

WEST HULL LADIES RUNNING CLUB

RISK ASSESSMENTS FOR OFFICIAL CLUB RUNS

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Explanatory note for individual Risk Assessments

P = probability of event occurring, measured as High, Medium, Low (H/M/L)

I = impact of event upon who is affected, measured as High, Medium, Low (H/M/L)

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: ROAD RUNNING (Regular Club Sessions)

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?	Residual risk rating	Action by whom
			P	I			
Icy pavements, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions at the time of the assessment. If not cancelled, advise caution in pre-run briefing.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during duration of the run.	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on social media pages prior to the run.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Dark nights, poor visibility	Runners, pedestrians, drivers	Strongly advise runners to wear hi-vis clothing – fluorescent, reflective, lights – in social media and website post prior to run and in pre-run briefing.	H	H	Post on social media links to retail outlets e.g. Amazon for reasonably priced items of hi-vis clothing e.g. vests, jackets,	L	Run leader

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Congestion on pavements	Runners, pedestrians	Advise runners that we do not have priority on the pavement. Give way to pedestrians, operation of single file – detail this in pre-run briefing.	M	M	Get feedback from runners on issues	L	Run leader
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	Information regarding emergency contacts to be accessible to run leaders. All runner leaders must carry a mobile phone to enable calling 999 and/or emergency contacts if necessary.	L	H	Frequently remind runners to carry their inhalers. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise. Ensure all leaders have access to ICE information.	L	Run leader
Trip hazards – warn runners to be aware of uneven pavements, wheelie bins, Potholes etc	Runners	Detail hazards in –pre-run briefing, and advise caution. Run leaders to carry a mobile phone to enable calling 999 and/or emergency contacts if necessary.	H	M	Move anything that is causing an unnecessary obstruction.	L	Run leader

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Road crossings	Runners, drivers	Strongly advise runners to cross roads with caution and to wear hi-vis clothing.	H	H	Strongly advise runners on social media, at new runners briefing, and pre-run briefing to NOT wear headphones.	L	Run leader
Getting lost	Runners	Publicise route maps on social media in advance. Advise runners to wait until another group of runners comes along if they are unsure. Run leaders to ensure all runners are accounted for.	M	L	Match runners new to the area with experienced runners.	L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

The LiRF / CiRF organiser of a run will inform runners of existing hazards together with new or temporary hazards specific to a route if circumstances change.

Date of risk assessment **March 2022**

Review by committee **March 2023**

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: OFF ROAD RUNNING (eg away nights)

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?	Residual risk rating	Action by whom
			P	I			
Icy conditions, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions at the time of the assessment.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during duration of the run.	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on Facebook pages prior to the run.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners form on social media and website asks runners if they are medically fit to undertake the run. All runners advised to carry a mobile phone to enable calling 999 if necessary on behalf of another runner.	L	H	Ask runners to carry their inhalers – in pre-run briefing and on social media. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
<p>Variation in terrain, gradient. Uneven ground. Grass obscuring uneven ground. Sloping ground, adverse camber. Low hanging tree branches and twigs. Tree debris. Mud - may be deep in places. Dry ditch. Ditch with water or stream. Items submerged in water. Boggy ground. Tree roots, tree stumps, potholes. Nettles, brambles. Narrow paths, pinch points, blind- corners. Dog mess. Insects.</p>	<p>Runners, other park users</p>	<p>Run leader to advise runners of the risks and to run with caution. Strongly recommend that trail shoes are worn, and if appropriate, shoes with spikes.</p> <p>Advise runners to pick their feet up.</p>	H	M	<p>Run leader to run initial slow lap with all runners and point out any specific or additional hazards in the environment.</p> <p>Advise runners with road shoes to take extra care.</p> <p>Advise runners to look up as well as down - in case of branches at eye level.</p>	L	Run leader
<p>Other park users on narrow paths</p>	<p>Runners, other path users</p>	<p>Run leader to advise runners that we do not have priority over other path users; look out for them; move to one side, when appropriate.</p>	H	L		L	Run leader

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Dogs off the lead, dogs on extendable leads	Runners	Advise runners that there may be dogs off lead or on long extendable leads, be careful.	H	M		L	Run leader
Livestock	Runners	Observe animals before entering field - if there are large numbers, any aggressive behaviour observed or if there are bulls or cows with calves close to the intended route, choose alternative route without hesitation. If safe to continue, all runners should proceed with caution.	M	M		L	Run leader
Getting lost	Runners	Ensure all runners become familiarised with the route and that leaders ensure all are accounted for.	L	L		L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

The LiRF / CiRF organiser of a run will inform runners of existing hazards together with new or temporary hazards specific to a route if circumstances change.

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WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: Other events

TO BE COMPLETED BY THE LEADER IN ADVANCE OF ANY OTHER EVENTS e.g. Midsummer Madness or organised events such as Endure 24, if taking part as a club group, referring to the organiser’s risk assessment and details of first aiders, nearest Accident and Emergency Department.

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?	Residual risk rating	Action by whom
			P	I			

WEST HULL LADIES RUNNING CLUB: RISK ASSESSMENTS

ADDITIONAL INFORMATION

Social media – the club has a Facebook and Instagram page

Website address: www.westhullladies.org.uk