



Victoria Park Running Club – General risk assessment

Reviewed June 2024

Personal Responsibility

All runs are undertaken at the runner’s own risk and as such all who partake should take responsibility and all reasonable precautions to ensure their own safety and the safety of others. By joining one of the runs, the participant is agreeing that they are fit and able to do so.

- As runners we have a responsibility to do our best to prevent harm to ourselves, our running partners or members of the public.
- It is the runners’ responsibility to seek medical advice on any conditions which may affect their running. It is also their responsibility to ensure that run leaders are aware of any pre-existing medical conditions or information that may be of use.
- Running, however carefully planned and managed, carries a certain amount of risk and those taking part are acknowledging this and agreeing that they will take steps to minimise the risks.
- All runners are advised to wear appropriate reflective/hi-viz clothing, and torches for runs during low light conditions, hydrate properly before and after runs and take proper precautions for the weather conditions before and during the run.
- Routes are being assessed and developed on a constant basis and leaders will make changes to the routes where it is felt safety may be improved. It is the responsibility of all runners to assist with this and report any problems/hazards encountered on a route.
- A short pre-run briefing will be conducted before each run outlining the route, any obvious hazards associated with the route (such as terrain, road crossings ect) and reminding all runners of the need for caution.
- Runners are expected to note the conditions of the surfaces and to warn others runners of any trip hazards or obstructions as the session progresses (for example, curbs, unevenness/dips in the pavement, potholes, and raised ironwork).
- Runners should warn others runners with regards to traffic, don’t assume that because you can see the car, the car can see you.

Hazard/risk identified	Who Might be harmed	Detail of control measures	Responsibility	Notes
General	Runners	<p>The Club provides either: Groups for different abilities on club nights, leaving at 5minute intervals; or A group run covering all abilities with mustering points as necessary. If runner numbers are large (>50) RLs will separate runners into separate distance groups which will depart separately Run Leaders will be appointed for each run/group.</p> <p>Members run at their own risk and are responsible for joining the appropriate group for their ability. Individuals to take own responsibility for care and be aware for the safety of other run buddies when running on uneven, slippery surfaces and to be aware of kerbs and any other potential running hazards.</p>	Runner’s responsibility	RL Coordinator briefing at beginning of the session

		New or inexperienced runners are to be accompanied on the route by an experienced Club Member.		
Runners Run at their Own Risk and must not jeopardise the safety of the rest of the group		Ensure all runners understand that they have a personal responsibility for their own safety, and run at their own risk.		Reiterate in FB Event details
Health issues & Avoidance of Injury	Runners, Run buddies	<p>Runners should carry an In Case of Emergency ID tag/band</p> <p>For personal health issues all members are advised to consult their GP before taking part in running club activities.</p> <p>Members have a responsibility to inform the Run Leader of any pre-existing or current health issues.</p> <p>Members have a responsibility not to run if unwell (including during a club run), if if they have over exerted themselves prior to the club run.</p> <p>Members should not overreach their physical ability for example participate in a club run immediately after an exhausting marathon run.</p> <p>Runners have a responsibility to minimise the chances of injury during a run by warming up before beginning a run Basic check during pre-run briefing</p> <p>Muster runs so everybody remains within sight of the group</p> <p>Run leaders to monitor and react during the runs to support individuals' runners who may need it.</p> <p>If any group member expresses a wish to leave during the run, then leaders should be notified and if necessary, the runner should be accompanied using a nominated</p>	Runner's responsibility	<p>RL encourage warm ups</p> <p>RL pre session briefing</p> <p>RLs</p>

		experienced club runner to do so if using a run leader would compromise the efficient management of the group as a whole.		
Following Instructions	Runners	Members to follow instructions from Run Leaders regarding notices of route changes, clothing, personal safety etc. Wherever possible the proposed routes will be published prior to the event on Facebook but may be changed due to conditions or Run leader availability	Runner's responsibility	Pre run Briefing by RL Coordinator Facebook Event details
Appropriate clothing including Running in the dark	Runners who cannot see. Other pedestrians and road users who cannot see runners	Hi-Viz/reflective clothing is essential requirement for all runs in the dark Torches – head or chest torches are essential for all runs in dark, low light conditions Individual runners to take responsibility for their running kit and to wear clothes appropriate to the weather conditions, advice given if necessary Recommend that runners carry water and remain well hydrated during runs (included on run invites and pre-run briefing when necessary). Recommend the use of hats and sunscreen on sunny days Runners should wear appropriate footwear for the route and weather conditions – for example trail shoes for uneven, muddy or slippery conditions	Runner's responsibility	FB events to include reference to appropriate clothing and running kit
Road running and traffic management	Runners Other pedestrians and road users who cannot see runners	Reiterate need for caution during run briefing. Members to take personal responsibility when crossing roads and not to assume traffic will give way. Do not assume the runner in front has ensured the road is clear. Members to be advised not to run in roads unless absolutely necessary and to use paths, pavements and designated crossings where available. Choose appropriate crossing points Runners to call out the approach of pedestrians, cyclists and other road users and to stand to the side to allow others to pass safely. Use mustering to gather runners for crossings where appropriate	Runner's responsibility	RL coordinator briefing before start of session

		<p>Run leaders and assistants to manage crossing points where possible, without stopping traffic, to ensure all members have crossed safely.</p> <p>Runs will keep off carriageways wherever possible, in the event that it is necessary to run on a carriageway runners will run facing oncoming traffic and will leave the carriageway for a path as soon as it is possible.</p>		
Curbs and uneven slippery surfaces	Runners	<p>Pre-run briefing will summarise type of hazards/ground that will be encountered along with a summary of the route.</p> <p>Runners at the front reminded to warn those behind of potential hazards.</p> <p>Encourage runners to keep a safe distance between themselves and the runners ahead of them so they can see the ground in front clearly.</p> <p>If the hazard isn't obvious then a club member will slow/stop and point out the hazard to others.</p>	<p>Front Runners responsibility</p> <p>Runners</p>	RL Coordinator briefing

Pedestrians, cyclists, dogs and horse riders	<p>Runners</p> <p>And/or</p> <p>Pedestrians, cyclists, dogs and horse riders</p>	<p>Members to be considerate at all times with the general public and to take personal responsibility for their actions.</p> <p>Warnings and appropriate instructions given to the group when approaching pedestrians or cyclists.</p> <p>Pass wide and slow, particularly when approaching a loose dog or passing a horse rider.</p> <p>Any person coming into contact with any domestic animal should walk calmly by and make no interaction with the animal.</p>	<p>Runners</p> <p>Front Runners responsibility</p>	
Group management		<p>All runs are muster runs ensuring that all runners are kept within the group and are clear of the route.</p> <p>Use of experienced club runners to support run leaders with management and control of the runs.</p>		

Lone runners		<p>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.</p> <p>During the run, if members are aware of a 'lone' runner, they are to advise Run Leaders at the earliest opportunity</p>		
Trips, slips and minor injuries	Runners	<p>A basic first aid kit will be available on each route. First aid kits carried with each run option 5K/10K</p> <p>Run leaders to carry mobile phones.</p> <p>Runners will be given the basics they need to treat their own injuries when they can.</p> <p>Basic first aid will be provided by first aiders within the group.</p> <p>Assuming the runner is 'walking wounded' a run leader (or experienced club runner) will accompany the individual back to the start point or arrange for them to be collected.</p>		RL to carry mobile phones & First Aid kits
Serious illness/injury	Runners	<p>Mobile phones and basic First Aid kit carried by run leaders.</p> <p>A nominated first aider and other medical professional if available (we have several within the club), will stay with the person</p> <p>Phone for Ambulance, medical support immediately.</p> <p>Follow any advice given</p> <p>First aid will only be given by a qualified first aider.</p>		RLs to carry mobile phones & First Aid kits
Adverse weather conditions Sun/Heat Rain/Wind Snow/Ice		<p>During periods of adverse weather, conditions may deteriorate. Run leaders will make a dynamic assessment of the need for further controls and changes to route to manage the changing conditions.</p>	RLs	
Variable underfoot conditions		<p>Recommend runners wear appropriate footwear (noted on run invite if necessary)</p> <p>Warning given during pre-run briefing</p> <p>Slow down and share warnings with other runners throughout the group.</p>	Runner's responsibility	

Naturally occurring hazards (over grown vegetation, protruding tree roots, low branches)		<p>Warnings given by front runners</p> <p>Encourage the group to slow if necessary</p> <p>If necessary, use one of the group members to stay by the hazard and alert others.</p>	Front runners' responsibility	
Inconspicuous hazards (animal burrows, discarded fence wire)		<p>Warnings given by front runners</p> <p>Encourage the group to slow pace in areas where these are evident or likely.</p> <p>If necessary, use one of the group members to stay by the hazard and alert others.</p>	Front runners' responsibility	
Interaction with livestock, horses, horse riders	Horse riders	<p>If interaction with livestock is unavoidable;</p> <p>Slow the pace of the run and walk quietly if necessary</p> <p>Keep the group together</p> <p>Give as wide a berth as practicable in the location concerned.</p> <p>If necessary, stop and wait for the animal to pass.</p>	Runner's responsibility	