

Risk Assessment: Nantwich Running Club - General Running Training

Date:	Assessed by:	Location:	Review:
16/01/2023	Mike Stevens- Chair & Head Coach	Roads and paths around Nantwich & surrounding areas	16/01/2025

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
Crossing busy roads	Runners may be involved in road traffic accidents or incidents	<ul style="list-style-type: none"> Choose quiet routes to avoid crossing busy roads when possible. Make use of available safe crossing places, such as pelican crossings Where road crossings are unavoidable, advise runners to take care during the route briefing, calling out any crossing which is particularly hazardous. Runners to wear high viz clothing. 	M	<p>Run Leader and runners to advise others in their group when approaching a road or rail crossing and to confirm “clear” when it is safe to cross</p> <p>Runners to follow the instructions of Run Leaders.</p>	L	Run Leaders Runners	Ongoing	

<p>Trip hazards</p>	<p>Runners may trip on uneven pavement, kerb stones or tree roots</p>	<ul style="list-style-type: none"> • Select routes to avoid such hazards where possible. • Advise runners to take care when routes include particularly uneven surfaces. • Remind runners to ensure nobody is left behind 	<p>M</p>	<p>Run Leaders and runners to warn the group if uneven surfaces are encountered. Emphasise the need to stick to the given route, so that runners can be traced if injured</p>	<p>L</p>	<p>Run Leaders Runners</p>	<p>Ongoing</p>	
<p>Snow or ice</p>	<p>Runners may slip or fall</p>	<ul style="list-style-type: none"> • Cancel runs if conditions are considered too dangerous. • Advise runners that they run at their own risk. • Advise runners to wear appropriate clothing and additional layers 	<p>M</p>	<p>Request that runners who ignore warnings should take a phone with them</p>	<p>L</p>	<p>Run Leader Runners</p>	<p>Seasonal</p>	
<p>Heatwave</p>	<p>Runners can become ill /feel unwell with heat stroke</p>	<ul style="list-style-type: none"> • Advise runners to: <ul style="list-style-type: none"> -Carry water - Wear a hat -Use suncream -Reduce their pace -Wear appropriate light weight/wicking clothing. -Run in the shade if possible 	<p>M</p>	<p>Advise runners who are susceptible to heat to run during cooler parts of the day</p>	<p>L</p>	<p>Run Leader Runners</p>	<p>Seasonal</p>	

		<ul style="list-style-type: none"> Reduce the duration of the session 						
Darkness	Runners may not be able to see well, and trip or fall	<ul style="list-style-type: none"> Choose well-lit routes where possible. Runners to wear high viz clothing. 	H	Runners to wear head, body torches, or carry a hand-held torch.	L	Run Leader Runners	Ongoing	
Running on roads without pavements	Runners may be involved in road traffic accidents or incidents	<ul style="list-style-type: none"> Choose routes which have pavements where possible. Advise caution and follow the highway code. Stay on the right to face oncoming traffic. Runners to wear high viz. 	M	Review the current highway code for any updates	L	H&S Advisor Run Leader Runners	Ongoing	
Running Alone	Runners may be at risk of attack or without support when isolated	<ul style="list-style-type: none"> Remind runners to ensure nobody is left behind or runs alone Advise solo runners to: <ul style="list-style-type: none"> - Use a well-lit route -Take a mobile phone -Communicate their planned route to others 	L	Pre run briefings. Provide each runner with access to the route before attending the session.	L	Run Leader Runners	Ongoing	
Busy areas with lots of pedestrians e.g., town centre	Runners may need to take evasive action to avoid others causing injury	<ul style="list-style-type: none"> Choose routes which are less busy. Runners to (politely) make their presence known to others. 	M	Advise runners to: <ul style="list-style-type: none"> - slow down or walk to avoid alarming others. - avoid making sudden changes in direction. 	L	Run Leader Runners	Ongoing	

		<ul style="list-style-type: none"> Runners to wear high viz clothing. 		- run or walk in single file.				
Wet & muddy conditions	Runners could slip or fall if surfaces are wet and uneven, or the depth of water/puddles is unknown	<ul style="list-style-type: none"> Choose routes to avoid those hazards where possible. Urge caution – slow down and respect the conditions. 	M	Encourage runners to wear trail shoes when running off road.	L	Run Leader Runners	Seasonal	
Farm Animals & Domestic Pets	Runners could be charged at, bitten, or scratched.	<ul style="list-style-type: none"> Ask owners to recall their dogs/pets. Advise runners to slow down or stop when approaching or being approached by animals. Avoid fields or land with grazing farm animals. 	M	Pre run briefings	L	Run Leader Runners	Seasonal	
Cyclists	Runners could be involved in a collision	<ul style="list-style-type: none"> Runners to make their presence known to oncoming cyclists. Wear Hi Viz clothing. 	M	Pre run briefings. Runners advise the group when a cyclist is spotted.	L	Run Leader Runners	Ongoing	
Runner Fatigue	Runners may tire before the end of a run.	<ul style="list-style-type: none"> Run Leaders to check if anyone is carrying an injury/niggle. Run Leaders to ensure there is an adequate warm-up before each session. 	L	Allocate members new to running or returning from injury or illness to slower pace groups. Give training advice to beginners and less experienced runners.	L	Coach Run Leader Runners	Ongoing	

		<ul style="list-style-type: none"> Remind runners to ensure nobody is left behind or running alone. Encourage runners to start slowly and only increase their pace cautiously. Advise runners to run in the group closest to their pace. Advise runners to run in a slower group until fitness improves 		<p>Arrange training sessions to improve general and running fitness</p>				
<p>Lost or missing runners</p>	<p>Runners getting lost or injured whilst out of direct contact with run leader or training group</p>	<ul style="list-style-type: none"> Take head count using Spond before the start of each training session. Maintain head count during & after training session. Introduce new members to the session and ensure they feel comfortable with the route, pace & distance Brief runners on the route to be used. Ensure runners of similar ability are in each training group (Via Spond) 	L	<p>Maintain a register with emergency contact numbers (Spond)</p> <p>Appoint a “sweep” runner to accompanying the last runner in the group.</p>	L	<p>Coach</p> <p>Run Leader</p> <p>Runners</p>	Ongoing	

		<ul style="list-style-type: none"> Ask runners to advise if they need to drop back or leave the session early 					
<p>Personal Injury</p>	<p>Runners may sustain an injury or be taken ill during the session</p>	<ul style="list-style-type: none"> A runner who sustains a minor cut or abrasion should be offered the opportunity to be accompanied back to MHS where a first aid kit can be accessed. A runner sustaining a serious injury or becoming seriously ill must not be left alone. Appropriate assistance should be summoned using a mobile 'phone or by knocking on the door of nearby houses. Although a run leader led warm up and cool down will take place at each session (this is not always possible due to timings, route and start or end location arrangements) it is the responsibility of each runner to ensure they are safe and fit to run by completing their own warm up and cool 	<p>M</p>	<p>Pre run briefings.</p> <p>Training in First Aid</p> <p>Seek medical attention/call the emergency services.</p> <p>Report to UK Athletics and local authority (as required)</p>	<p>L</p>	<p>Run Leaders</p> <p>Runners</p>	<p>Ongoing</p>

		down activities as appropriate						
General	Runners feeling unwell before, during or after a training session	<ul style="list-style-type: none"> For personal health issues all members are advised to consult their GP before taking part in running club activities. Members have a responsibility to inform the Run Leader of any pre-existing or current health issues. Members have a responsibility not to run if unwell (including during a training session). 	L	Run Leaders to check on the status of runners before training session departure	L	Run Leaders Runners	Ongoing	

Last reviewed and updated on 16th January 2023