

Risk Assessment: RA01 - BADAC General Road Running Group Assessment

Date Created:	Assessed by:	Location:	Last Review:	Next Review:
25/3/2015	Louise Hindmarsh	Barton & District Athletic Club - On Roads in Barton Upon Humber Area	16/10/2024	16/10/2026

Changes highlighted in **blue** from previous version of document.

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
Group Ability: Experience/ Health/ Numbers in group	Runners may be injured if they are in the wrong group	• Senior Run Leader to be in charge of group allocation. • Run Leader assigned to each group (two where possible or nominated person). • Run Leader to assess their runners' pre-run. • Groups are split into 4 / 5 groups dependent upon their parkrun times. • Run Leader to regularly monitor the condition of the group and ensure adequate breaks during the activity, if necessary, altering the route to accommodate the needs of the group.	M	Runners to follow the Run Leader and notify him/her about current / new medical conditions or constraints to their running ability.	L

Group Ability: Age	Aged 16 and Under Road Runners	• Youth Runners MUST be a member of BADAC. • The Youth MUST be pre-authorised by the Youth Coaches as part of their development. • The Youth MUST run with a nominated adult selected by their parent/guardian but is not the Run Leader. • When running to and from the training set the Youth MUST run with the nominated adult at all times. • Once at the training set the Youth are free to run at own pace in the training set area. • Youths must abide with the rules for hi-vis, etc. If the Youth does not conform to the above rules then they will be prevented from running with the road groups. • Once they reach the age of 16 they can run with the Senior Road Runners.	M	Nominated adult to ensure that the Youth runs next to them at all times and is responsible for their safety when crossing roads, etc.	L
Run Group Management	Injury to group/individual runners.	• Pre run briefing session to establish leadership identification – <i>who are the Run Leaders.</i> • <i>At the beginning of any session the Run Leaders must do a head count of the number of runners in their group. They must also check the number of runners at the gathering point for the training session (i.e. at Millfields Roundabout) and at the end of the session to ensure that they still have the same number of runners present. If runners go missing, action must be taken to find them (i.e. phone call or via Messenger or retracing steps to find</i>	M	• Take personal responsibility for yourself but to follow the Run Leader and notify him/her should you leave the group mid run. • Not to wear Headphones (including Shokz) or bring them to any BADAC training sessions.	L

		them). A runner may be injured and this needs to be established before training can take place further. If runners wish to leave the session at any time, they must advise the Run Leaders so that a revision of numbers can be made. • Run Leader to appoint a 'sweeper' to gather runners where appropriate. • The Run Leaders must explain the route to the training session. It is particularly important that they state where the meeting point will be and ensure that everyone is clear about the location. For example: Saying 'Waters Edge' is a large area and could mean down by the Waters Edge Building, or the Car Park or even next to the Humber River. Clarity is key here. • When running to the training session gathering point it is important that the Run Leader at the front of the group 'moderates' the pace of the runners at the front. The Run Leader needs to be aware if the group is fracturing and slow down the front runners. To assist with this it may be necessary to stop and regroup as required. • Running to and from the training meeting point should be 'comfortable' for all runners. For example: For the Sub 30 Group a 10 minute Mile pace should be used to ensure the group does not split and that all runners are not 'exhausted' or 'over stretched'			
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		before they even start the training session. • Run Leader to appoint a run 'buddy' to new or inexperienced members where appropriate. • Run Leader to carry mobile phone to contact emergency services if required. • Check that no Runners are wearing Headphones (including Shokz) as this can impair the ability to hear instructions and is potentially dangerous to the Runner and also other Runners.			
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Members Health: Declarations	Missing medical information causes possible health issues.	Members are encouraged to disclose health conditions that could arise during an outing (breathing difficulties, muscle injuries, etc.) should inform the Run Leader of the condition and the risk of occurrence.	L	Can only action if Member declares information. It is no longer possible to ask this question under UKA regulations.	L
Members Health: Accidents	Accident or illness during run.	- Run Leaders to carry a mobile phone in case they need to contact emergency services. - If required an ambulance is called and at least two people stay with the injured runner until the ambulance has arrived and they are informed they are no longer required. - Two people remaining should be of the same sex as the injured athlete, where possible. - Run Leader is responsible for ensuring the Accident Book is completed for any Accidents or illnesses. - Details of accident are to be passed to a Committee Member to ensure any actions are carried out	H	- Availability of contact list of other Run Leaders in case emergency contact is required. - All Run Leaders and BADAC Members are to be made aware of this Risk Assessment and the Risk Assessment Policy.	L

Weather Conditions: Harm due to extremes of both hot and cold, high winds, lightening, rain, snow or ice	Run Leader and Runners may over heat/get wet/cold/slip on snow/ice.	• Run Leaders to check weather/weather reports prior to activity. Based on conditions suitable activity to be held. • Run Leaders to assess their runners' pre-run and give protection advice. • On hot days advise runners to take a drink with them. • Information for beginner road runners is on the BADAC Website advising on clothing and drinks. • When likelihood of ice / snow is present alternative off road training is provided.	M	Club to post on BADAC Facebook page to remind runners about correct clothing/drinks if a sudden change in running conditions. However, individuals to take responsibility for their ability and run gear/drinks.	L
Ground Conditions: Slip, trip or fall on poor surfaced. Uneven paths or changes in levels of path. Debris on paths, fallen/wet leaves, litter, etc. Slippery surfaces: wet, muddy, ice, etc.	Leader and Runners	• If possible, check routes before sessions. • Advise re footwear prior to activity. • Pre run briefing session to raise awareness of the type of ground to be encountered during run e.g. off road, hills, pathway, etc. • Raise awareness to the group of changing levels of paths, at the start and during activity. • On-going observations and warnings by Run Leader and Runners of surface hazards such as bollards, tree roots, holes and other obstacles during the run.	H	Club to post on BADAC Facebook page to advised runners about correct clothing / footwear if doing Off Road sessions. However, individuals to take responsibility for their ability and run gear.	L

Traffic Conflict: Visibility	Leader / Runners may be injured by vehicles.	• Run Leaders to check that runners are wearing reflective clothing during darkness – October and March. • Run with consideration of other road users who may not see you. • Reiterate the awareness needed at each pre-run of roads being used. • If not running on a pavement must run on the right hand-side of the road.	H	• Runners MUST NOT wear dull colours particularly in the winter months/hours of darkness. They must wear reflective clothing. Runners not wearing the above will not be able to join Club session.	L
Traffic Conflict: Road Crossing	Runners may be injured by vehicles.	• Take personal responsibility for yourself when crossing a road. • Do not assume that the person in front of you has checked the road before crossing. • Run Leader to manage their allocated group. • Advise the group to run on the pavement where possible. • If not running on a pavement must run on the right hand-side of the road. • If possible cross the road at appropriate points i.e. zebra crossings.	H	• Do not run during rush hour. • Where possible have circular route with left hand turns.	L
Visibility: Head Torch Runs	Injury to Run Leader/Runners	• Pre run briefing session to raise awareness of the type of ground to be encountered during run e.g. off road, hills, pathway, etc. • Head torches to be worn during off road runs during darkness. Each runner must have their own head torch. • Run Leaders to check that runners are wearing reflective clothing before commencing run.	H	Club to post on BADAC Facebook page to advise runners about correct clothing / footwear if doing Head Torch sessions. However, individuals to take responsibility for their ability and run gear. • Advises runners of appropriate footwear to be worn for the run if off road. • Reminder about head touches off running in darkness. • Hi Vis clothing must be worn.	L

Guidance for Scoring of Risk

Risk Rating Tool to be used with Risk Assessment template

Key:

Risk level: (L) Low; (M) Medium; (H) High

		Severity		
		Slight L	Medium M	Major H
Likelihood	Seldom L	L	L	M
	Occasionally M	L	M	H
	Frequently H	M	H	H

Risk level	Action and Timescale
Trivial	No action is required to deal with trivial risks, and no documentary records need be kept (insignificant risk).
Acceptable	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained.
Moderate	Efforts should be made to reduce the risk, but the costs of prevention should be carefully considered. Risk reduction measures should normally be implemented as soon as is practicable.
Substantial	Activity should not be started until the risk has been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied as quickly as possible.
Intolerable	Activity should not be started or continued until the risk level has been reduced. While the control measures should be cost-effective, the legal duty to reduce the risk so far as reasonably practicable is absolute.