

**Didcot Runners Running Club  
Risk Assessment April 2017**

<b>Weather</b>		<b>Likelihood</b>	<b>Potential impact</b>	<b>Mitigating or planned action</b>
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).
<b>Route obstacles</b>		<b>Likelihood</b>	<b>Potential impact</b>	<b>Mitigating or planned action</b>
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.
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.
<b>Other Run Risks</b>		<b>Likelihood</b>	<b>Potential impact</b>	<b>Mitigating or planned action</b>
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.
<b>Runner Risks</b>		<b>Likelihood</b>	<b>Potential impact</b>	<b>Mitigating or planned action</b>
S4.1	Runner has sudden serious health problem (eg 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.
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.
<b>Additional risks</b>		<b>Likelihood</b>	<b>Potential impact</b>	<b>Mitigating or planned action</b>

A1	Losing a runner/getting lost	Medium	Low	<p>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. Tail runner completes 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.</p>
A2	Travel/Parking	Medium	Low	<p>Runners to ensure that they have appropriate insurance cover.  Drive sensibly and follow the highway code.  Parking is at owners risk.</p>
Emergency Procedure - Call the emergency services (999).				