Risk Assessment

Club Training Runs – Darkness

Assessment completed by: Georgie Starkie Date: 11th May 2011

Hazards Identified: Tripping on uneven surfaces including kerbs, slipping on wet, icy or other slippery surfaces, running into obstructions (eg. road signs, bollards etc), collision with other runners, collision with other pedestrians, collision with traffic, dehydration, heat exhaustion, cold stress, runners left behind/lost, illness or injury en route, trampling by livestock, aggressive dogs.

Who can be harmed: club runners, prospective members, members of the public.

Nature of harm: ranges from cuts, grazes, bruising etc to broken limbs, exhaustion, thermal stress, running injury.

Severity

High	Medium **X**	Low

Likelihood

High	Medium **X**	Low

Existing Controls:

By preparing and circulating this and other Risk Assessments, preparing and circulating a Health and Safety Policy and having an Incident Report Procedure in place, which is continually reviewed, Frome Running Club Members are made aware that they should:

- Be aware of variation in running surfaces
- Be aware of road traffic – observe best practice and make sure you can be seen
- Dress appropriately for the weather conditions, including high visibility clothing and carry drinks as required
- Advise group leaders if they will separate from the group before the end of the session to take an alternative route

Frome Running Club provides some sessions led by UKA Leaders in Running Fitness, Leaders will:

- Be aware of the number of individuals in their group and will do their best to ensure the group remains together, with the cooperation of group members
- Carry a mobile phone with them at all times