

# Risk Assessment: Styal Running Club (SRC) Training Runs



<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
Feb-23	Sam Milward CMIOSH	Group runs from the Phoenix Sports Club on Styal Road	Feb-24

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Existing Risk	What else can you do to control this risk?	Reduced Risk	Action by whom	Target date	Complete
Slips, trips & falls	Participants & leaders – sprains, impact injuries	Routes selected to broadly match group’s ability. Individuals select groups appropriate to their capability and run within this. Inductions include guidance on suitable footwear, which is worn. Headtorches used when required. Runners highlight hazards to others.	L		L			
Injuries through participation	Participants & leaders – sprains, impact injuries, exacerbation of existing injuries	Induction includes survey of pre-existing medical conditions, emergency contact info & trial run to enable suitable group placement. Routine survey of existing members for run-relevant medical conditions. Leaders plan runs to broadly match group ability. Leaders ask participants pre & post-run & monitor group during runs. Appropriate warm up & cool down completed. Basic first aid kit & phone carried by leaders.	L	EA introducing First Aid element to LiRF training. SRC own training being planned.	L			
Physical nature of running	Expectant mothers & their pregnancies	As above: new members are asked about medical condition to run and do so within their physical capability.	L		L			

Safe-guarding issues	Young members, SRC reputation/legal action	Under 18yo are not accepted as members.	L		L			
Hot weather	Participants & leaders – de-hydration, heat stress, sunburn, insect bites	Weather forecast checked pre-run & sessions cancellation or adjusted appropriately. Leaders advise participants ref. hats, suncream, insect repellent & water intake. Increased monitoring of participants, especially new members.	M		M			
Cold weather	Participants & leaders – cold injuries, increased risk of STF	Weather forecast checked pre-run & sessions adjusted appropriately. Leaders advise participants ref. suitable clothing & increased slip risk. Increased monitoring of participants, especially new members.	M		M			
Traffic/road crossings on route	Participants, leaders & 3 <sup>rd</sup> party road users	Leaders remind participants pre-run ref. traffic awareness & road crossing. Leaders manage group when crossing roads by selecting suitable crossing point & crossing as a group when possible. Participants use headtorches & wear hivis when required.	M		M			
Pedestrians on paths/ pavements	Participants, leaders & 3 <sup>rd</sup> party pedestrians	Leaders remind participants to be respectful of the public pre-run. Group members warn fellow runners ref. pedestrians on route.	L		L			
Participants getting lost	Participants	Leaders brief participants pre-run & manage group to prevent accidental splitting of group.	L		L			
GDPR: release of personal data	Release of members' privacy/data, SRC reputation/legal action	Members' personal data managed as per SRC GDPR policy.	L		L			
3 <sup>rd</sup> party landowners	Landowners' property, SRC reputation	Running routes stick to public rights of way. Members treat the property of others with respect and abide by the Countryside Code.	L		L			