



Running Risk Assessment

Group Name
Review Date

Sittingbourne Striders
04/10/2023

Date of Risk Assessment 04/10/2022

What are the hazards?	Who might be harmed	What are you already doing	Any further actions required	Risk Rating After Measures (High/Medium/Low)
Club house carpark and entrance	All Participants taking part in the session. Other members of public	<ul style="list-style-type: none"> Members to start and finish a run at the front gates and not in the carpark where the ground is uneven. Members to be aware of traffic movement in and out of the entrance Warm up and cools downs to take place on the grass behind the barriers away from the traffic 		
Increment weather – making it too hot/wet or slippery to run.	All Participants	<ul style="list-style-type: none"> Leaders to give appropriate advice to participants dependent on weather conditions, e.g. use of hat and sun cream in the heat and plan sessions accordingly Cancellation of sessions to be considered if weather conditions make it unsafe to run 	Inform Council of any accidents that happen as a direct result of maintenance negligence	Low
Traffic/road crossings on route	All Participants taking part in the session. Other members of public	<ul style="list-style-type: none"> Leaders to remind participants at the start of the session to use crossings provided and reinforce this weekly Cross as a group where possible Leaders to remind participants to take personal responsibility within the session Advise not to run in roads unless absolutely necessary 		Medium
Ground conditions – uneven/changing ground conditions.	All Participants	<ul style="list-style-type: none"> Leaders to ensure the route is safe before taking the group out on the run Leaders to advise participants of any changing/ uneven ground conditions at the start of the session 		Medium



Injuries through participation/medical conditions	All Participants	<ul style="list-style-type: none"> Leaders to have access to participants medical conditions prior to the start of each session (where consent has been given) Leaders to ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check Leaders to provide appropriate warm and cool down activities. Qualified First Aider in attendance at the sessions Leaders to carry a mobile phone in case of emergencies. 	Participants are personally responsible and should check with their own GP before taking part in running club activities	Low
Participants getting lost	All Participants at session	<ul style="list-style-type: none"> The Club to share route with the group before each run and explain the route at the start of the session Leader to consider group management strategies such as loop backs and out and back routes to help keep group together 	Consider re-groups as appropriate and leaders to aware to count runners	Low
Inappropriate running kit/equipment	All Participants	<ul style="list-style-type: none"> The Club to share with participants information on what they should be wearing at the session and direct to the club website Leaders to do a visual check each week The club encourage participants to wear high vis/bright clothing particularly when running in the dark 		Low
Other members or the public getting in the way of runners	All Participants and members of public	<ul style="list-style-type: none"> The Club to plan appropriate routes for the group Leaders to remind participants to be respectful to other road users. 	Participants to follow leaders instructions	Low
Animals / livestock	All Participants and members of public	<ul style="list-style-type: none"> Members to be cautious when running past dogs or running near livestock and animals. Pre run briefing session for routes with known livestock e.g. summer routes across farmland. Group to move through or pass livestock together, following a dynamic site specific assessment 		Low



Route surfaces and potential hazards (Slips, Trips and Falls)	All Participants	<ul style="list-style-type: none"> Members to be advised of type of route surfaces ie: off road/ trail or road routes. Individuals to take own responsibility for care when running on uneven, slippery surfaces and to be aware of kerbs, tree routes, driveways and any other potential running hazards. Members are requested to warn other runners of impending hazards, pedestrians, kerbs, low signs etc 		Medium
Lone Runners	All Participants	<ul style="list-style-type: none"> Members to be advised that they should be aware of fellow runners around them and to ensure, where possible, no one is left to run completely alone During the run, if members are aware of a lone runner they are to advised Run Leaders at the earliest opportunity. 		Medium
Routes	All Participants	<ul style="list-style-type: none"> Route maps made available for members to view before each run. Members to take personal responsibility to make sure they know the route that they are running and to be aware of which runners are in their group. Routes to reflect current running conditions e.g. weather, daylight/darkness 		Low
Following instructions	All Participants	<ul style="list-style-type: none"> Members to follow instructions from Run Leaders regarding notices of route changes, clothing, personal safety etc. 		Low
Health issues	All Participants	<ul style="list-style-type: none"> For personal health issues all members are advised to consult their GP before taking part in running club activities. Members have a responsibility to inform the Run Leader of any pre-existing or current health issues. Members have a responsibility not to run if unwell (including during a club run). 		Low



Group Abilities/ Experience	All Participants	<ul style="list-style-type: none"> • The Club provides groups for different abilities on club nights, leaving at set times • A Run Leader will be appointed for each group. • Members run at their own risk and are responsible for joining the appropriate group for their ability. • New or inexperienced runners are to be accompanied on the route by an experienced Club Member 		Low
Interaction with the public	All Participants	<ul style="list-style-type: none"> • Members to be considerate at all times with the general public and to take personal responsibility for their actions. 		Low