

	Session		Risk Assessment Date (DD/MM/YYYY)		
	Road Running Sessions		03/12/2018		
	Risks to runners, leaders, coaches & road users				
Weather			Likelihood	Potential impact	Mitigating or planned action
	W1	Lightning causing danger	Low	High	Coach / Run Leader to postpone or cancel
	W2	High wind causing possible falling branches/trees & air bound sand	Low	High	Coach / Run Leader to postpone or cancel the run.
	W3	Snow/icy conditions underfoot	Low	High	Coach / Run Leader to postpone or cancel the run.
	W4	Extreme weather, hot or cold	Low	High	Coach / Run Leader to advise runners or
Route			Likelihood	Potential impact	Mitigating or planned action
	R1	Traffic	Medium	High	All runners to observe Highway Code
	R2	Runners not visible to other road users	Medium	High	Coach / Run Leaders to advise runners if inappropriately dressed for running in the dark or poor visibility. Recommendations in Safety Code
	R3	Route specific hazards	Medium	High	Coaches to review routes in advance & share route/session specific risk information
	R4	Debris or other items on course (eg branches)	Low	Medium	If required, Coach / Run Leader to brief
	R5	Roadworks or obstructions	Low	Medium	If required, Coach / Run Leader to brief runners in advance.
	R6	Conflict with other pedestrians	Low	Medium	If required (e.g. busy periods), Coach / Run Leader to brief runners in advance. Recommendations in Safety Code.
Health & Safeguarding Risks			Likelihood	Potential impact	Mitigating or planned action
	H1	Runner has sudden serious health problem (eg heart attack, stroke, asthma attack)	Low	High	Safety advice on website (runners should ensure they are medically fit enough.) Coach / Run Leader to ensure that emergency services called with clear information as soon as possible. Request for help from runners with specialist knowledge or first aiders. Policy to encourage First Aid training for all Leaders & Coaches
	H2	Runner has serious injury during run	Low	High	As above for sudden serious health
	H3	Runners fall causing injuries	Low	High	If possible, runner to stand by particular hazard advising following runners to take caution. If unable to continue, Coach / Run Leader or other runner to accompany injured runner to safety.
	H4	General risks to safeguarding	Low	High	No runner to be left alone. Handicap system to be in force to allow support to slower groups from faster runners. Coach / Run Leader to be made aware of any members needing specific care. Encourage Safeguarding training for all Leaders & Coaches
	H5	Runners' dogs cause danger.	Low	Medium	No dogs on club runs
	H6	Dehydration	Low	Medium	Runners to be advised to take water on longer runs or in hot weather