

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.	<b>Name</b>	Katie Whitmore	<b>Name</b>	Tony Gentry
	<b>Date</b>	21 <sup>st</sup> January 2020	<b>Date</b>	25 <sup>th</sup> February 2020
	<b>Review Date</b>	January 2021	<b>Next Review</b>	February 2021

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	<ul style="list-style-type: none"> <li>• Raised Kerb Edges</li> <li>• Street furniture</li> <li>• Uneven road and pavement surfaces</li> </ul>	<p>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.</p> <p>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.</p> <p>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.</p> <p>Leader to carry mobile telephone, and to complete the accident book (held at Ketts Park) in the event of an incident.</p>	3	2	6
Traffic Conflict on roads	Wymondham Ac Members, Coaches and road users.	<ul style="list-style-type: none"> <li>• Runners behaviour</li> <li>• Session not being supervised correctly</li> <li>• Runners running with flow traffic</li> </ul>	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
Pedestrians/cycles conflict on paths	Wymondham Ac Members, Coaches and pedestrians	<ul style="list-style-type: none"> <li>• Runners behaviour</li> <li>• Pavements open to general public</li> <li>• Cyclists on Pavement</li> <li>• Dogs on/off leads</li> </ul>	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	<ul style="list-style-type: none"> <li>• Sessions not being supervised correctly</li> <li>• Individuals not knowing their limits.</li> </ul>	Coaches and individuals to recognize 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
Weather Conditions <ul style="list-style-type: none"> <li>• Sun</li> <li>• Rain</li> <li>• Snow</li> <li>• Ice</li> </ul>	Wymondham Ac Members & Coaches	<ul style="list-style-type: none"> <li>• Extreme heat</li> <li>• Ice on roads/pavements</li> <li>• Snow on roads/pavements</li> <li>• Poor visibility of runners and by other road users.</li> <li>• Slippery surface when wet</li> </ul>	<p>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.</p> <p>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.</p>	2	3	6



