

Risk Assessment: Adult/Junior session Low Fell Running Club

| Date: | Assessed by: | Location: | Review: |
|--------------|--------------|---|----------|
| 01/ 06 /2018 | Carl Watson | Gateshead Stadium/Junior session Surrounding areas of Gateshead/adult session | On-going |

| 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 |
|--|--|--|-------------|--|-----------------------|----------------|
| <ul style="list-style-type: none"> •Venue /location •Ability of participants •Participants with known health problems injury/fitness – prior to session | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> • <i>Ensure there is a safe place for belongings and that participants feel safe at the venue</i> • <i>The leader should retain a copy of the disclaimer</i> • <i>The leader should retain contact details and a note of any medical conditions. Refer to GP if at all in doubt</i> • <i>Ensure medication is carried by participants where appropriate</i> | L | <i>On-going assessment</i> | L | <i>Coach</i> |



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|--|--|--|--|----------|---------------------|
| <ul style="list-style-type: none"> • Injury/illness unreported by participant • Inappropriate clothing • Visibility of group • Possible dehydration or low energy • Injury and illness during session • Footwear | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> • Perform a visual check and health/injury enquiry before every session • Clothing should suit the conditions • Reflective tops should be mandatory • Next of kin contact details should be available • A UKA, or equivalent, qualified leader must lead all sessions • New members should be pre-advised regarding water and food carrier part of beginner pack • Participants should have been advised to have eaten no more than two hours prior to the session • A clear policy on management of injured or ill runners is required • First aid must only be given if currently qualified • Advice on footwear can be given by the leader | <p>L</p> <ul style="list-style-type: none"> • Leader to carry Mobile phone • Count your group • Encourage a group member or leader to complete First Aid training | <p>L</p> | <p><i>Coach</i></p> |
| <ul style="list-style-type: none"> • Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish • Bags • Visibility • Ability of the group | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> • Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment • Participants forewarned of route obstacles • Routes selected that have good lighting wherever possible • Rural groups must wear lights • Road safety rules must be adhered to • Session kept to appropriate time • Intermediate and advanced sessions may be longer • Ongoing assessment by leader, with adaptation as required • Ability of the slowest/ least able sets the session time | <p>M</p> <ul style="list-style-type: none"> • Pre-check the route close to the day of the session • Always have contingency plans, or alternate routes. | <p>L</p> | <p><i>Coach</i></p> |



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| <ul style="list-style-type: none"> •All traffic, including other members of the public, runners, cyclists, crossing traffic | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> • Use any and all crossings provided as a prudent pedestrian •Cross as a group •Take personal responsibility •Reinforce every week •Respect all other users of the highway •Follow the Highway Code | <p>H</p> | <ul style="list-style-type: none"> •Ensure group procedure for regrouping at crossings is reiterated weekly | <p>L</p> | <p><i>Coach</i></p> |
| <ul style="list-style-type: none"> •Weather conditions - Icy wet slippery surfaces | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> •Weather reports should be checked leading up to and on the day. •Runners to be given advice on clothing, fluid intake and sun screen •Cancellation to be considered if ice, snow or lightning are likely •Carefully monitor participants for difficulties | <p>H</p> | <ul style="list-style-type: none"> •Ensure constant updates groups to only go ahead on the discretion of qualified coach. | <p>L</p> | <p><i>Coach</i></p> |
| <ul style="list-style-type: none"> •Animals and their owners. •Members of the public. | <p><i>Group leader</i></p> <p><i>Participants/Kids</i></p> | <ul style="list-style-type: none"> • Ensure runners keep aware of and alert to things around them •Be aware of any fears and phobias in your group – and take them seriously •Respect other street users •Follow the Countryside Code when on farmland. •Ensure participants are respectful of other road users •Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed | <p>H</p> | <ul style="list-style-type: none"> •On-going assessment. | <p>L</p> | <p><i>Coach</i></p> |
| <ul style="list-style-type: none"> •Young Person/Vulnerable adults | <p><i>Kids</i></p> <p><i>Adults</i></p> | <ul style="list-style-type: none"> •All coaches will be DBS checked and all background checks would have been carried out, prior checks on children to highlight any special requirements. | | <ul style="list-style-type: none"> •DBS annual checks on going assessments. | <p>L</p> | <p><i>Coach</i></p> |