

Eden Runners Risk Assessment Form - Road Running Sessions V4

Road running sessions are held each week throughout the year and are open to any ability senior member of the club. The sessions are led by coaches who are club members, hold the Leadership in Running Fitness (LiRF) qualification, been DBS checked and hold a licence. Currently there are about 280 ER members. Sessions are typically held on Tuesday, Wednesday and Friday evening and Tuesday morning in and around Penrith via pre-bookable sessions.

The maximum number of runners per coach is 12 in accordance with England Athletics insurance requirements.

The use of the term 'coach' also includes 'run leader'. **COVID-19 is assessed in its own right at the end of the risk assessment**

Venue:		Penrith Rugby Club, Frenchfields, UCC yard, the streets of Penrith and surrounding villages.	Location of first-aid kit:	Coach to carry first aid kit. COVID 19 requirement - to include hand sanitiser, a minimum of 2 pairs of PPE gloves (to use and a spare) and 2 face masks (one for injured party, one for coach)
Address:		Eden Runners	Stocked and maintained:	Coach to notify H&S lead if any kit is used.
Group:			Location of first-aider:	Coaches currently may or may not be first aid trained. Call for medical assistance if required. NB Guidance on First Aid Training requirement updated to coaches to have basic certificate from April 2022 if new or from April 2023 when renew license.
Date:		24/01/2022	Location of telephone:	Coach must carry a mobile phone
Time:		Various – Typically 18:00 – 19:00	Location of toilets:	N/a
Participants:	Number:	Up to 12 plus 1 coach (England Athletics Insurance constraint)	Location of changing rooms:	N/a
	Age:	Ages 18+	Venue contact:	N/a
	Ability:	all abilities		

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Lead coach name:	Various - LiRF qualified as a minimum or under direct supervision by a responsible person designated by the coach.	RISK ASSESSMENT REVIEW DATE	17/10/2022
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Name of person conducting risk assessment:	Version	Amendments	Signed and Date:
Emma Nielsen	V1		12/07/2020
Emma Nielsen	V2	<p>Introduction</p> <p>Replaced coach to runner ratio 1 to 5 to 1 to 12</p> <p>Replaced maximum number of runners in accordance with COVID regulations with England Athletics guidance and insurance constraints.</p> <p>Replaced Wednesday sessions have been cancelled and on Friday various coaches run a session at the same time but at different venues with - Wednesday sessions have been suspended and various coaches now offer pre-bookable sessions on various days and times and localities. A maximum of 2 groups at the same venue can operate at the same time.</p>	24/07/2020
Emma Nielsen	V3	<p>Introduction</p> <p>Replaced 'a maximum of 2 groups at the same venue can operate at the same time' with 'Running or training in a public space can take place in unlimited numbers as long as the activity is taking place within a COVID secure environment' however a maximum of 2 groups in one place at any one time is currently ER policy.</p> <p>Lead Coach Name - added 'or under direct supervision' (of a LiRF qualified coach/run leader)</p> <p>Spread of Covid -19.</p> <p>Medical Issues - membership form now captures medical conditions and emergency contact as does Team App.</p>	23/08/2020

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		Spread of Covid-19 – replaced ratio of 1:6 to 1:12. Added routes chosen to minimise risk to other groups of runners. Added not attend session if isolating for any reason.	
	V4	Outdated Covid requirements removed. Added: Coach to notify H&S club lead if any first aid kit is used (to enable replacements) Note that first aid training requirement changed in January 2022. Added: club to ensure all coaches have access to a suitable first aid course.	

Hazard:	Persons at Risk	Potential Risk:	Action(s) to Alleviate Risk:	Residual Risk/Actions Required
Road Traffic Accident Vehicle hitting runner	Runners Coach Persons in cars Cyclists	Likelihood LOW Impact HIGH	<ul style="list-style-type: none"> • All runners to wear hi – viz clothing in dusk/dark conditions. • Appropriate initial safety briefing to be provided prior to the start of the session. • Use roads with pavements where possible, if not, runners to be single file and use right hand side to see oncoming traffic. • Road crossing as a group/s (depending on the size) where possible. 	MEDIUM
Others Pedestrians: Dogs attacking runners. Runners colliding with pedestrians.	Runners Coach Pedestrians	Likelihood LOW Impact LOW	<ul style="list-style-type: none"> • All runners to remain vigilant for dogs and allow plenty of room for the dog and dog walker to pass. • Coach to divert runners away from any dogs present. • All runners to allow plenty of room for pedestrians to pass 	LOW

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Slips, Trips and Falls Uneven surfaces Typical ankle and foot injury.	Runners Coach	Likelihood	MEDIUM	<ul style="list-style-type: none"> • Appropriate pre session safety briefing, to point out any known hazards, crossings and trip hazards. • All runners to have appropriate clothing and footwear. 	LOW
		Impact	LOW		
Medical Issues	Runners Coach	Likelihood	MEDIUM	<ul style="list-style-type: none"> • Coaches to be made aware of any runners that have a medical condition. Coaches to ask participants at the start of each session. • All new club members to declare any medical conditions upon joining ER and if and when they emerge. • Existing club members to register on Team App and provide details or notify their coach. • Emergency contact details to be held by the club. 	MEDIUM All new coaches to be trained in basic first aid and existing coaches upon renewal of license. System for declaring medical conditions to be implemented. ACTIONED Team App use and membership form to be updated to capture this data. ACTIONED
		Impact	HIGH		

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				System for enabling access to emergency contacts to be implemented PART ACTIONED
<p>Adverse Weather Conditions</p> <p>Affects of snow, fog, extremes of temperature – heat and minus temperatures on participants</p>	Runners Coach	<p>Likelihood – LOW</p> <p>Impact – MEDIUM</p>	<ul style="list-style-type: none"> • All participants to be appropriately dressed for weather conditions • The session will be cancelled if weather conditions make it unsafe to travel to the venue or use the venue. 	LOW
<p>Weather related Hazards</p> <p>Slippery running surfaces due to rain or ice.</p>	Runners Coach	<p>Likelihood - LOW</p> <p>Impact – MEDIUM</p>	<ul style="list-style-type: none"> • The venue conditions to be checked prior to the session where ice or excess water may pose a hazard. • Hazardous areas to be avoided and pointed out to all runners. • If extremely hazardous the session will be cancelled. 	LOW

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<p>Spread of COVID-19</p> <p>On 27 January, Covid rules relaxed to:</p> <ul style="list-style-type: none"> • No requirement to wear face covering but Government suggests continue to wear a mask in crowded or indoor spaces where you may come into contact with people you don't normally meet. • As of 17 January self isolation for those with Covid reduced to 5 full days upon 2 consecutive days of negative testing. <p>No compulsory implications for the club. It is suggested to continue mask wearing for inside gatherings. Covid does remain a threat.</p>	<p>Participants Coach</p>	<p>Likelihood – LOW</p> <p>Impact – HIGH</p>	<ul style="list-style-type: none"> • A coach or participants shall not attend a session if they are displaying any COVID-19 symptoms OR are isolating for whatever reason • A register of participants shall be kept to facilitate tracking and tracing if needed. Team App booking system shall be used. • If a participant requires first aid treatment or assessment by the coach following an incident/injury, the coach must wear COVID-19 PPE (gloves and mask) and provide the casualty with a mask to wear. 	<p style="text-align: center;">MEDIUM</p> <p>Keep abreast of government and England Athletics guidance</p> <p>Make all aware</p> <p>Remind everyone of the public health guidance via Team App and FB.</p> <p>Make coaches aware of PPE requirement.</p> <p>Ensure first aid kit has required covid-19 items. TO CHECK</p>
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