



Didcot Runners
Didcot Town Football Club
Loop Meadow
Bowmont Water
Didcot
Oxon
OX11 7GA

Risk Assessment

Adopted on 25th January 2019

| Weather | | Likelihood | Potential impact | Mitigating or planned action |
|------------------------|---|-------------------------|-------------------------|--|
| S1.1 | Lightning causing danger. | Low | High | Leaders to postpone or cancel the run. |
| S1.2 | High wind causing possible falling branches/trees. | Medium | High | Leaders to postpone or cancel the run. If run proceeds, at start remind runners to be careful of trees/branches and that they run at their own risk. |
| S1.3 | Snow/icy conditions underfoot. | Low (High in Winter) | High | Leaders to postpone or cancel the run. If run proceeds, at start remind runners to be careful of icy conditions and that they run at their own risk. |
| S1.4 | Very extreme weather, hot or cold. | Low | High | Leaders to postpone or cancel event. If run proceeds, at start remind runners to be careful of the conditions and to stay hydrated if hot and a good warm up if cold. |
| S1.5 | Running in the dark. | Medium (High in Winter) | High | Runners encouraged to wear light or reflective clothing (hi viz bibs can be purchased from sports retailers). |
| Route obstacles | | Likelihood | Potential impact | Mitigating or planned action |
| S2.1 | Traffic. | Medium | Medium | Be seen – wear reflective clothing. Stay on pavements as far as possible. If forced to run on the road, stay to the right-hand side (facing the oncoming traffic). When crossing roads use pedestrian crossing if possible. Everybody to check for traffic – don't just follow the leader. Leader/Lead runners to shout warnings to following group if traffic approaches unexpectedly. |
| S2.2 | Uneven running surface/risk of falling slipping on steep or slippery surface. | Medium | Medium | Leaders are to, as far as is reasonably possible, select routes that are free from potholes and loose ground. Runners to take care when changing levels e.g. descending from curbs. Runners are to wear appropriate/suitable footwear. Lead runner to shout warning if surface becomes uneven. |

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| S2.3 | Unexpected obstacles on the pavement. | Medium | Low | Leader/Lead runner to advise following group of any unexpected hazards which they come across e.g. road works, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, dog mess, road signs, holes and kerbs. |
| S2.4 | Stiles. | Medium | Low | Care to be taken when climbing stiles, particularly in wet weather when they may be slippery. Badly maintained/broken stiles to be avoided if possible or climbed with extra care. |
| S2.5 | Animals. | Medium | Low | Observe animals before entering a field – do not startle/scare. Walk past animals. Close gates securely. Warn other runners. If aggressive animal behaviour is observed choose alternative route. |
| S2.6 | Overgrown vegetation/brambles/nettles. | Medium | Low | Warn runners if route is expected to be overgrown. Give runners opportunity to opt out. If route is impassable take an alternative route. |
| Other Run Risks | | Likelihood | Potential impact | Mitigating or planned action |
| S3.1 | Motor vehicles cause danger in the car park before/after the run. | Low | High | Include warnings at the run brief, on website and social media. |
| S3.2 | Course blocked (e.g. by maintenance work, road closure, accidents). | Low | Medium | Leaders to change route with explanation, postpone or cancel event. |
| Runner Risks | | Likelihood | Potential impact | Mitigating or planned action |
| S4.1 | Runner has sudden serious health problem (e.g. heart attack, stroke, asthma attack). | Low | High | Safety advice on website includes that runners should be able to run for 30 minutes continuously. Leaders to ensure that emergency services called with clear information as soon as possible. Request for specialist help can be made to other runners. |

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| S4.2 | Runner has serious injury during run. | Low | High | As above for sudden serious health problem. |
| S4.3 | Runners fall causing injuries. | Low | High | Safety advice on website. If possible, leader/runners to marshal and stand by particularly slippery areas advising runners to take caution while recovery action is taken. The tail runner may carry a basic first aid kit during a run. |
| S4.4 | Conflict with dog walkers and other park/public footpath users. | Low | Medium | Other users regularly use the routes. Runners to be reminded at run brief that they do not have priority over other route users and to be courteous at all times. |
| Additional risks | | Likelihood | Potential impact | Mitigating or planned action |
| A1 | Losing a runner/getting lost. | Medium | Low | Runners to stick together where possible. Appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a run consistent with their ability. If running in pacing groups, the leader will make the approximate pace of the group clear before commencing the run. Use of tail runner that knows the route. The tail runner will always complete the entire route. All runners to sign attendance sheet at start and end of race. Route details to provide in advance. Use navigational aids such as Garmin maps on running watches. Take personal Mobile phone. |
| A2 | Travel/Parking. | Medium | Low | Runners to ensure that they have appropriate insurance cover. Drive sensibly and follow the highway code. Parking is at owner's risk. |
| Emergency Procedure - Call the emergency services (999). | | | | |