

# Risk Assessment

Group name Bristol Frontrunners

Date of risk assessment 2025-01-26

| What are the hazards?  | Who might be harmed?            | What are you already doing?  | Any further actions required?   | Risk Rating after measures<br>(High/Medium/Low) |
|--|---------------------------------|--|---|---|
| <p><b>Inclement weather – making it too hot, or wet or slippery, to run.</b></p> | <p>Participants and leaders</p> | <p>Scheduling events to avoid the hottest part of the day (1100-1500).</p> <p>Advising runners in events adverts to consider</p> <ul style="list-style-type: none"> <li>• water – hydration before, during and after exercise</li> <li>• clothing – layering, a hat and sunglasses in spring and summer, and hi-viz or head torch and warmer clothing in autumn and winter</li> <li>• footwear – road shoes considered suitable for most of our run activities, but trail shoes advised for monthly longer runs, for better traction on slick or loose surfaces</li> <li>• <a href="#">UV index</a> – to avoid confusion about cloud cover; sun cream required when it is 3+.</li> </ul> <p><b>Pre-run briefing</b>, advising of planned route and heat / sun or weather concerns.</p> <p>Recommended that run leaders complete <a href="#">Sunguarding: Sun and heat protection training</a> to ensure they can recognise the signs of heat exhaustion and heat stroke,</p> | <p><b>Heat / sun or weather concerns</b> - Run leaders to consider <a href="#">Heat index chart and forecast</a> before sessions and consider if mitigation is needed, e.g.,</p> <ul style="list-style-type: none"> <li>• (re-)check that planned route includes natural shade from trees and hydration breaks</li> <li>• alter intensity of session</li> <li>• bring sunscreen and lead by example, applying / reapplying, and check if participants have applied / reapplied, sunscreen</li> <li>• bring water, especially for longer sessions</li> <li>• pre-run briefing, advising runners to be vigilant of surroundings given cold / windy weather or slippery / loose ground.</li> </ul> <p>Follow <b>emergency procedures</b> to respond to heat-related emergencies.</p> | <p><b>Low</b></p>                               |

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|                            |                          | such as dizziness, headache, nausea, confusion, and excessive sweating or lack of.  |  |   |
| <b>Running in the dark</b> | Participants and leaders | <p>Run leader(s) to have run the route before delivering the session and to consider presence of street lighting, road crossings etc.</p> <p>Autumn reminder to participants in social media about hi-viz or head torches.</p> <p><b>Pre-run briefings</b>, advising that</p> <ul style="list-style-type: none"> <li>● head torch or hi-viz is advised for the evening runs</li> <li>● participants should be vigilant about potential obstacles</li> <li>● front runners asked to advise of obstacles during the session.</li> </ul> <p>Run leader to model wearing of head torch or hi-viz.</p> <p><b>Off-road runs in the dark should generally be avoided, but if taking place</b></p> <ul style="list-style-type: none"> <li>● <b>must</b> be under supervision of a <a href="#">licensed run leader</a></li> <li>● group number limited to six, with nominated tail runner</li> </ul> | <p>When running in the dark, routes that involve running alongside water may need to be adjusted to ensure there are barriers (e.g., to avoid <a href="#">Avon Gorge viewpoint</a> and areas beyond <a href="#">Brunel's swing bridge</a> where no barriers are in place.)</p> <p>Run leader to issue clear and timely directions if amending route during the session because of, for example, lighting failures.</p> <p>Run leader to consider <a href="#">reporting problems with street lights</a> to the local authority.</p> | <b>Low</b>                                      |

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|   |                          | <ul style="list-style-type: none"> <li>advice to participants about mandatory equipment, including head torches and hi-viz.</li> </ul>   |   |  |
| <b>Traffic/road crossings on route</b>                        | Participants and leaders | <p>Sharing <b>planned routes in event adverts</b>, and encouraging participants to familiarise themselves with it.</p> <p>Advising runners to follow <a href="#">The Highway Code rules for pedestrians</a>, particularly regarding crossings and running on roads –</p> <ul style="list-style-type: none"> <li>Use pedestrian crossings when available, crossing in our own time – group to wait for all to cross</li> <li>Run along pavements when available - if running on the road, be on the side facing traffic.</li> </ul> | <p><b>Pre-run briefing</b>, advising runners of road sections and crossings, and reminding them to take personal responsibility for crossing.</p> <p>Run leader to consider <b>amended route in case of road closures / works</b> that might affect availability of crossings or safety of route.</p>   | <b>Low</b>   |
| <b>Ground conditions – uneven/changing ground conditions.</b> | Participants and leaders | <p><b>Advising runners about footwear</b> – road shoes considered suitable for most of our run activities, but trail shoes advised for monthly longer runs, for better traction on slick or loose surfaces.</p> <p><b>Pre-run briefing</b>, advising of planned route and particular hazards, e.g., trail runs, where wet or uneven / loose ground is expected.</p>  | <p>Run leader to consider amended route in case of changing ground conditions that might affect safety of route.</p> <p>Run leader and front runner to issue <b>timely and clear advice to group</b> of uneven / loose or wet ground or other hazards (e.g., roadworks, cyclists, bollards, street furniture, broken slabs, wheelchairs, overhanging foliage, dog mess, road signs, holes and kerbs).</p> | <b>Low</b>   |

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| <p><b>Injuries through participation/medical conditions</b></p> | <p>Participants and leaders</p> | <p>Advising runners in event adverts to consider</p> <ul style="list-style-type: none"> <li>● <a href="#">Physical activity readiness questionnaire</a>, and runners encouraged to <a href="#">get in touch</a> before session with any queries</li> <li>● Anything they may need during the run, e.g., <ul style="list-style-type: none"> <li>○ Mobile phone and mapping tool*</li> </ul> <p>(*run leader <b>must</b> carry this)</p> <ul style="list-style-type: none"> <li>○ Water</li> <li>○ Clothing</li> <li>○ Medication (e.g., inhalers, insulin, epi-pen etc., and, if appropriate, to advise the run leader that they carry this)</li> </ul> </li> <li>● Runners encouraged to carry <b>'In case of emergency' contact details</b></li> <li>● Planned route and necessary run fitness needed to participate, and signposting to <a href="#">tips and advice for beginners</a>, where to find a <a href="#">'Get me started' running group</a>, and <a href="#">Couch to 5k</a>, in case our run events are not currently accessible for them.</li> </ul> <p><b>Run leader to deliver</b></p> | <p><b>Emergency procedures if runner ('casualty') is not responsive or breathing normally</b></p> <p>Run leader available to deliver first aid - where certified to do so.</p> <p>Run leaders to establish awareness of <a href="#">locations of defibrillators</a> (which are in various location around central Bristol where we usually run).</p> <p><b>To judge whether casualty is responsive or not</b></p> <ol style="list-style-type: none"> <li>1. tap them gently and ask if they can hear you</li> <li>2. If they are unresponsive, ask the group if anyone has first aid experience.</li> </ol> <p><b>If no one present has first aid experience, Run Leader to</b></p> <ol style="list-style-type: none"> <li>3. turn casualty onto their back</li> <li>4. place one hand on forehead and one hand below chin and perform head tilt / chin lift;</li> <li>5. if there is an obstruction, turn the casualty onto their side allowing it to come out (under <b>no circumstances</b> put fingers in mouth).</li> </ol> <p><b>Check breathing</b></p> | <p><b>Low</b></p>                               |

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|                       |                      | <ul style="list-style-type: none"> <li>● <a href="#">pre-run dynamic warm-up</a> following <a href="#">RAMP principles</a> that encourage runners to develop good form, progressing through a range of movements, and with variations of the movements to suit differently abled runners e.g.,               <ul style="list-style-type: none"> <li>○ <b>Raise:</b> shoulder rolls, arms raises, shaking arms side to side letting arms move freely</li> <li>○ <b>Activate:</b> standing 'open the gate', static high knees, static bum kicks and heel raises, single leg balances or standing balance one leg raised, squats</li> <li>○ <b>Mobilise:</b> backward lunges, then backward lunges to high knees, forward walking lunges, one legged dips, jogging heel raises, jogging bum kicks, 'curtsy' lunges, backward lunges to forward kick</li> <li>○ <b>Potentiate:</b> fast jogging on the spot for 10 seconds followed by 10 seconds jogging, side to side steps or jumps landing on one leg, short bursts of quick running to a set point followed by gentle jogging, 'follow the leader': runners form a line and jog a set route, with frontrunner setting pace and tail runners running to the front of the group</li> </ul> </li> </ul> | <ol style="list-style-type: none"> <li>6. ensure mouth is open</li> <li>7. listen for normal breathing (for no more than 10 seconds), feeling for air on cheek.</li> </ol> <p><b>Casualty is breathing</b></p> <ol style="list-style-type: none"> <li>8. put them into recovery position, rolling them onto side</li> <li>9. ask two runners to help, one to call 999 and the other to check this has been done.</li> </ol> <p><b>Casualty is not breathing normally and shows no signs of life - Run leader to</b></p> <ol style="list-style-type: none"> <li>10. immediately ask members of the group to be <b>helpers</b> <ul style="list-style-type: none"> <li>○ One helper to call 999 and one to check this has been done; activate speaker function on the phone to aid communication with the ambulance service</li> <li>○ Other helpers to <a href="#">locate the nearest AED</a> and run to fetch it</li> </ul> </li> </ol> |   |

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|                       |                      | <ul style="list-style-type: none"> <li>● <a href="#">post-run cool-down and stretches</a> suitable for a multi-ability group.</li> </ul> <p>Run leaders encouraged to carry</p> <ul style="list-style-type: none"> <li>● Physical activity readiness questionnaire card (and introduce in pre-run briefing)</li> <li>● First-aid kit</li> <li>● Water.</li> </ul> <p>If the session involves more than one group, <b>pre-run briefing</b> to advise participants to choose a group consistent with their fitness.</p> <p>Run leaders to consider opportunities to advise participants about <a href="#">good running form</a>.</p> <p>Run leaders and participants encouraged to complete <b>essentials CPR course</b> (e.g., <a href="#">Lifesaver Learning</a>, a free resource aimed at increasing bystander CPR, or <a href="#">First Aid Essentials in Sport and Active Leisure</a>).</p> | <p>11. Behave as if the casualty is <b>not breathing</b> and prepare to start cardiopulmonary resuscitation (CPR).</p> <p><b>How to perform chest compressions</b></p> <p>12. Kneel by side of the casualty</p> <p>13. Place the heel of one hand in centre of casualty’s chest (lower half of the breastbone (sternum))</p> <p>14. Place heel of other hand on top of the first hand</p> <p>15. Interlock fingers of hands and ensure pressure is not applied over the casualty’s ribs</p> <p>16. Ask a helper to count the compressions, and another helper to be available to take over delivering chest compressions</p> <p>17. Keeping arms straight, press down 5-6 cm, then release pressure without taking your hand away, until 30 compressions, then swap with the helper; aim for 100-120 compressions a minute until the ambulance arrives.</p> <p><b>Rescue breaths</b></p> |   |

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|                       |                      |                             | <p>18. if casualty remains unresponsive after 30 compressions, consider giving five rescue breaths, followed by 30 compressions and then two rescue breaths</p> <p>19. support casualty's chin and tilt forehead back, which will gently open mouth</p> <p>20. pinch casualty's nose</p> <p>21. take a full breath and place mouth over casualty's mouth, making a good seal</p> <p>22. breathe steadily for 1 second into casualty's mouth until their chest rises</p> <p>23. remove mouth and watch for casualty's mouth falling</p> <p>24. give a further breath.</p> <p><b>If you can't or don't want to perform rescue breaths, keep doing the chest compressions, and only stop once casualty regains consciousness (coughs, opens eyes, speaks, moves AND breathes normally).</b></p> |   |

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| <b>Participants getting lost</b>                                 | Participants and leaders | <p>Sharing planned routes in event adverts, and encouraging participants to familiarise themselves with it.</p> <p>Run leader(s) to have run the route before delivering the session.</p> <p><b>Pre-run briefing</b>, advising of planned route.</p> <p>‘Mustering’ techniques, where front runners are advised stop at a designated milestone / re-group point, with option to run back.</p> <p>Run leader to <b>carry charged mobile phone with mapping tool</b>, in case of emergencies.</p>    | <p>Advising participants in pre-run briefing to advise run leaders if they choose to leave the session.</p> <p>Consider adequacy of <a href="#">Strava Messaging</a> or WhatsApp social chat for runners who get lost.</p> | <b>Low</b>                                      |
| <b>Inappropriate running kit/equipment</b>                       | Participants and leaders | <p>Advising runners in event adverts about <a href="#">useful running kit</a>.</p> <p>Run leaders to <b>model appropriate kit</b> for planned sessions and consider heat / sun or weather concerns.</p>  |  | <b>Low</b>                                      |
| <b>Other members of the public getting in the way of runners</b> | Participants and leaders | <p>Run leaders to <b>map and plan routes</b> before delivering the session, considering potential hazards such as congestion points (e.g., shared cycle / walking path through Castle Park, or narrow paths adjacent to busy roads).</p> <p>Run leaders to <b>model respect to other road users</b>, including issuing timely and clear direction (e.g., to keep left, maximum 2x2 or single file, on shared paths).</p> <p>Pre-run briefing to ask front runners to <b>advise of hazards</b>.</p> |  | <b>Low</b>                                      |

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| <b>Dogs, and other animals</b> | Participants and leaders | <p>Regarding dogs in our run events</p> <ul style="list-style-type: none"> <li>● Advising participants in event adverts that RunTogether advice that England Athletics insurance for licensed run leaders <b>does not cover</b> canicross and that it's advised runners <b>do not bring dogs</b> to sessions</li> <li>● If runners attend with dogs, run leader to advise that they cannot participate.</li> <li>● Caution when running near dogs, especially those off leads or without the owner's presence, and other animals, and using caution</li> <li>● Slow, to a walk if necessary</li> <li>● Avoid turning back on the animal</li> <li>● Seek owner's assistance.</li> </ul> <p>Run leaders to <b>map and plan routes</b> before delivering the session, considering whether to avoid running through fields where cows or other livestock may be present.</p> | If passing through a field with cows or other livestock, group to slow to a walk and huddle (rather than passing in a line). | <b>Low</b>   |

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| <b>Public health issues / pandemic</b> | <p>Participants and leaders</p> <p>People with some characteristics may be especially vulnerable</p> <p>Members of the public sharing space with participants to activity</p> | <p>In current conditions, exercise in groups can proceed without social distancing or other requirements.</p> <p>That said, we can</p> <ul style="list-style-type: none"> <li>refrain from unnecessary physical contact, e.g., run leader to model verbal greetings without need to shake hands</li> <li>deliver events, including warm-up and cool-down, outdoors, where transmission risks are likely reduced</li> <li>use personal judgement in deciding whether to attend sessions if unwell.</li> </ul> | <p>If public health issues arise, run leaders to <b>review advice to runners</b>, and risk assessment, ensuring</p> <ul style="list-style-type: none"> <li>coherence with public health advice</li> <li>that proposed session plans enable social distancing outdoors and minimise contact with members of the public.</li> </ul> <p>E.g., considering <a href="#">COVID-19</a>, it may be necessary to</p> <ul style="list-style-type: none"> <li>amend or cancel session plans</li> <li>cancel optional post-run socials</li> <li>limit group numbers, with more than one group.</li> </ul> | <b>Low</b>                                      |
| <b>Negative behaviours</b>             | Participants and leaders  | <p>BFR has registered its interest in ‘LGBT+ community engagement’ with Avon and Somerset Police and invited its Outreach Team to join us on a run to share information they think might be helpful to members</p> <p><b>Before and during run activities</b></p> <p>Be mindful of sharing precise route information, and run leader profiles, on BFR social media; vary routes on weekly and monthly runs.</p> <p>In case of negative behaviours</p>  | <p><b>During and after run activities</b></p> <p>In case of negative behaviours</p> <ul style="list-style-type: none"> <li>If there is immediate danger during a run activity, call 999</li> <li>If there is no immediate danger or risk, contact the police on 101.</li> </ul> <p><b>Club development</b></p>  | <b>Low</b>                                      |

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|                       |                      | <ul style="list-style-type: none"> <li>● Do not react or retaliate, as it can make the situation worse</li> <li>● Run leaders to encourage group to keep moving, and to remain calm, as the quickest way to get to a safer point, and once there, to check in with everyone</li> <li>● In case of being followed by a bike, car or motorbike, or an obstruction, change direction</li> </ul> <p><b>After run activities</b></p> <ul style="list-style-type: none"> <li>● Run leaders to share details of what has happened, helping and informing each other of where problems might be</li> <li>● Run leader involved to consider using Avon and Somerset Police <a href="#">harassment or stalking reporting tool</a> or to engage directly with its <a href="#">Outreach Team</a></li> </ul> <p><b>On social media and Strava club</b></p> <ul style="list-style-type: none"> <li>● We share information about our activities in several places, so runners can find out what's coming up without having to share personal information or join or participate in public forums (though we encourage runners to let us know they're coming and update if plans change). E.g., on RunTogether, Strava, and Instagram</li> </ul> | <p>Consider adopting an <b>inclusion policy</b>, making a clear commitment to inclusion, with a zero-tolerance approach to discrimination supported by clear codes of conduct.</p> |   |

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|                       |                      | <ul style="list-style-type: none"> <li>● BFR's <a href="#">verified Strava club</a> <ul style="list-style-type: none"> <li>○ signals authenticity, safety, and a trusted source; we follow Strava's <a href="#">community standards</a></li> <li>○ is 'invite only'; only admins can approve membership requests</li> <li>○ is a confidential space for members, who can <a href="#">decide whether and what to share</a>.</li> </ul> </li> <li>● WhatsApp social group is optional for runners willing to share personal information (e.g., name, photo, number) and who want to connect with each other outside of run activities</li> <li>● Run leaders are           <ul style="list-style-type: none"> <li>○ <b>volunteers</b>, willing to share their enjoyment of running and help us to have safe, fun sessions</li> <li>○ aiming to help members feel welcome, included, able to participate, and safe and free from discrimination, bullying, harassment and vilification</li> </ul> </li> </ul> |                               |   |

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|                       |                      | <ul style="list-style-type: none"> <li>○ <b>not responsible</b> for moderation of online chat; we trust runners to exercise reasonable judgement in what they share and say</li> <li>○ unlikely to intervene in online engagement except <b>by exception</b> considering Strava's community standards and if the committee thinks it necessary to minimise club issues or conflicts.</li> </ul> |                               |   |