

Risk Assessment: Monday evening run sessions

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| Date: | Assessed by: | Location: | Review: |
| 18/01/2024 | Lesley Bailey | Walsall Arboretum | 15/07/24 |

Foreword

This Risk Assessment:

1. Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
2. Has been prepared for Walsall Arboretum Running Club sessions under the guidance of a UKA qualified Run Leader in Fitness with appropriate UKA Insurance cover.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with road running.

| 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 |
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| Visibility on open roads | Runners & other road users: Collision with traffic & other road users; cars, bicycles, etc. | <ul style="list-style-type: none"> • Allocate a “lead” & “sweep” runner wearing Hi-Viz clothing • Runners to wear Hi-Viz clothing or lights and bright clothing & to keep alert to traffic & other road users | H | <ul style="list-style-type: none"> • Advise runners to run on footpaths where provided, not on the road • Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc. • Warn runners to be diligent • Cancel session if visibility level is particularly poor | L | Run leader & runners | When going along roads | Each Training Session |
| Falling in canal | Runners & leaders: tripping or slipping into canal. | <ul style="list-style-type: none"> • Warn about uneven tow path • Avoid when muddy & slippery | M | <ul style="list-style-type: none"> • Don't run along canal after a period of heavy rain. • Run leader to check suitability of tow path before leading a run along it. • Advise runners of route beforehand to give them a chance to opt out. • Don't run along canal in dark | L | Run leader | Before using canal path | |

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| Crossing Roads | Runners & other road users: Collision with traffic & other road users; cars, bicycles, etc. | <ul style="list-style-type: none"> • Advise runners to use designated road crossing | M | <ul style="list-style-type: none"> • Warn runners to stay alert of traffic & cars pulling out of driveways | L | Run leaders & runners | Each Training Session | Each Training Session |
| Weather | Runners & leaders: Illness or injury from extreme weather; rain, standing water, snow, ice, fog, etc. | <ul style="list-style-type: none"> • Check weather in advance • Runners are considered to be responsible & as such expected to wear clothing appropriate to the conditions | M | <ul style="list-style-type: none"> • Advise runners if their clothing is not considered appropriate to the conditions • Adjust session to suit or in extreme cases cancel | L | Run leaders & runners | Each Training Session | Each Training Session |

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| Slips, trips & falls (ice, frost, wet leaves, uneven surface, etc.) | Runners & leaders: injuries from slipping/tripping and falling | <ul style="list-style-type: none"> Asses conditions before session & warn runners of potential risks or hazards Advise runners to remain alert to changing conditions | M | <ul style="list-style-type: none"> Warn runners to stay alert to identify risks & hazards Front runners to shout back when surface changes to uneven ground. | L | Run leaders & runners | Each Training Session | Each Training Session |
| Pedestrians | Runners & Pedestrians: Cuts, grazes or bruises from collision | <ul style="list-style-type: none"> Advise runners that the arboretum is shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks | M | <ul style="list-style-type: none"> Give due consideration to other venue users | L | Run leaders & runners | Each Training Session | Each Training Session |
| Dogs | Runners & leaders: injuries from attacks or trips | <ul style="list-style-type: none"> Avoid contact with animals Stay alert in proximity to dog walkers and possibility of extended dog leads | M | <ul style="list-style-type: none"> Give due consideration & warning to dog walkers | L | Run leaders & runners | Each Training Session | Each Training Session |
| Lost or missing athletes | Runners: Getting lost or injured whilst out of direct contact from leader or training group | <ul style="list-style-type: none"> Maintain a register with emergency contact numbers Take head count before warm-up Maintain head count during & after training session Brief runners on route/course to be used Allocate runners to similar ability training groups Ask athletes to advise if dropping out or leaving session early | M | <ul style="list-style-type: none"> Use a back marker who knows the route on longer runs. Use loop back method to prevent group separating too much If a runner is identified as missing organise a sweep of the route/training venue course If the athlete cannot be located contact emergency services and report missing person | L | Run leaders & runners | Each Training Session | Each Training Session |

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| Risk of contracting infectious illnesses while helping injured runners | First Aider & injured runner: catching infectious illnesses | <ul style="list-style-type: none"> Carry face covering & hand sanitiser in First Aid kit | M | <ul style="list-style-type: none"> Run leader to carry first aid kit and if minor first aid is required this should be self-administered by the injured party where possible. If help is required, then limit the amount of close contact and touching to a minimum. Run leader to carry mask and first aid kit. Leaders aware of emergency contacts and reporting procedures Run leaders to carry mobile phone in case 999 needs to be called or other run leaders | L | Run leaders & runners | Each Training Session | Each Training Session |
| Not being in group suitable for the level of fitness for each runner | Runners: not being able to keep up with rest of group | <ul style="list-style-type: none"> Website explains running fitness required for each group New members fill in form with their current level of running Explanation of what each group is doing each week | M | <ul style="list-style-type: none"> Speak to new members at their first attendance to recheck their fitness levels and check they will be in correct group Advise they should run at their level they are capable of and can change group if needed | L | Run leaders Club secretary | When new runners join club | Each Training session |
| Asthma /medical conditions | Runners: need medical attention | <ul style="list-style-type: none"> All Run Leaders to have relevant First Aid qualification Runners disclose medical conditions on club application form Runners to advise run club of any change in long-term medical conditions Medical conditions appear on QR scanner when checking in at club night | M | <ul style="list-style-type: none"> Remind runners to inform leaders of any changes in long-term medical conditions Runners to carry medication as needed eg inhaler | L | Run leaders | Run leaders up-to-date with relevant First Aid training. November 2023 | |



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| Safety of junior club runners | Junior runners: getting lost | <ul style="list-style-type: none"> Run leaders to undertake safeguarding training as part of Run Leader in Fitness course Run leaders to be DBS checked Renew safeguarding training and DBS check every 3 years. | M | <ul style="list-style-type: none"> Junior runners to remain with group at all times Ask juniors to buddy up with a senior member on extended runs | L | Run leaders & runners | Each Training Session | Each Training Session |
| Muscle injury incurred at training session | Runners: pulled muscles & strains | <ul style="list-style-type: none"> Leaders check before sessions if runners have any injuries Warm up/cool down sessions incorporated as part of sessions | M | <ul style="list-style-type: none"> Advise runners that if they choose not to warm up/cool down it is at their own risk | L | Run leaders | Each training session | Each Training session |
| Running in darkness | Runners, leaders and other park users: tripping over; bumping into other people | <ul style="list-style-type: none"> Advise runners to wear high-viz and head torches or front and back lights during winter months | M | <ul style="list-style-type: none"> If a runner hasn't got suitable lighting they should buddy up with a runner who has Remind runners to be aware of other park users/dogs who may not be lit up Try to limit activities to lit / partially lit areas of park | L | Run leaders & runners | Dark night training session | Each training session |
| Unsuitable terrain because of kerbs. Risk of traffic | Wheelchair user and carers. Trips or crashes and potential accidents with cars. Members of the public. | Nothing first risk assessment | High | <ul style="list-style-type: none"> Wheelchair user and carer to join a group that stays in arboretum. Where surfaces have been checked and is traffic free. Run Leader to communicate ahead of run if they are leaving the park so that carer can decide which group is appropriate. | L | Run leaders & runners | Every training session | Ongoing review required |



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| People being tripped or hit by wheelchair | Runners, run leaders, wheelchair users and members of the public. People getting to close to wheelchair and sudden change of direction. | Nothing first risk assessment | | <ul style="list-style-type: none"> • Only allow a trained carer to run with wheelchair • Remind runners who are in same group to watch out for wheelchair and allow extra space. • Lights to be used in winter. • Request runner with wheelchair give a verbal warning when overtaking. | | Run leaders & runners | Every training session | Ongoing review required |
| Wheelchair users | Runners, wheelchair user, leaders and other park users: tripping others; bumping into other people | <ul style="list-style-type: none"> • Wheelchair pusher to be aware of others around him | HIGH | <ul style="list-style-type: none"> • Only allow a trained carer to run with wheelchair • Remind runners who are in same group to watch out for wheelchair | M | Run leaders & runners | Every training session | Each training session when wheelchair is present. |
| Wheelchair users | Wheelchair user and carers. Unsuitable terrain because of kerbs. Risk of traffic | <ul style="list-style-type: none"> • Going out of the arboretum and running along pavements/roads • Stick to tarmacked paths within arboretum | High | <ul style="list-style-type: none"> • Wheelchair user and carer to join a group that stays in arboretum | L | Run leaders & runners | Every training session | Each training session when wheelchair is present. |
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