

Risk Assessment: LFR Club Runs

Date:	Assessed by:	Location :	Review :
08 / 08 /22	Andrew Heale	Leighton Buzzard	Aug 24

What are the Hazards?	Who might be harmed and how?	Standard actions to Mitigate risk	Risk Rating	Additional Actions	Resultant Risk Rating	Who is responsible
All Runs						
Traffic	Risk of being hit by Traffic when road running Causing an accident with other road users	<ul style="list-style-type: none"> Follow highway code (run on the right) Whole group responsible for checking traffic and warn each other 	H	Runners reminded to wear reflective/bright clothing if route known to be on road	L	Club Run Leader All



Traffic	Risk of being hit by traffic when crossing roads	<ul style="list-style-type: none"> • Cross using zebra crossings and pedestrian crossings • Be wary of driveways 	M	Whole group responsible for checking traffic and warn each other	L	
Bumping or Jostling	Runners tripping each other	<ul style="list-style-type: none"> • Group sizes to be limited in size or set off in waves . • Runners to be aware of each other and run responsibly keeping a sensible distance 	L	Runners to go single file when appropriate Stop and regroup in sensible places	L	Committee All runners
Falling/Slipping on slippery surfaces	Runners falling or slipping	<ul style="list-style-type: none"> • Remind runners to take care in wet conditions • Maintain sensible distance between runners • Walk if conditions particularly difficult 	M	Alternative route to be taken if necessary	L	Run Leader
Running in the Dark , general	Risk of being hit by traffic or other pavement users Third parties hit/knocked over	<ul style="list-style-type: none"> • Runners reminded to wear Hi Viz and if possible lights • Keep to routes with street lighting where possible • Avoid road running wherever possible (keep to pavement) • Use appropriate Road Crossings 	M	Inappropriately dressed runners may be asked not to participate in a run Runners may not be allowed to run with the group.	L	Committee Run Leader Run Leader Run Leader
Unexpected obstacles in Pavement	Runners tripping (Examples: roadworks, cyclists, bollards, street furniture, broken slabs,	<ul style="list-style-type: none"> • Front runners to warn runners behind of obstacles 	M		L	All runners



	overhanging foliage, dog mess, road signs, dustbins, potholes & kerbs)					
Dogs	Runners chased/attacked/cornered by dogs	<ul style="list-style-type: none"> Remain vigilant in areas where dogs are walked off the lead Slow and walk if necessary Avoid turning your back on a dog Seek assistance from owner if appropriate Remain calm and avoid unexpected movements 	M	If really nervous runner with you then you may need to change route to avoid dog	L	Run Leader
Hot Weather	Dehydration of runners /sunburn/ heat exhaustion	<ul style="list-style-type: none"> Advise runners to wear appropriate kit (High factor Sun Cream, sunglasses, hat, carry water etc) Avoid running 11-3 when sun is hottest 	M	If extreme Run Leader may cancel the run	L	Committee
Cold Weather	Runners slipping on ice, frostbite, cold & uncomfortable	<ul style="list-style-type: none"> Advise runners to wear appropriate kit (Layers, gloves etc) and to warm up Take care to avoid known areas of ice/slippery areas. 	M	If conditions considered to be dangerous runs will be cancelled	L	Committee Run Leader
Getting Lost	Entire group gets lost	<ul style="list-style-type: none"> Run leader to be familiar with area and run route at least once Run leader to brief group on planned route Ensure have mobile phone in group with map app 	L	RunLeader to have WHAT3WORDS app on phone	L	Run Leader



				Run leader to do out & back if unsure how to proceed		
Losing a Runner	Runner gets lost/left behind	<ul style="list-style-type: none"> • Regrouping so runners not split up • Remind runners to run with a group of their ability • Run leader to keep count numbers at start/ end and throughout • Members to scan in or register on website, so numbers are known 	M	Run leader to remind whole group that whole group to look out for each other.	L	Run Leader Committee Run Leader Committee
Asthma	Runner experiences Asthma attack	<ul style="list-style-type: none"> • Asthma sufferers advised not to run if fear an attack is imminent • Asthmatics to carry inhalers • Asthmatics to advise run leader although responsibility is the individual 	H	<p>Runner to carry ICE details</p> <p>Club to make sure ICE details are up to date</p>	L	Runner
Other Medical Conditions	Runner experiences other medical condition	<ul style="list-style-type: none"> • Runners with known condition should carry appropriate aid and card • Advise the run leader although responsibility is the individual 	M	<p>Runner to carry ICE details</p> <p>Club to make sure ICE details are up to date</p>	L	Runner



COVID	Spread and transmission of COVID19 virus	<ul style="list-style-type: none"> Remind members to follow latest Government guidance If using the hall, provide antibacterial handwash and ventilate. (Doors & windows open) 	M	If local infection rates increase may require members to use face masks, meet outside, limit group sizes or other measures recommended through government guidelines	M	Committee
Trail Runs						
Uneven Ground	Runners tripping particularly on trail runs	<ul style="list-style-type: none"> Stick to well known routes/footpaths Reminder of appropriate footwear Front runners warn following runners of hazards 	M	Run leader to Recce run if uncertain	L	Run Leader Committee All runners
Stiles	Runners slipping especially when wet or if badly maintained	<ul style="list-style-type: none"> Remind runners to take care Avoid if possible 	L	Run leader to Recce run if uncertain	L	Run Leader
Livestock in Fields	Runner chased/attacked/ cornered by livestock Distress to livestock	<ul style="list-style-type: none"> Observe field before entering, find alternative route if any sense of aggressive behaviour If caught unawares remain calm and avoid unexpected movements , make your way to nearest safest exit 	M	Run leader to Recce run	L	Run Leader



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Overgrown vegetation/brambles/nettles	Runners may trip, get stung, scratched etc	<ul style="list-style-type: none"> Warn runners if likely to be overgrown and give option to opt out Find alternative route if impassable 	M	<p>Run leader to recce route to check on suitability</p> <p>Consider clearing route with sacceteurs etc or finding alternative</p>	L	Run Leader
Running in the Dark Off Road	Risk of collision. tripping with others or obstacles	<ul style="list-style-type: none"> Experienced run leader required to supervise in small groups All runners to wear a torch Run at appropriate (slower) pace 	H		M	<p>Run Leader</p> <p>Runner Runner</p>

NB Copy and paste rows as required