

Saffron Striders Running Club



Risk Assessment of: - Coached Sessions at Lord Butler

Date	Assessed by	Location	Review date
15 th June 2022	Graeme Loudain	Lord Butler LC Saffron Walden	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
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:-

Lord Butler Leisure Centre
Peasland Road
Saffron Walden

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 and Coach	Michael Bradley	07990 570 720	welfaremale@saffronstriders.org.uk
Covid 19 Coordinator and Coach	Graeme Loudain	07876 446 117	membership@saffronstriders.org.uk
Health and Safety Sub Committee	Several		hands@saffronstriders.org.uk