



EVESHAM VALE RUNNING CLUB

RISK ASSESSMENTS - ROAD RUNNING



HAZARD	WHO / HOW AFFECTED	CONTROL MEASURES
1) Terrain e.g. uneven pavements, mud under bridges, kerbs	Athletes- injuries from tripping and falling	➤ Club spokesperson to inform and warn runners at start of run ➤ Routes to be checked for particular hazards ➤ Correct footwear to be worn
2) Weather- Icy/foggy	Injury or illness from extreme weather conditions	➤ Club spokesperson to inform runners at start of run ➤ Committee to check long range forecast ➤ If too dangerous do not run
3) Visibility- Dark/Light	Injuries from collisions	➤ CLUB RULE- High visibility tops to be worn when low visibility. Members agree to these rules when they join and become a member ➤ Choose well lit routes ➤ Choose routes that people are familiar with ➤ Use head lamps(1W)
4) Traffic-Buses, Cars, Pedestrians, Cyclists Included crossing roads	Injuries from collisions	➤ Cross roads at pedestrian crossings where possible ➤ Cross roads as a group with leader at front who coordinates the crossing ➤ Follow instructions ➤ Keep on pavements where possible ➤ Wear high visibility tops If we do have to run on roads: ➤ Run on right side of road, single file ➤ With group leader at front



EVESHAM VALE RUNNING CLUB

RISK ASSESSMENTS - ROAD RUNNING



HAZARD	WHO/HOW AFFECTED	CONTROL MEASURES
5) Animals- Dogs- tripping over leads, being attacked by dogs	Athletes injured from attacks	➤ Be alert and aware of trailing leads ➤ Give dogs a wide berth
6) Provocative behaviours by others e.g. kids throwing stones at runners	Verbal or Physical abuse to athletes	➤ Always run in a group ➤ Call for help if required via mobile phones. Each group to have mobile phone with them ➤ Do not escalate situations by responding aggressively
7) Wearing IPODS or other media devices	Athlete is distracted and therefore cannot hear traffic	➤ CLUB RULE- No ipods or other media devices
8) Lone Running	Athlete intends to run alone or gets dropt off the back of a group	➤ Signing in registration at Start and finish of run ➤ Everyone allocated to a group ➤ Allocated route leader to each group ➤ Runners to remain in pairs where possible
9) Lost	Athletes gets lost	As above ➤ The club keeps all contact details at club meeting point- 1st contact name would be called. Then it would be escalated as required.