**Risk Assessment of: - Club runs at multiple locations.**

**Saffron Striders Running Club**

| **Date** | **Assessed by** | **Location** | **Review date** |
| --- | --- | --- | --- |
| 17th November 2022 | Alan Jones | Multiple – Saffron Walden Town Circuit, Carver Barracks Airfield, Various Cross Country Routes. | October 2023 |

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| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** |
| Uneven surfaces (kerb stones, gravel) | Uneven surfaces could cause runners to fall resulting in cuts, bruises and possibly broken bones. | * Coach to assess ground conditions before start of session.
* Remove or mark (with tape) hazards if possible.
* Briefing before activities to advise runners to be aware of ground hazards.
 | L |
| Slippery or wet surfaces due to adverse weather | Uneven surfaces could cause runners to fall resulting in cuts, bruises and possibly broken bones. | * Coach to assess ground conditions before start of session.
* Remove or mark (with tape) hazards if possible.
* Briefing before activities to advise runners to be aware of ground hazards.
 | L |
| Poor light conditions due to running at night | Poor light conditions could cause runners to fall resulting in cuts, bruises and possibly broken bones. | * Coach to assess light conditions before start of session.
* Briefing before activities to be aware of low light conditions if applicable.
* Briefing before activities to advise runners wear high visibility clothing and/or head/chest lights.
 | L |
| Health issue (e.g. Asthma attack) | Effects of illness on runners | * Briefing before activities to advise runners that they must carry medications if applicable.
* Remind all runners to carry identification in case of emergency.
* Ensure coaches have access to mobile phone to call for medical assistance if required.
 | L |
| Vehicles | Runners using the roads could cause a collision with vehicles resulting in serious injury or death. | * Session to take place in areas of low traffic volume if possible.
* Ensure that runners have ability to get out of the way of vehicles using a grass verge or pavement
* Briefing before activities to advise runners if training session involves running across roads, to be aware of traffic.
 | L |
| Incorrect training intensity | Runners being fatigued or training incorrectly resulting in musculo-sketal injuries. | * Coaches to continually observe and monitor how runners are feeling and looking.
* Briefing before activities to advise runners to complete only as much as they feel able.
* Coach may consider suggesting alternatives
 | L |

**Participants - Saffron Striders Running Club**

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| **Role** | **Name** | **Phone** | **email** |  | **In addition to the above, the club shall provide**  |
| Chairman | Alistair Cooke  | 07547 507 600 | chair@saffronstriders.org.uk |  | **Guide Runners, with clearly marked tabards, to**  |
| Welfare Officer F  | Paula Thurston  | 07885 484 538  | welfarefemale@saffronstriders.org.uk |  | **aid runners so that they do not get lost.** |
| Welfare Officer M and Coach  | Michael Bradley | 07990 570 720  | welfaremale@saffronstriders.org.uk  |  | **Guide Runners will also carry a phone in case** |
| Coach  | Graeme Loudain | 07876 446 117 | membership@saffronstriders.org.uk  |  | **of emergencies.** |
| Health and Safety Sub Committee | Several |  | hands@saffronstriders.org.uk  |  |  |