

Risk Assessment: TRC Running Club Night

Date:	Assessed by:	Location :	Review :
Bi-Weekly (Tuesday & Thursday)	Mike Bennewitz	Thornbury Leisure Centre	21st March 2018

What are the Hazards?	Who might be harmed and how?	Current Risk Rating	Mitigation	Resultant Risk Rating	What else can you do to control this risk?
<i>Slips Trips & Sprains or feeling unwell from on road running</i>	<i>Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs. Typically results in ankle & foot injuries.</i>	M	<ul style="list-style-type: none"> Having qualified Group leaders at front and back of group warning group of such hazards - en route. Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury. 	L	<ul style="list-style-type: none"> Inform Council of any accidents that happen as a direct result of maintenance negligence
<i>Slips Trips & Sprains or feeling unwell from off road running</i>	<i>Runners may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips) and ground with uneven camber. Injury as above but maybe upper body injuries too due to falls.</i>	M	<ul style="list-style-type: none"> Group leaders Reccie route to advise group of additional hazards during the run and ensure less experienced off road runners are accompanied. Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury Recommend off road shoes with strong grip. <i>For anyone new to off road running advise likely terrain.</i> 	L	Limited: These are inherent risks in participating in offroad running. Perhaps increase general awareness
Running at Night during the winter months (on & off road) - in addition to the above	Above risks, but risk is increased due to lack of visibility.	H	<ul style="list-style-type: none"> For Off Road Mandate running with head torch or torchlight. Anyone that cannot illuminate their way will be refused participation. For on Road running recommend use of Head torches. Include in intro announcements made by the club 	M	?

			<ul style="list-style-type: none"> captain. All runners mandated to wear Hi-Viz vests - and the club provide loan vests for the night. Run against the prevailing traffic. Groups cross roads together. 		
Car Collisions with runners from either Crossing Roads and running accidentally in the road	Runners - injured through collisions with cars and/or car drivers injured through taking avoiding action.	M	<ul style="list-style-type: none"> Have group leaders at front and back of the run group ensuring runners stay on the pavement. Re-group at road crossings to ensure the group crosses together. Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury When running in country lanes ensure group runs so that it has maximum visibility to car drivers. 	L	<ul style="list-style-type: none"> Keep enforcing the point 'run on the pavement only'
Runners get separated from the run group or simply go missing.	Runners could have incurred injury unknown to the group and can't make it back to TLC.	M	<ul style="list-style-type: none"> Have regular regroup during group runs Group leaders count runners at each re-group and ensure no-one is missing. Keep sign-in register for run nights and maintain attendance records centrally. Keep re-enforcing point to always advise group leader if runners want to cut the route short. 	L	
Muscle injury after running.	Runners with pulled muscles & mild sprains	M	<ul style="list-style-type: none"> Warm up and cool down exercises are delivered as part of the group evening. Individual runners also have their own routines 	L	<ul style="list-style-type: none"> If groups choose not to do warm up/down then they accept this risk.
Running up/down Alveston Hill - trip hazard from uneven & poorly maintained pavement and adjacent to a narrow busy road.	Any trips & falls are likely to result in runners falling onto a busy/narrow road & consequent risk of further injuries from traffic.	M	<ul style="list-style-type: none"> Run walk down Alveston Hill at a steady pace or even walk (no racing) and in single file! 	L	<ul style="list-style-type: none"> Run Leaders warn of this additional hazard prior to starting the final descent back to Thornbury Leisure Centre