

# Axe Valley Runners: Running Groups Risk Assessment

Date Reviewed: September 2023      Next Review Due: September 2024

**Purpose:** 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.

Risk Levels:

High	Medium	Low
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Hazard and Risk Rating (Severity)	Responsible for Risk Mitigation	Mitigation Steps Additional Actions
Group Size	Group Leaders	Ideally groups will be about max 15 in size with one group leader. If significantly more than that the group should become two groups for that session
Group Speed	Runners	A pace guide for each group can be found at <a href="#">AVR Club Nights</a> .  Every runner is responsible for ensuring they can achieve the published pace.
Losing a Runner	Run Leader  Runners  Run Coordinator  Club Captain  Chair	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.  2°- Fast runners must loop back consistently unless route is unsuitable to allow looping back.  3°- If runner is lost, follow up immediately or alert Chair/Captains to follow up
Runner choosing not to complete a session or running ahead of the group	Runners	1° - Inform group leader you intend to do your own session and leave the group. 2°- If a runner leaves a group without informing the run leader, the run leader should let the chair know with brief details
Poor Communication	Run Leader & Runners	A charged mobile phone must be carried by a runner in the group
Injury, illness, or medical emergency during run	Run Leader & Runners	1° - "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.  2°- Let run leader know that all is well, or not, as soon as possible.  3°- Other - dial 999 for ambulance*  4°- If the incident happens in a mobile blackspot the group leader will arrange for a couple of runners to run for help.  5°- Make a written report as soon as possible to Chair.**  *We encourage all runners to wear an ICE wristband.  **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	Runners	<p>1° - Inform group leader of any injury which may affect your run.</p> <p>2° - Make sure you run in the group closest to your current ability.</p> <p>Indicative group paces are included at <a href="#">AVR Club Nights</a></p>
Runners wearing clothing or shoes inappropriate for weather, light, or terrain conditions	<p>Run Leaders</p> <p>Runners</p> <p>Chair</p>	<p>1° - Routes for runs are put on the AVR <a href="#">Calendar</a> so members can select the most appropriate shoes etc.</p> <p>2° - Perform visual check of clothing &amp; shoe suitability.</p> <p>3° - Runners in unsuitable clothing/shoes should be advised of this and run leader should make a note for future reference.</p> <p>4° - On dark evenings runners with no torch will not run unless the planned route is entirely on lit roads/paths</p> <p>5° - Chair's Week Ahead will advise on use of torches and high-vis clothing during dark evenings</p>
Uneven ground, potholes, thick mud, beaches and similar	<p>Run Leaders</p> <p>Runners</p>	<p>1° - Routes for runs are put on the AVR <a href="#">Calendar</a> so members can select the most appropriate shoes etc.</p> <p>2° - Clothing/shoe check as above</p> <p>3° - Runners shout warnings to those behind them if appropriate</p> <p>4° - Run leader will check tide times for beach runs</p>
Farm Animals		<p>1° - Run route advised on members AVR <a href="#">Calendar</a></p> <p>2° - Follow the countryside code</p> <p>3° - Consider walking past animals or amending route to avoid them (especially when cows have calves with them)</p> <p>4° - Follow any advice given by horse riders as some horses are frightened by runners passing them.</p> <p>5° - Chair's Week Ahead will advise on Ticks and Lyme Disease i.e., checking carefully after any off-road runs. <a href="#">NHS info on removal etc</a></p>
Overgrown Paths	Run Leaders	<p>1° - If route is badly overgrown tending towards impassable an alternative route will be taken.</p> <p>2° - If route is impassable due to debris, overgrown vegetation, fallen trees email DCC Roads and Transport "report a problem"</p>
Very Hot Weather	Runners	<p>1° - Take water</p> <p>2° - Use sunscreen</p> <p>3° - Club runs take place in the evening currently</p>
Very cold, stormy, snowy weather	Run Leaders	In icy/stormy(lightning)/ snowy conditions runs may be delayed, postponed or cancelled
Asthmatic Runners	Runners	Let group leader know you have your inhaler with you
Medical Conditions	Runners	<p>1° - Make sure the run leader knows about any medical condition which may affect your run but please don't rely on their memory and remind them at every run*, **</p> <p>* We encourage all runners to wear an ICE wristband.</p>

		** The club does not hold a list of runners' medical conditions
Running in Pregnancy	Runners	
Road Crossings	Run Leaders Runners	1° - Leader identifies best place to crossroads, i.e. where a prudent pedestrian would cross  2° - Runners must take personal responsibility (don't just follow the runner in front)
Members of the Public	Runners	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
Pre-run Warm Up and Post-run Stretch	Runners	This is the responsibility of each runner; however, any beginners group run will include these by the run leader
Dogs	All	Not allowed on club runs
Headphones	All	1° - Not allowed on club runs.  2° - EA allows the use of bone conductors in races if the race director wishes
Seaton Cricket Club	Key Holders	Visual check of pavilion and facilities
Roads without Pavements	Runners	1° - Always run towards on-coming traffic unless the opposite gives better view of road ahead.  2° - Shout "car coming" to those behind.  3° - Cross as a group rather than haphazardly unless this is more hazardous
Swapping Race Numbers	Runners	1° - Follow instructions from race organiser to ensure number is transferred correctly.  2° - If there is no facility to transfer, then number is not swapped.  3° - 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
Runners Under 17	All	Are not allowed to turn up to adult run groups
Handicap	Handicap Team	New runners run initially with someone who knows the route
Facebook, Strava, X and Social Media	Jon Day Joel Seward All	Admin will delete any inappropriate posts or comments deemed to bring the club into disrepute. Alert admin to any such posts or comments. 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