

HEALTH & SAFETY RISK ASSESSMENT	SWINDON STRIDERS RUNNING CLUB
DATE: June 2024	ACTIVITY: Running/Jogging/Walking
ASSESSED BY: Jenny Connolly/ Striders Committee	APPROVED BY:

HAZARD/RISK	CONTROL MEASURES	RISK LEVEL	INFO
General	<ul style="list-style-type: none"> -Members run at their own risk and are responsible for running at the appropriate speed and distance for their ability allowing for the route and conditions ¹ -Club provides 2 routes which will be shared in advance on facebook and the Club website 	Medium	Runner's responsibility
Group Abilities/Experience	<ul style="list-style-type: none"> -Members in attendance split into appropriate ability groups. -Runners in attendance to decide how members split into pace/ distance groupings. -Re grouping decided by members as appropriate (distance, speed, terrain, conditions, light/ dark) -New members are met by club members at the start of the run and encouraged to run with another club member. 	Medium	Pre run gathering
Route surfaces and potential hazards	<ul style="list-style-type: none"> -Members to be advised of the type of route surfaces i.e.: off road/ trail or road routes. -Individuals take responsibility for care when running on uneven, slippery surfaces and to be aware of kerbs and any other potential running hazards. 	Medium	Pre run gathering and route on Facebook page

¹ Conditions cover terrain, weather, lighting, surface conditions.

	<ul style="list-style-type: none"> -Individuals in attendance take their own responsibility for hazards, pedestrians, kerbs, low signs etc. This should be prior to running and during the run. -Where possible warn other members on each run of hazards, pedestrians, kerbs, low signs etc- consider individual needs of all club members including hearing, sight and mobility. -Club run cancelled if the committee/ coach deem weather conditions to have a detrimental impact on the route. 		
Traffic conflict and road crossing	<ul style="list-style-type: none"> -Members take personal responsibility when crossing roads and not to assume traffic will give way. -Members are not to assume that the runner in front has ensured the road is clear -Members to be advised not to run on roads unless absolutely necessary and to use paths/pavements when available. -Runners to use 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. -Runners take responsibility for hydration, sun protection etc during runs in hotter weather. -Severe weather conditions may result in training runs or another activity 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 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. 	Medium	Facebook page pre run and pre run gathering Available pre run on website

	-Routes to reflect current running conditions e.g. weather, daylight/darkness.		
Lone runners	-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 advised to stop and regroup or inform others when they return to finish of run	Medium	Pre run gathering
Music i.e.: iPod, MP3 etc.	-Members must not use earphones whilst on club runs	Medium	
Health issues	-For personal health issues all members are advised to consult their GP before taking part in running club activities. -Members to make the club aware of any pre-existing or current health conditions. -Members have a responsibility not to run if unwell (including during a club run).	Low to High	Runner's responsibility
Following instructions	-Members follow instructions from the committee regarding notices of route changes, clothing, personal safety etc. -Instructions will be communicated on social media so members can be aware prior to club runs.		Pre run gathering and Facebook pre run
Interaction with the public	-Members to be considerate at all times with the general public and to take personal responsibility for their actions. i.e.: moving aside when running past others on the pavements.	Medium	Runner's responsibility
Animals/ Livestock	-Members to be cautious when running past dogs or running near livestock and animals		As encountered by runners/ groups.

	<ul style="list-style-type: none"> -Pre run briefing for routes with known livestock e.g. summer routes across farmland. -Group to move past livestock together using a dynamic site specific assessment -No dogs allowed on club runs 		
Coached sessions	<ul style="list-style-type: none"> -Session will only run if a qualified run leader is in attendance. -Coach is first Aid qualified- First Aid essentials in Sport and Active Leisure course 		Coach/ runner's responsibility
Assisting other club members	<ul style="list-style-type: none"> -Members take personal responsibility for any assistance they provide to other club members during club sessions. -Members to ensure that they are able to assist prior to offering help/ stepping in to help others- consider their own health, wellbeing and ability. 		