

SRR Risk Assessment: Smalley Road Runners Official Club Sessions

Date:	Assessed by:	Location:	Review:
10/01/2022	Anita Bailey	Heanor, Derbyshire	11/07/2022

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	Action by whom	Target date	Complete
Slips/Trips and Falls	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from slipping, tripping, or falling on the terrain or over other objects/obstructions such as kerb, lampposts, or pavement	<ul style="list-style-type: none"> Groups are allocated both Leaders and Co-Leaders to ensure a front and back runner Leaders and Co-Leaders are trained to shout warnings to the rest of the group as obstructions are identified 	H	<ul style="list-style-type: none"> Remind runners to be aware of their surroundings on Club sessions Ensure runners keep a suitable distance from those in front of them to avoid catching the ankles of others 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Road Usage and Crossing	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from crossing the road and being struck by a vehicle, other road user, debris or fall	<ul style="list-style-type: none"> Club Rules are in place to ensure the Highway Code for Pedestrians is observed Leaders and Co-Leaders are to ensure roads are safe for crossing before leading a group into the road 	H	<ul style="list-style-type: none"> Remind runners to be aware of their surroundings on Club sessions, and the Club Rule to be mindful of the Highway Code for pedestrians 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Weather Determined (Hot/Wet/Icy Conditions)	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from the heat or wet weather such as fall, heat stroke or hyperthermia	<ul style="list-style-type: none"> Club Captains will identify any sessions that need to be cancelled in advance due to weather conditions An announcement will be made prior to the run on social media that water/appropriate clothing and footwear is to be used Routes will be changed to offer a safer alternative 	H	<ul style="list-style-type: none"> The Club session can be cancelled if deemed unsafe 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper

Running on Uneven Ground	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from a fall, slip, or trip	<ul style="list-style-type: none"> • Run and Co-Leaders assess the route and verbally warn those in the group of any areas of uneven ground • Route continually assessed by front runner and any hazards shouted to the group to ensure awareness 	M	<ul style="list-style-type: none"> • Routes can be changed for future Club sessions if deemed unsuitable 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Injury Through Participation	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from not warming up/cooling down or running in a group which is not based on their pace or ability	<ul style="list-style-type: none"> • Leaders will perform warm up and cool down stretches at each session to limit injury through participation. • First aid kits will be provided at the meeting point 	M	<ul style="list-style-type: none"> • Ensure runners are running in the correct group according to pace to reduce the risk of injury. • First aid kits can be offered to members in the event of injury to self-administer 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Injury Through Medical Condition	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from a pre-existing medical condition	<ul style="list-style-type: none"> • Members will be asked to declare any pre-existing medical conditions upon joining the Club and if they need any additional support during the Club sessions. • Leaders to ask if all are fit to run before the start of a session 	M	<ul style="list-style-type: none"> • Leaders are to be briefed of any members with additional needs or pre-existing medical conditions which may affect the Club sessions 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Low Hanging Foliage / Branches	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from overhanging branches and other foliage	<ul style="list-style-type: none"> • Run and Co-Leaders assess the route and verbally warn those in the group of any low hanging foliage or branches 	L	<ul style="list-style-type: none"> • The front runner can run ahead to check for clearance 	L	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper

Risk of Getting Lost	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may get lost from the rest of the group	<ul style="list-style-type: none"> Route maps are available for members to see in advance of their run A briefing will be given at the start of each session confirming which route they are taking part in Front and back runner will be in place Participant numbers are counted on the way out of the start point and, on their return 	M	<ul style="list-style-type: none"> Members will be encouraged to run in pairs 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Unsuitable Running Attire	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from not being seen in the dark	<ul style="list-style-type: none"> Members are advised to wear reflective clothing and lighting during the hours of darkness. Where a runner is not deemed to be wearing suitable attire, they can be asked to leave the group 	M	<ul style="list-style-type: none"> Spare lights can be offered where available 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Injury from Interval Equipment	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from equipment used on Club sessions	<ul style="list-style-type: none"> Only the Run Leader can carry any interval equipment whilst running The Run Leader will do an introduction on how to use the equipment safety 	L	<ul style="list-style-type: none"> Leaders will be briefed to ensure the equipment is organised in a safe manner 	L	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Members of the Public or Crowded Areas	Coaches, Leaders, Co-Leaders, and Adult/Junior Members and the Public may sustain injury from collisions with each other	<ul style="list-style-type: none"> Leaders are to verbally instruct their group to make way for pedestrians and crowds 	M	<ul style="list-style-type: none"> Leaders to adapt the route where necessary 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
Moving Cars at the Meeting Point	Coaches, Leaders, Co-Leaders, and Adult/Junior Members may sustain injury from collisions	<ul style="list-style-type: none"> All Leaders are to ensure all members are moved away from the car park and are positioned behind the barrier in a safe location 	H	<ul style="list-style-type: none"> An announcement to be made on social media pages to raise awareness 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper

Member with a Disability	Coaches, Leaders, Co-Leaders, and Adult/Junior Members and the Public may sustain injury from collisions with each other or with objects	<ul style="list-style-type: none"> All Leaders are to ensure any needs are met prior to the session 	H	<ul style="list-style-type: none"> Leader is to meet member on arrival to discuss participation to review and confirm needs are being met 	M	Neil Rayson / Suzanne Harper	11/07/2022	Yes – Neil Rayson / Suzanne Harper
<p>All Leaders and Co-Leaders have completed formal training to undertake their designated roles. During the pre-session briefing, the Leader will ask the group if any participant has an injury, if they decide to run it will be at their own risk. Leaders are aware to call 999 in the event of an emergency.</p> <p>Leaders are required to carry a mobile phone during club sessions.</p>								