



Victoria Park Running Club – General risk assessment

Personal Responsibility

All runs are undertaken at the runners own risk and as such all who partake should take responsibility and all reasonable precautions to ensure their own safety and the safety of others. By joining one of the runs, the participant is agreeing that they are fit and able to do so.

- As runners we have a responsibility to do our best to prevent harm to ourselves, our running partners or members of the public.
- It is the runners' responsibility to seek medical advice on any conditions which may affect their running. It is also their responsibility to ensure that run leaders are aware of any pre-existing medical conditions or information that may be of use.
- Running, however carefully planned and managed, carries a certain amount of risk and those taking part are acknowledging this and agreeing that they will take steps to minimise the risks.
- All runners are advised to wear appropriate reflective/hi-viz clothing for runs, hydrate properly before and after runs and take proper precautions for the weather conditions before and during the run.
- Routes are being assessed and developed on a constant basis and leaders will make changes to the routes where it is felt safety may be improved. It is the responsibility of all runners to assist with this and report any problems/hazards encountered on a route.
- A short pre-run briefing will be conducted before each run outlining the route, any obvious hazards associated with the route (such as terrain, road crossings ect) and reminding all runners of the need for caution.
- Runners are expected to note the conditions of the surfaces and to warn others runners of any trip hazards or obstructions as the session progresses (for example, curbs, unevenness/dips in the pavement, potholes, and raised ironwork).
- Runners should warn others runners with regards to traffic, don't assume that because you can see the car, the car can see you.

Hazard/risk identified	Detail of control measures	Notes
Road running and traffic management	<ul style="list-style-type: none"> * Hi-viz/reflective wear recommended for all runs. * Reiterate need for caution during run briefing * Ensure all runners understand that they have a personal responsibility for their own safety * Choose appropriate crossing points * Use mustering to gather runners for crossings where appropriate * Run leaders and assistants to manage crossing points where possible, without stopping traffic, to ensure all members have crossed safely. * Runs will keep off carriageways wherever possible, in the event that it is necessary to run on a carriageway runners will run facing oncoming traffic and will leave the carriageway for a path as soon as it is possible. 	
Curbs and uneven slippery surfaces	<ul style="list-style-type: none"> * Pre-run briefing will summarise type of hazards/ground that will be encountered along with a summary of the route. * Torches used on all dark runs – runners are reminded of this on all run invitations and at the beginning of runs. * Runners at the front reminded to warn those behind of potential hazards. 	

	<ul style="list-style-type: none"> * Encourage runners to keep a safe distance between themselves and the runners ahead of them so they can see the ground in front clearly. * If the hazard isn't obvious then a club member will slow/stop and point out the hazard to others. 	
Attrition to individuals physical condition/endurance	<ul style="list-style-type: none"> * Basic check during pre-run briefing * Muster runs so everybody remains within sight of the group * Run leaders to monitor and react during the runs to support individuals' runners who may need it. * If any group member expresses a wish to leave during the run, then leaders should be notified and if necessary the runner should be accompanied using a nominated experienced club runner to do so if using a run leader would compromise the efficient management of the group as a whole. 	
Pedestrians, cyclists and dogs	<ul style="list-style-type: none"> * Warnings and appropriate instructions given to the group when approaching pedestrians or cyclists. * Pass wide and slow, particularly when approaching a loose dog. * Any person coming into contact with any domestic animal should walk calmly by and make no interaction with the animal. 	
Runners with dogs	<ul style="list-style-type: none"> * Runners choosing to run with dogs accept full responsibility for the safety and welfare of that dog. * It is the runners responsibility to assess the suitability of the route for the dog after the briefing. * Dogs should be kept under control at all times and to the back or side of the main group to avoid any potential trips. 	
Group management	<ul style="list-style-type: none"> * All runs are muster runs ensuring that all runners are kept within the group and are clear of the route. * First aid kits carried with each run option 5K/10K * Use of experienced club runners to support run leaders with management and control of the runs. 	
Trips, slips and minor injuries	<ul style="list-style-type: none"> * A basic first aid kit will be available on each route. * Run leaders to carry mobile phones. * Runners will be given the basics they need to treat their own injuries when they can. * Basic first aid will be provided by first aiders within the group. * Assuming the runner is 'walking wounded' a run leader (or experienced club runner) will accompany the individual back to the start point or arrange for them to be collected. 	
Serious illness/injury	<ul style="list-style-type: none"> * Mobile phones and basic First Aid kit carried by run leaders. * A nominated first aider and other medical professional if available (we have several within the club), will stay with the person * Phone for Ambulance, medical support immediately. * Follow any advice given * First aid will only be given by a qualified first aider. 	
Adverse weather conditions Sun/Heat Rain/Wind Snow/Ice	<ul style="list-style-type: none"> * Individual runners to take responsibility for their running kit and to wear clothes appropriate to the weather conditions, advice given if necessary * Recommend that runners carry water and remain well hydrated during runs (included on run invites and pre-run briefing when necessary). * During periods of adverse weather, conditions may deteriorate. Run leaders will make a dynamic assessment of the need for further controls and changes to route to manage the changing conditions. 	

Variable underfoot conditions	<ul style="list-style-type: none"> * Recommend runners wear appropriate footwear (noted on run invite if necessary) * Warning given during pre-run briefing * Recommend the wearing of torches * Slow down and share warnings with other runners throughout the group. 	
Naturally occurring hazards (over grown vegetation, protruding tree roots, low branches)	<ul style="list-style-type: none"> * Warnings given by front runners * Encourage the group to slow if necessary * If necessary use one of the group members to stay by the hazard and alert others. 	
Inconspicuous hazards (animal burrows, discarded fence wire)	<ul style="list-style-type: none"> * Warnings given by front runners * Encourage the group to slow pace in areas where these are evident or likely. * If necessary use one of the group members to stay by the hazard and alert others. 	
Interaction with livestock	<p>If interaction with livestock is unavoidable;</p> <ul style="list-style-type: none"> * Slow the pace of the run and walk if necessary * Keep the group together * Give as wide a berth as practicable in the location concerned. * If necessary stop and wait for the animal to pass. 	