ACTIVITY / OPERATION / LOCATION	ASSESSMENT UNDERTAKEN BY		APPROVED BY	
Road Running Activity for Wymondham AC. Risks assessments to help promote safe running and coaching members of Wymondham AC in Wymondham and surrounding areas, Including any running activity officially promoted and organised by Wymondham AC.	**Name**	Claire Brown	**Name**	Kim Reader
	Date	1st May 2026	**Date**	14th May 2026
	Review Date	1st May 2027	**Next Review**	14th May 2027

HAZARDS (List significant hazards below)	WHO IS AT RISK	RISK FACTORS (Conditions that make the hazard more or less likely to occur)	CONTROL MEASURES	SEVERITY RATING	FREQUENCY RATING	OVERALL RISK FACTOR
Trips or falls whilst running Street Furniture	Wymondham Ac Members & Coaches	• Raised Kerb Edges • Street furniture • Uneven road and pavement surfaces	Leaders, as far as reasonably possible, to select routes which are free from street furniture and poor surfaces. Runners to take care when changing levels e.g. descending from curbs. Remind runners to wear appropriate footwear. Group leader to shout warning if surface unexpectedly becomes uneven. Walk if conditions are particularly difficult. Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them as well as calling out potential obstacles on route. Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, dog mess, road signs, holes and kerbs by shouting a clear warning. Leader to carry mobile & in the event of an incident, Leader/Lead runner will report the incident/accident digitally via their mobile phone. The accident form is accessible to the coaching team on the main club website. Trusted Volunteers (unlicensed helpers) to assist the Coach when available	3	2	6
Pedestrians/cycles conflict on paths	Wymondham Ac Members, Coaches and pedestrians	• Runners behaviour • Pavements open to general public • Cyclists on Pavement • Dogs on/off leads	Leaders/Lead runner to warn others in group of other users ahead. Group to make sure that they 'thin' out to accommodate other pavement users. Ensure that runners are briefed each session of any particular blind spots on the route. Ensure good communication with other users to ensure there is no conflict.	2	3	6
Injury through over exertion	Wymondham Ac Members & Coaches	• Sessions not being supervised correctly • Individuals not knowing their limits.	Coaches and individuals to recognise restricting factors and adjust session accordingly for individuals. Coaches to ask groups where practical at the beginning of session if they have raced or are unwell/been unwell	3	2	6
Traffic Conflict on roads	Wymondham Ac Members, Coaches and road users.	• Runners behaviour • Session not being supervised correctly • Runners running with flow traffic	Wear bright/reflective clothing - 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. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly. Safety briefing given to each group at start of each session.	4	1	4
Weather Conditions • Sun • Rain • Snow • Ice	Wymondham Ac Members & Coaches	• Extreme heat • Ice on roads/pavements • Snow on roads/pavements • Poor visibility of runners and by other road users. • Slippery surface when wet	Advise runners to wear appropriate kit. Take fluids particularly on longer runs. Avoid running at midday, run early morning or evening. Remind runners to use high factor sun cream. If conditions are extreme, run to be postponed/cancelled at the discretion of the coach/Leader. Members to 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 will be cancelled by Coach/Leaders if conditions are considered dangerous.	2	3	6
Running in the dark	Wymondham Ac Members & Coaches	• Poorly lit areas • No Street lighting	Runner advised to wear bright or reflective clothing (Reflective Bibs can be purchased/borrowed from the club). Wherever possible stay on roads with street lighting. Advised to wear head/chest torches to be seen	2	2	4
Animals such as Dogs & Horses	Wymondham Ac Members & Coaches	• Runners running too close to dogs • Dogs off lead	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. Take care if approaching horse & rider, walk if necessary.	3	1	3
Getting Lost/Losing Runners	Wymondham Ac Members	• Runner in group of wrong ability • Runners not communicating within the group	Coach/leader to be familiar with area and to have run route at least once before. Leaders must regroup from time to time to ensure no-one gets left behind. Remind runners to select a running group consistent with their ability. Approximate pace of group will be made clear by leader before run commences & is available on the WAC website.	2	2	4
Pre-Existing medical conditions	Wymondham Ac Members & Coaches	• Runners not making coach/leader aware	Runners to advise coach/Leader. Any appropriate medication to carried on the run by member. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.	2	2	4
Entering and Exiting Ketts Park / use of internal facilities	Wymondham Ac Members & Coaches	• Wet shoes or recently cleaned floors • Cooldown stretching • Use of electrical sockets • Storage container and cupboard usage • Locking hall • Group meeting points • Exiting through the car park • Café area • Consideration for others	Members to be cautious when using the facilities in the event of wet shoes or floors as these may present a slip hazard. Coaches/Run leaders to oversee members when working through cool down stretches to ensure appropriate techniques to avoid injuries. Members requested to NOT use any electrical wall sockets at any time. Members requested not to enter either the cupboard or container without a committee member's knowledge. Both environments have heavy and/or high-level stored items that could cause injury if incorrect lifting technique used. The committee have requested the Ketts Park staff secure the hall during training sessions, however members are advised that the club cannot guarantee safe keeping of valuables. Coaches/Run leaders to advise members where they are to meet as a group before starting the session. Coaches/Run leaders to guide their group around the left side of the car park when leaving the site, not through the parking area. Members to be aware of the availability of hot drinks from the Café area, and be cautious when moving through the facilities carrying hot drinks. Members to be considerate towards any other user of the facilities.	2	3	6

NUMICAL ASSESSMENT			
Severity Rating		Frequency Rating	
1	No Injuries / Minor damage	1	Remote
2	Single Minor Injury	2	Unlikely
3	Single Major / Personal Injury	3	Occasional
4	Single Fatality / Major Pollution	4	Probable
5	Multiple Fatalities	5	Frequent

15-25	UNACCEPTABLE – REVISIT ACTIVITY & CONTROL MEASURES
8-15	INTRODUCE FURTHER CONTROL MEASURES TO LOWER RISK
1-6	ACCEPTABLE / LOW RISK

WHO IS AT RISK		
Coaches	Visitors / Public	Members

OVERALL RISK FACTOR						
Overall Risk Factor = Severity x Frequency		Frequency				
		5	**4**	**3**	**2**	**1**
Severity	**5**	25	20	15	10	5
	4	20	16	12	8	4
	3	15	12	9	6	1
	2	10	8	6	4	2
	1	5	4	3	2	1