

Axe Valley Runners: Running Groups Risk Assessment

Date Reviewed: September 2021

Next Review Due: September 2022

All participants must be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual and they run at their own risk. A declaration to this effect is included on the electronic membership form.

What are the hazards	Risk rating (severity)	What we do to reduce risk every run	Mitigated risk rating	What else do we do to reduce the risk	Action by whom	Notes
Group size		<ul style="list-style-type: none">Ideally groups will be about max 12 in size with one group leader. If significantly more than that the group should become two groups for that session			<ul style="list-style-type: none">Group leaders	
Group speed		A guide to the pace of each group is on the website under "Club nights". Every runner is responsible for ensuring they are capable of achieving the published pace			Runners	

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Losing a runner		<ul style="list-style-type: none"> • Designate someone to be rear runner (this could be changed at every pre-identified loop back point) unless the group is small and everyone is running at an identical pace • Fast runners must loop back consistently unless route is unsuitable to allow looping back • If runner is lost, follow up immediately or alert Chair/Captains to follow up 			<ul style="list-style-type: none"> • Group leader • Runners • Group leader • Group leader & Chair/ Captains 	<ul style="list-style-type: none"> • We aim to be an inclusive club and expect all runners to help, encourage & look after each other
Runner choosing not to complete a session or running ahead of group		<ul style="list-style-type: none"> • Inform group leader you intend to do your own session and leave the group 			<ul style="list-style-type: none"> • Runners 	<ul style="list-style-type: none"> • If a runner leaves a group without informing the leader, the leader should let the chair know with brief details
Poor Communication		<ul style="list-style-type: none"> • All group must have at least one runner carrying a charged mobile phone 			<ul style="list-style-type: none"> Group leaders & Runners 	

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Injury, medical emergency or illness during run		<ul style="list-style-type: none"> • “walking wounded” - at least one member of the group will walk with the runner back to base or home whichever is closest, or wait with them while a family member comes. Let group leader know that all is well, or not, as soon as possible. • Other - dial 999 for ambulance • Make a written report as soon as possible to Chair 		<ul style="list-style-type: none"> • If the incident happens in a mobile blackspot the group leader will arrange for a couple of runners to run for help. • We encourage all runners to wear an ICE wristband when running 	<ul style="list-style-type: none"> • Group leader • Group leader/runner 	Insurance companies may need to know what happened, who did what, when and where even months after the event so making notes asap is very important
Existing injury		<ul style="list-style-type: none"> • Inform group leader of any injury which may affect your run • Make sure you run in the group closest to your current ability 		<ul style="list-style-type: none"> • Indicative group paces are included on the website at https://www.axevalleyrunners.org.uk/club-nights/ 	<ul style="list-style-type: none"> • Runners 	
Runners wearing clothing or shoes inappropriate for weather, light, or terrain conditions		<ul style="list-style-type: none"> • Perform visual check of clothing & shoe suitability • Routes for runs are put on the website calendar so members can select the most appropriate shoes etc 		<ul style="list-style-type: none"> • Runners in unsuitable clothing/shoes should be advised of this & group leader should make a short note to that effect for future reference. • weekahead will advise on use of torches and high-vis clothing during dark evenings • On dark evenings runners with no torch will not run unless the planned route is entirely on lit roads/paths 	<ul style="list-style-type: none"> Group leaders Chair Runners 	

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Uneven ground, potholes, thick mud, beaches and similar		<ul style="list-style-type: none"> • Run routes are advised by group leaders on calendar • Clothing/shoe check as above • Runners shout warnings to those behind them if appropriate • Run leader will check tide times for beach runs 		<ul style="list-style-type: none"> • If more severe than expected use a different route 	<ul style="list-style-type: none"> • Group leaders • Runners 	
Farm animals		<ul style="list-style-type: none"> • Run route advised on members website • Follow the countryside code • Consider walking past animals or amending route to avoid them (especially when cows have calves with them) • Follow any advice given by horse riders as some horses are frightened by runners passing them 		<ul style="list-style-type: none"> • A reminder re sheep ticks will be included once every year in the Weekahead 	<ul style="list-style-type: none"> • Group leaders • Runners • Chair 	
Overgrown paths		<ul style="list-style-type: none"> • If route is badly overgrown tending towards impassable an alternative route will be taken 		<ul style="list-style-type: none"> • If route is impassable due to debris, overgrown vegetation, fallen trees email DCC Roads and Transport "report a problem" 	<ul style="list-style-type: none"> • Group leaders 	
Very hot weather		<ul style="list-style-type: none"> • Take water • Use sunscreen 			<ul style="list-style-type: none"> • Runners 	<ul style="list-style-type: none"> • Club runs take place in the evening currently

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Very cold/stormy/snowy weather		<ul style="list-style-type: none"> In icy/stormy(lightning)/snowy conditions runs may be delayed, postponed or cancelled 			<ul style="list-style-type: none"> Group leaders 	
Ashmatic runners		<ul style="list-style-type: none"> Let group leader know you have your inhaler with you 			<ul style="list-style-type: none"> Runners 	
Medical conditions		<ul style="list-style-type: none"> Make sure the group leader knows about any medical condition which may affect your run but please don't rely on their memory and remind them 		We encourage runners to wear ICE ID bands when running	<ul style="list-style-type: none"> Runners 	<ul style="list-style-type: none"> The club does not hold a list of runners' medical conditions
Running in pregnancy		<ul style="list-style-type: none"> Runners who are or may be pregnant are strongly advised to seek advice from medical professionals before running in the various stages of pregnancy 			Runners	
Road crossings		<ul style="list-style-type: none"> Leader identifies best place to cross roads, i.e. where a prudent pedestrian would cross Take personal responsibility (don't just follow the runner in front) 			<ul style="list-style-type: none"> Group leader Runners 	
Members of the public		<ul style="list-style-type: none"> Runners on pavement and paths have no more right to be there than any member of the public. Have their safety as well as your own in mind 			<ul style="list-style-type: none"> Runners 	

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Pre run warm up and post run stretch		<ul style="list-style-type: none"> This is the responsibility of each runner 			<ul style="list-style-type: none"> Runners 	however, any beginners group run will include these as part of the session. Group leader must arrange this
Dogs		<ul style="list-style-type: none"> Not allowed on club runs 			<ul style="list-style-type: none"> All 	
Headphones		<ul style="list-style-type: none"> Not allowed on club runs 			<ul style="list-style-type: none"> Runners 	EA allows the use of bone conductors in races if the race director wishes
Scout hut		<ul style="list-style-type: none"> Visual check of hall 			<ul style="list-style-type: none"> Key holders 	We don't currently have access to the scout hut.
Roads without pavements		<ul style="list-style-type: none"> Always run towards on-coming traffic unless the opposite gives better view of road ahead Shout "car coming" to those behind 		<ul style="list-style-type: none"> Cross as a group rather than haphazardly unless this is more hazardous 	<ul style="list-style-type: none"> Runners 	
Swapping race numbers		<ul style="list-style-type: none"> Follow instructions from race organiser to ensure number is transferred correctly If there is no facility to transfer then number is not swapped 		<ul style="list-style-type: none"> Members swapping numbers without following proper process, or running, or allowing someone else to run with a number that is not theirs will be deemed to have brought the club into disrepute and will be subject to the provisions of the constitution 	<ul style="list-style-type: none"> Runners 	

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Runners aged under 17		<ul style="list-style-type: none"> • Are not allowed to run in adult groups 			<ul style="list-style-type: none"> • All 	
Handicap		<ul style="list-style-type: none"> • New runners run initially with someone who knows the route 			<ul style="list-style-type: none"> • Person organising the handicap 	
Facebook & Strava Groups		<ul style="list-style-type: none"> • Admin will delete any inappropriate posts or comments deemed to bring the club into disrepute • Alert admin to any such posts or comments 		<ul style="list-style-type: none"> • Any member repeating poor behaviour will be removed from the FB and/or Strava groups • The provisions of the club's constitution may be relied on to deal with individual members 	<ul style="list-style-type: none"> • Jon Day • Sarah Herfet • All 	