

<b>HEALTH &amp; SAFETY RISK ASSESSMENT</b>	<b>Bournville Harriers</b>
<b>DATE:</b> November 2022	<b>ACTIVITY:</b> Club Social Runs
	<b>LOCATION:</b> Various
<b>ASSESSED BY:</b> L Goulding / D Powner	<b>APPROVED BY:</b> 2022 Committee

<b>HAZARD/RISK</b>	<b>RISK LEVEL H/M/L</b>	<b>CONTROL MEASURES</b>	<b>RESIDUAL RISK LEVEL H/M/L</b>	<b>ACTION / BY WHOM</b>
Route Getting lost Lone Runners Group Abilities / Exp	M	<ul style="list-style-type: none"> <li>Route maps are made available for runners to view before each run, together with a pre run briefing document.</li> <li>Routes to reflect current running conditions e.g., weather, daylight / darkness. Unlit routes are removed from the rota on darker evenings.</li> <li>Runners to take personal responsibility to ensure they know the route for each week.</li> <li>Runners run at their own risk and are responsible for joining an appropriate group for their ability.</li> <li>Runners are advised to be aware of fellow runners around them and to ensure, where possible, no one is left to run completely alone.</li> <li>New or inexperienced runners are to be accompanied on the route by an experienced Club Member.</li> <li>The club website details that for safety reasons runners are advised to be able to complete 5 miles in one hour.</li> </ul>	L	<ul style="list-style-type: none"> <li>Runner's responsibility</li> <li>Facebook / website pre run briefing</li> <li>Pre run gathering</li> </ul>

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Route surfaces and potential hazards Slips, Trips and Falls Mid run Injury	M	<ul style="list-style-type: none"> <li>• Individuals to take own responsibility for care when running on uneven, slippery surfaces and to be aware of kerbs and any other potential running hazards.</li> <li>• Runners are requested to warn other runners of impending hazards, pedestrians, kerbs, and low signs etc</li> <li>• Members are requested to notify the club of any issue they see that may affect the suitability of a route, temporarily or permanently. An alternative route will be selected should this be the case.</li> <li>• Appropriate footwear to be worn for the terrain</li> <li>• Runners are advised to consider carrying ICE contact details and mobile phones.</li> </ul>	L	<ul style="list-style-type: none"> <li>• Runner's responsibility</li> <li>• Facebook / website pre run briefing</li> <li>• Pre run gathering</li> </ul>
Traffic conflict and road crossing	M	<ul style="list-style-type: none"> <li>▪ Runners to take personal responsibility when crossing roads and not to assume traffic will give way.</li> <li>▪ Routes are designed to encourage road crossing at lights / zebra crossings, new routes are discussed by the committee and trialled to identify potential issues</li> <li>▪ Do not assume the runner in front has ensured the road is clear.</li> <li>▪ Runners are advised not to run in roads unless necessary and to use paths, pavements, and designated crossings where available.</li> <li>• Run with consideration of other road users who may not see you</li> </ul>	L	<ul style="list-style-type: none"> <li>• Runner's responsibility</li> <li>• Facebook / website pre run briefing</li> </ul>
Weather conditions and clothing	M	<ul style="list-style-type: none"> <li>▪ Appropriate clothing and running footwear to be worn at all times to suit weather conditions.</li> <li>▪ Runners are advised and reminded to wear appropriate clothing during darker evening runs, including lights, Hi Viz, reflective etc.</li> <li>▪ Severe weather conditions may result in training runs being cancelled. Notified via Facebook.</li> <li>▪ Alternative routes will be selected should weather conditions affect the suitability of any route (e.g., flooded roads)</li> <li>▪ Members are requested to notify the club of any issue they see that may affect the suitability of a route, temporarily or permanently. An alternative route will be selected should this be the case.</li> </ul>	L	<ul style="list-style-type: none"> <li>• Runner's responsibility</li> <li>• Facebook / website front page banner &amp; pre run briefing</li> </ul>

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Health issues	L-H	<ul style="list-style-type: none"> <li>For personal health issues runners are advised to consult their GP before taking part in running club activities.</li> <li>Runners have a responsibility not to run if unwell or have a pre-existing injury</li> </ul>	L-H	<ul style="list-style-type: none"> <li>Runner's responsibility</li> <li>Facebook / website pre run briefing</li> </ul>
Headphones etc Phone / Music	M	<ul style="list-style-type: none"> <li>Members should not use earphones whilst on club runs, (except for bone conducting headphones)</li> </ul>	L	<ul style="list-style-type: none"> <li>Runner's responsibility</li> <li>Facebook / website pre run briefing</li> </ul>
Following instructions	M	<ul style="list-style-type: none"> <li>Runners to follow instructions from the Pre run briefing regarding notices of route changes, clothing, personal safety etc.</li> </ul>	L	<ul style="list-style-type: none"> <li>Runner's responsibility</li> <li>Facebook / website pre run briefing</li> <li>Pre run gathering</li> </ul>
Interaction with the public	M	<ul style="list-style-type: none"> <li>Runners to be always considerate with the general public and to take personal responsibility for their actions.</li> <li>Runners to let pedestrians in front know they are about to be passed on the left or right (particularly on canal runs)</li> <li>Run with consideration of other road users who may not see you</li> </ul>	L	<ul style="list-style-type: none"> <li>Runner's responsibility</li> <li>Facebook / website pre run briefing</li> </ul>