

# Heathfield Road Runners

## Winter Training Session Risk Assessment



Hazard	Who could be harmed?	Level of Risk	Control measures	Resulting Risk	Implemented by:
Uneven surfaces, kerbs, potholes	Runners	Medium	Run routes planned to avoid obvious hazards (temporary roadworks, potholes)  Potholes and uneven surfaces highlighted by run leader during run	Low	Group leaders, runners
Collision with traffic	Runners	High	Routes planned to use street lighting and pavements wherever possible  Avoid running in the road  Runners advised to wear hi-vis clothing and carry torches/wear head torches  Cross roads as a group(s)  Follow Highway Code	Medium	Group leaders, runners
Other road users, pedestrians, cyclists	Runners, pedestrians, cyclists	Medium	Runners show consideration for other road users - call out when approaching from behind  Run routes avoid obviously busy/congested areas or areas of known anti-social behaviour	Low	Group leaders, runners

Hazard	Who could be harmed?	Level of Risk	Control measures	Resulting Risk	Implemented by:
Weather	Runners	Medium	<p>In icy/snowy conditions run routes keep to gritted/cleared roads</p> <p>Icy sections of road highlighted to rest of group</p> <p>If weather deteriorates during run, change route or cut session short</p> <p>Advise novice runners of appropriate clothing/footwear for different weather conditions</p>	Low	Group leaders, runners
Lost runners	Runners	Low	<p>New routes are checked out by group leaders prior to group sessions to check suitability and distance for runners</p> <p>When large numbers of runners turn out, group is split into groups of similar abilities</p> <p>Group stops at regular intervals to allow slower runners to catch up</p> <p>Faster runners run back to rejoin group</p>	Low	Group leaders, runners
Health conditions	Runners	Medium	<p>Runners to declare any health issues or conditions to group leader prior to session and advise of risk of occurrence</p> <p>If a health issue arises during a session, runner to notify group leader and the running session should be adapted accordingly</p> <p>Group leaders to have enough local knowledge to adapt run route according to runners' needs</p>	Low	Group leaders, runner