

Alchester Running Club - Risk Assessment Group Club Runs

Version: March 2025

Risk Ratings												
Persons at risk (PAR)		Severity / Harm Rating (S)				Likelihood (L)						
M	Club members	1	Negligible injury or no injury			1	Extremely unlikely to occur at any time					
P	Pedestrians	2	Minor injury requiring First Aid			2	A rare combination of factors would be required for an incident to occur					
G	Guests	3	Lost time illness			3	Could happen, but considered unlikely under normal circumstances					
R	Road users	4	Single serious illness or single death			4	Not certain, but an additional factor may result in an incident					
		5	Multiple deaths and or serious illness			5	Almost inevitable that an incident will result - Highly likely to occur					
Tolerance rating												
17 - 25		SIGNIFICANT RISK - Task/activity should not proceed. Further control measures are to be put in place to reduce risk. When in place the level of risk should be re-assessed for adequacy before the work recommences.										
9 - 17		SOME RISK - At lower level remain vigilant in measures and keep under review. At higher level look critically at ways of reducing the level of risk to a more tolerable level by improving existing control measures or by introducing new controls.										
1 - 8		TOLERABLE RISK - Consider if risk is "as low as reasonably practicable". If not try to reduce risk further by improving control measures. Keep under review and continue but with caution.										
Initial Assessment (No controls)						Risk Mitigation Measures						
Item No	Hazard	PAR	S	L	Score	Control Measures	S	L	Revised Score	Risk Acceptable	Responsible	What actions completed and when
1	Lone Running	M G	4	5	20	Before the run - Briefings prior to start - Groups arranged according to ability and expected pace - New runners advised to start off in a slower group and then move up in subsequent weeks - Groups advised to keep to the designate pace of the group During the run - Responsibility of all runners to make sure no-one is left behind - At least 1 experienced member per group - Regular routes	4	2	8	Robust controls and continuing discipline required	Individuals & Groups	- Briefings prior to starting - Groups arranged prior to starting - Confirmation groups understand routes prior to starting - Newcomers and guests to be introduced prior to joining groups

Alchester Running Club - Risk Assessment Group Club Runs

Version: March 2025

2	Getting Lost	M G	4	5	20	- Routes published and made available on various platforms - Group leaders to be familiar with the routes - Pre-run briefing at each session - groups advised to stick together and run at their designated pace - Runs start promptly at 19:00, latecomers are not considered part of the club groups or and therefore not covered under this risk assessment - Regular routes where possible	4	2	8	Robust controls and continuing discipline required	Session leader, Individuals & Groups	- Briefings prior to starting - Groups arranged prior to starting - Confirmation groups understand routes prior to starting - Newcomers and guests to be introduced prior to joining groups - Summer road based route introduced (Apr22)
3	Slips, Trips & Falls	M G P	4	4	16	Before the run - Runners advised at the pre-run briefing of any known issues or hazards on the route (e.g. road works, failed street lighting) - Regular routes - All "winter" routes well lit - Alternative routes for inclement weather - Club members have local knowledge of hazards and encouraged to share - Headphones not permitted During the run - Lead runner to call out alert for hazards - Bollards/ railings - other path / road users - overhanging trees or vegetation - If a runner does trip or fall, other members in the group to stay with the runner and seek assistance	4	2	8	Robust controls and continuing discipline required	Session leader, Individuals	- Keep alert whilst out as a group - Newcomers and guests to be introduced prior to joining groups
4	Injury	M G	4	4	16	Before the run - Runners requested not to attend if injured - Alternative routes for inclement weather During the run - If a runner develops an injury they should alert the rest of the group who can seek assistance if required	4	3	12	Honesty required	Individuals	Newcomers and guests to be introduced prior to joining groups

Alchester Running Club - Risk Assessment Group Club Runs

Version: March 2025

5	Crossing Roads	M G P R	5	4	20	Before the run - Key crossing points identified on regular routes - Runners advised to wear suitable clothing to make themselves more visible (light-coloured or high-viz/reflective) - Pre-run briefing to explain the route - Road-based routes in "summer" only During the run - Only cross when safe to do so - Cross roads as a group not individually - Use designated crossing points where possible (pelican/zebra crossings) - Do not cross if there are any oncoming vehicles (cars or bikes) - Cross roads in well-lit and visible areas (do not cross on blind bends) - Cross roads on single carriageway roads only (avoid crossing the A41 unless at a designated crossing point) - Group lead/tail runner to alert other members of the group of any hazards when crossing	5	3	15	Discipline and awareness required Biggest risk of long distance running	Individuals & Group members	Only crossing when safe to do so
6	Other road / pavement users	M G P R	4	4	16	Before the run - Runners advised to wear suitable clothing to make themselves more visible (light-coloured or high-viz/reflective) - Roads with no pavements only apply to "Summer" routes - Pre-run brief to advise any high risk areas and that other road users may have right of way During the run - Run against the flow of traffic when there is no pavement - Be aware of other pavement users and hazards, e.g. trailing dog leads - Keep to one side of the road or path where possible and step on to the verge / grass - Group lead/tail runner to alert other members of the group of any hazards	4	2	8	Discipline and awareness required	Individuals & Group members	
7	New Runners	G	4	4	16	- All new runners asked to identify themselves to the organiser on arrival - Organiser to establish the best group for them to join - Organiser to advise new runner of protocols - New runners allowed taster sessions for up to 4 weeks then asked to join the club for Insurance purposes	4	2	8	Robust controls and continuing discipline required	Run leader, newcomers & committee to ensure a leader each week	All introductions prior to starting runs

Alchester Running Club - Risk Assessment Group Club Runs

Version: March 2025

8	Inclement Weather	M G	4	4	16	- In the event of snow / ice runners advised to check club communication channels (website/email/social media to advise of cancellation and/or restricted routes - Any runners who choose to run after an official cancellation notice do so at their own risk - Runners advised to wear clothing suitable for the conditions and take individual responsibility - Runners should provide their own water and sunscreen in hot weather	4	2	8	Robust controls and continuing discipline required	Individuals, runners should provide appropriate clothing	Communications done in a timely manner
9	Illnesses	M G	3	5	15	Before the run - Pre-existing conditions should be made clear on membership forms and this information is treated confidentially - Runners are responsible for ensuring they bring and can administer any treatments they may require whilst running. These should not be shared with other runners - Runners are advised to run in clean kit suitable for the conditions (there are no changing facilities provided) - If a runner feels unwell on the day of a club run they should not attend - Any runner showing symptoms of illness will be requested to leave During the run - If a runner feels unwell during the session they should inform another person, request assistance if required, and make their way home as soon as possible.	3	3	9	Personal discipline required	Individuals	Right treatments brought along