

Saffron Striders Running Club



Risk Assessment of: - Evening Runs at Carver Airfield with diminished Covid issues

Date	Assessed by	Location	Review date
17th March 2022	Graeme Loudain	Carver Barracks Airfield	April 2023

Standard risk assessments in black. Additional assessments because of Covid in purple

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Result ant Risk Rating	Action by whom	Target date	Comple t e
Restricting access to Striders vehicles only	Unauthorised and /or unexpected vehicles could injure a runner or MOD personnel during our visit, or be on site after we leave.	Gate must be monitored after it is opened by a Strider. Only Striders vehicles to be allowed access. (Members of public can park on verge opposite entrance)	L					
Passing on Covid or getting Covid when collecting or returning keys for facility	Key collector, Gatehouse personnel	Keyholder to maintain 1m social distancing when collecting and returning keys	L					
Emergency services require entry or exit from site through locked gate	Persons requiring emergency treatment	Keys for entry gate to be held by person who opened the gate, usually Al Cooke. Brief all that if keys are needed they should call him	L					
Cars parked in areas that are not appropriate, causing a hazard when session is taking place	Moving vehicles could injure a runner or MOD personnel.	Drivers to be told where to park as they enter the access gates	L					
Gravel, Bumps, lumps, holes	Runner injury such as sprain, grazing, bleeding or broken limb because of loss of footing.	Briefing before run to look out for hazards on ground. Check at briefing if there are any runners who are not familiar with routes, make sure they know who guide runners are.	L					

Getting lost or becoming separated, possibly having accident	Runner may become anxious, tired or feel or be threatened, particularly if female. Having a fall or injury while on own	Guide runner in each group always wears Hi-Vis bib, carries phone and first aid kit whose role is to look out for all members of group. Brief runners must stay in group. Remind all runners to use ICE (In Case of Emergency) shoe tags.	L					
Health issue (e.g. Asthma attack)	Physical effects on runner of allergy or illness	Briefing before that runners must carry medications if they have known health issue. Remind all runners to carry their ICE (In Case of Emergency) shoe tags. Welfare Officers and Memb Officer have list of all runners and health issues. Ensure Guide Runners are aware of these lists and contact numbers for WO's and MO	L					
Falls when light conditions are poor or dark	Injury to runner by fall	Start sessions sufficiently early that finish of run is in good light conditions. Briefing before run that HI-Vis tops are compulsory at all times of poor light conditions, including those which start in daylight but end near dusk Runners who do not have a Hi Vis may be loaned one by the club We recommend that head or chest torches should be worn. Emails sent to all members to remind them Make clear no runs in poor light without Hi-Vis.	M					
Infection from injured runner while carrying out first aid	Runner carrying out first aid	Issue notes to all runners about first aid procedures Guide runners (and Coaches at coached sessions) carry f aid kit that includes gloves, which should be worn while giving first aid.	L					

Abuse by one runner to another	Stress and anxiety for affected runners	Ensure runners know that abuse should be reported confidentially to Welfare Officers and they know how to contact them. Reports should be made if directly affected by abuse or if it is observed.	L					
Spreading Covid	Any runner by close proximity to another runner	Brief that while Covid has diminished runners should maintain distance between each other and avoid hand shakes/hugging type behaviour						
Spreading Covid through contact while carrying out first aid or injury	Runners and those they come into contact with	Guide Runners have masks, gloves and aprons in first aid packs, all to be used when carrying out first aid. No mouth to mouth CPR	L					

Think about

- The risks - a risk is the chance, high or low, of somebody being harmed by a hazard, and how serious the harm could be.
- How accidents could happen and who might be harmed
- What you will need to do to control the risks and ask if there is anything you should do to make your club activities safer.

Focus on risks that could cause real harm. If there is a genuine risk, see what you can do to minimise that risk and still go ahead – it can often be done. Be sensible and proportionate in your approach to managing risk and unlike the example here, don't go 'over the top'.

Venue:-

Carver Barracks Airfield
 Airfield training site entrance (200m from Debden Barns)
 Carver Barracks
 Water Lane
 Wimbish
 Saffron Walden

Entry through gates that are locked except for entry and exit of all participants at the start and finish of the event

Admin office:-

Carver Barracks

Ministry of Defence
Administration Office
Water Lane
Wimbish
Saffron Walden
CB10 2YA.

Guard room (for key collection and return) telephone contact no. 01223 203617 or 01223 203662 Note DEFIBRILATOR at this location

Participants

Saffron Striders Running Club

Role	Name	Phone	email
Chairman	Alistair Cooke	07547 507 600	chair@saffronstriders.org.uk
Welfare Officer F	Paula Thurston	07885 484 538	welfarefemale@saffronstriders.org.uk
Welfare Officer M	Michael Bradley	07990 570 720	welfaremale@saffronstriders.org.uk
Covid 19 Coordinator	Graeme Loudain	07876 446 117	hands@saffronstriders.org.uk