

Risk Assessment: Snaith & Cowick Running Club Training

Date:	Assessed by:	Location :	Review :
24/07/22	Alan Marshall	Training Events from Snaith Playing Fields, 66 Puntton Walk, Snaith, DN14 9TH	30/03/23

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating
Slips, trips and falls	All participants	Check weather before activity and make decision on go ahead. All participants to wear appropriate footwear. All participants to follow Group Leader (GL) guidance at pre session brief. GL to carry mobile phone in case of emergency. Dynamic risk assessment to take place during activity.	M	GL to reccy area before activity, where possible GL to be first aid trained where possible. First aid kit stored in clubhouse.	L
Obstacles and hazards on course	All participants	All routes will be run on public roads, pavements and local tracks. GL brief all runners of route and any known hazards.	L	Risks as low as reasonably practicable	L

Collision with other participants or equipment	All participants, Members of public	Recognised coaching methods used GL to carry mobile phone in case of emergency.	M	GL to dynamically assess throughout activity. GL to be first aid trained where possible. First aid kit stored in clubhouse.	L
Pre-existing medical conditions (cardiac, asthma, diabetes)	All participants	Application form declaration (at time of joining the club). Ensure participants are eligible to participate – age, ability etc relevant to the session Ensure participants are medically fit to participate, enquire in sensitive and confidential manner	L	Confirm before each run that each runner declares a capability to complete the course. GL to assess throughout activity and take relevant action, SENSITIVELY.	L
Unfit/returning from injury runners,	All participants	Training runs are explained on the Club Stack Team App. GL brief all runners regarding pace and distance of each training run.	L	Risks as low as reasonably practicable	L
Age qualification	All participants	Declared on application form. DOB confirmed before uploading details to England Athletics. All club members to be 18 years of age or over.	L	Risks as low as reasonably practicable	L
Adverse weather-hot/humid	All participants	Agree with all participants to complete the planned training.	L	Develop a Club Guidelines document covering the risks and advice in running in adverse weather. Comments in Risks of Winter Running	L

Adverse weather – unreasonably cold/wet/windy/icy /lightning	All participants	Agree with all participants to complete the planned training.	L	Develop a Club Guidelines document covering the risks and advice in running in adverse weather. Comments in Risks of Winter Running	L
Dark Runs	All participants	Issue all members with a copy of 'Risks of Winter Running' on an annual basis. Risk Assessments - OneDrive (live.com)		Review 'Risks of Winter Running' document annually	
Access – management of start / finish area Snaith Playing Fields	Runners and others users of the premises.	Start – Assemble in the area in front of the club buildings or inside the building itself. Finish. Assemble in the area away from the access route to and from the carparking spaces.	L	Add reminder on arrangements at the finish to all run briefings.	L
Communication	All participants	Course routes to be communicated on the Club Stack Team App. GL brief all runners regarding runners of route. GLs ensure all runners are accounted for at each stop.	L	Advise what to do if you become detached from a group at the briefing.	L
Competitors use of headphones.	All participants	Do not allow the use of headphones	L	Risks as low as reasonably practicable.	L
Medical Cover	All participants	First Aid kit to be purchased. First aid trained members.		Identify First Aid trained members at training events. Communication to emergency services available on each run.	