**Risk Assessment of: - Coached Sessions at Leverett Way**

**Saffron Striders Running Club**

| **Date** | **Assessed by** | **Location** | **Review date** |
| --- | --- | --- | --- |
| 17th November 2022 | Alan Jones | Leverett Way, Saffron Walden | 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 only take place in areas of low traffic volume. * 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** |
| Chairman | Alistair Cooke | 07547 507 600 | [chair@saffronstriders.org.uk](mailto:chair@saffronstriders.org.uk) |
| Welfare Officer F | Paula Thurston | 07885 484 538 | [welfarefemale@saffronstriders.org.uk](mailto:welfarefemale@saffronstriders.org.uk) |
| Welfare Officer M and Coach | Michael Bradley | 07990 570 720 | [welfaremale@saffronstriders.org.uk](mailto:welfaremale@saffronstriders.org.uk) |
| Coach | Graeme Loudain | 07876 446 117 | [membership@saffronstriders.org.uk](mailto:membership@saffronstriders.org.uk) |
| Health and Safety Sub Committee | Several |  | [hands@saffronstriders.org.uk](mailto:hands@saffronstriders.org.uk) |