To wear appropriate clothing and running footwear to suit weather conditions. • To take personal responsibility to wear high viz clothing and head torches 	Medium
4	Route choices	<p>Run Leaders:</p> <ul style="list-style-type: none"> • To provide a session description and route descriptions via Spond. • To choose routes appropriate to weather conditions, daylight/darkness <p>Members:</p>	Medium

		<ul style="list-style-type: none"> To take personal responsibility to make sure they are aware of the route they're running and follow instructions given during the run. To follow instructions from run leaders regarding route changes, personal safety, stopping points etc. 	
5	Lone runners	<p>Run Leaders:</p> <ul style="list-style-type: none"> To undertake a dynamic risk assessment if any member retires during a club run due to ill health or injury, to ensure they can get safely home. To keep count of numbers within their group and ensure no one is left behind. <p>Members:</p> <ul style="list-style-type: none"> To be aware of fellow runners and to ensure that, where possible, no one is left to run alone. To advise Run Leaders if they are aware of a 'lone' runner. 	Medium
6	Phone / music distractions	<p>Members:</p> <ul style="list-style-type: none"> Must not use earphones or headphones whilst on club runs. 	Low
7	Interactions with general public	<p>Members:</p> <ul style="list-style-type: none"> To be considerate at all times with the general public and to take personal responsibility for their actions. 	Medium
8	Animals / livestock	<p>Run Leaders:</p> <ul style="list-style-type: none"> To ideally avoid routes with livestock and to ensure a pre run briefing if there is potential for the route to encounter livestock To ensure the group move through/pass livestock together, following a dynamic site specific assessment. To update other run leaders on potential routes where livestock is present. <p>Members:</p> <ul style="list-style-type: none"> To be cautious when running past dogs or running near livestock and animals. No dogs or other pets to be brought onto club runs by members. 	High
9	Personal health issues	<p>Run leaders:</p> <ul style="list-style-type: none"> To undertake a dynamic risk assessment if a club member becomes injured or unwell during a club run, regarding ensuring the member is able to safely return home or to seek further medical assistance. To ask members at the beginning of the session if they have any injuries or niggles that the leader should be aware of To be issued with, and carry as appropriate, a first aid kit and survival bag. To report any accidents, injuries and near misses to the Run Leader coordinator or Committee member so that a risk review can take place to ensure the club is taking all necessary steps to support members. <p>Members:</p> <ul style="list-style-type: none"> To choose runs which suit their ability and personal health. To take personal responsibility to inform the Run Leader of any pre-existing or current health issues, or injuries during a run. To have a responsibility not to run if unwell (or become unwell during a club run). 	High