

HEALTH & SAFETY RISK ASSESSMENT	SWINDON STRIDERS RUNNING CLUB
DATE: January 2018	ACTIVITY: Running/Jogging/Walking
ASSESSED BY: Andy Rhoades / 2018 Committee	APPROVED BY: Stephen Turtle / Mark Jones

HAZARD/RISK	CONTROL MEASURES	RISK LEVEL	INFO
General	<ul style="list-style-type: none"> • The Club provides either: <ul style="list-style-type: none"> ○ 3 groups for different abilities on club nights, leaving at 5 minute intervals; or ○ a group run covering all abilities with re-grouping points as necessary. • A Run Leader will be appointed for each run/group. • Members run at their own risk and are responsible for joining the appropriate group for their ability. • New or inexperienced runners are to be accompanied on the route by an experienced Club Member. 	Medium	Runner's responsibility
Group Abilities/Experience	<ul style="list-style-type: none"> • The Club provides 3 groups for different abilities on club nights, leaving at 5 minute intervals. • A Run Leader will be appointed for each group. • Members run at their own risk and are responsible for joining the appropriate group for their ability. • New or inexperienced runners are to be accompanied on the route by an experienced Club Member. 	Medium	Pre run gathering

Route surfaces and potential hazards <i>(Slips, Trips and Falls)</i>	<ul style="list-style-type: none"> • Members to be advised of type of route surfaces ie: off road/ trail or road routes. • Individuals to take own responsibility for care when running on uneven, slippery surfaces and to be aware of kerbs and any other potential running hazards. • Members are requested to warn other runners of impending hazards, pedestrians, kerbs, low signs etc 	Medium	Pre run gathering and route on facebook page
Traffic conflict and road crossing	<ul style="list-style-type: none"> • Members to take personal responsibility when crossing roads and not to assume traffic will give way. • Do not assume the runner in front has ensured the road is clear. • Members to be advised not to run in roads unless absolutely necessary and to use paths, pavements and designated crossings where available. 	Medium	Pre run gathering
Weather conditions and clothing	<ul style="list-style-type: none"> • Appropriate clothing and running footwear to be worn at all times to suit weather conditions. • Members to be advised and reminded to wear appropriate clothing during darker evening runs, including lights, Hi Viz, reflective etc.. • Severe weather conditions may result in training runs being cancelled. Notified via Facebook. 	Low to High	Facebook page pre run
Routes	<ul style="list-style-type: none"> • Route maps made available for members to view before each run. • Members to take personal responsibility to make sure they know the route that they are running and to be aware of which runners are in their group. • Routes to reflect current running conditions e.g. weather, daylight/darkness 	Medium	Facebook page pre run and pre run gathering
Lone runners	<ul style="list-style-type: none"> • Members to be advised that they should be aware of fellow runners around them and to ensure, where possible, no one is left to run completely alone. • During the run, if members are aware of a 'lone' runner, they are to advise Run Leaders at the earliest opportunity. 	Medium	Pre run gathering

Phone/Music ie: ipod, MP3 etc	<ul style="list-style-type: none"> Members must not use earphones whilst on club runs. 	Medium	Runner's responsibility
Health issues	<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 club run). 	Low to High	Runner's responsibility
Following instructions	<ul style="list-style-type: none"> Members to follow instructions from Run Leaders regarding notices of route changes, clothing, personal safety etc. 	Low	Pre run gathering and facebook pre run
Interaction with the public	<ul style="list-style-type: none"> Members to be considerate at all times with the general public and to take personal responsibility for their actions. 	Low	Runner's responsibility
Animals / livestock	<ul style="list-style-type: none"> Members to be cautious when running past dogs or running near livestock and animals. Pre run briefing session for routes with known livestock e.g. summer routes across farmland. Group to move through or pass livestock together, following a dynamic site specific assessment. 	Medium	As encountered by runners / group