

# Saffron Striders Running Club



## Risk Assessment of: - Coached Sessions at Carver Airfield

Date	Assessed by	Location	Review date
15 <sup>th</sup> June 2022	Graeme Loudain	Carver Barracks Airfield	May 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					
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. Brief all that if keys are needed they should call that person	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 by marshall's 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.	Coach to assess ground conditions before start of session. Briefing before activities to look out for hazards on ground. Briefing before activities on correct use of equipment	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.	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. Make clear no runs in poor light without Hi-Vis. Coach to assess light conditions and halt activities if appropriate	M					
Infection from or to injured runner while carrying out first aid	Runner carrying out first aid or first aider	Issue notes to all runners about first aid procedures Guide runners (and Coaches at coached sessions) carry f aid kit	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					
Physical activities	Runners unused to exertions or intensity	Coaches to continually observe and monitor how runners are feeling and looking. Alter the activity to suit the runners condition						

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**

<b>Role</b>	<b>Name</b>	<b>Phone</b>	<b>email</b>
Chairman	Alistair Cooke	07547 507 600	<a href="mailto:chair@saffronstriders.org.uk">chair@saffronstriders.org.uk</a>
Welfare Officer F	Paula Thurston	07885 484 538	<a href="mailto:welfarefemale@saffronstriders.org.uk">welfarefemale@saffronstriders.org.uk</a>
Welfare Officer M and Coach	Michael Bradley	07990 570 720	<a href="mailto:welfaremale@saffronstriders.org.uk">welfaremale@saffronstriders.org.uk</a>
Covid 19 Coordinator and Coach	Graeme Loudain	07876 446 117	<a href="mailto:membership@saffronstriders.org.uk">membership@saffronstriders.org.uk</a>
Health and Safety Sub Committee	Several		<a href="mailto:hands@saffronstriders.org.uk">hands@saffronstriders.org.uk</a>