

Eden Runners Risk Assessment - Road Running Sessions V6

Road running sessions are held each week throughout the year and are open to any ability senior member of the club. All sessions are led by coaches/run leaders who have achieved as a minimum the Leadership in Running Fitness (LiRF) qualification, been DBS checked and hold a licence. Currently there are 380 ER members. Sessions are typically held on Tuesday, Wednesday and Friday evenings in and around Penrith via pre-bookable sessions.

The maximum number of runners per coach 10:1 in accordance with UK Athletics' recommendation (unless a dynamic risk assessment determines otherwise).

Venue:	Penrith Rugby Club, Frenchfields, UCC yard, the streets of Penrith and surrounding villages.	Location of first-aid kit:	Run leader may carry first aid kit.	
Address:	HQ – Penrith Rugby Club	Stocked and maintained:	Run leaders to notify H&S lead if any first aid kit is used.	
Group:	Eden Runners	Location of first-aider:	Call for medical assistance if required. April 2022 - All NEW run leaders must have appropriate First Aid Certification. April 2023 – Existing run leaders must have appropriate First Aid Certification upon licence renewal.	
Date:	Review undertaken 19/10/2023	Location of telephone:	Run leaders must carry a mobile phone	
Participants:	Time:	Various – Typically between 18:00 – 20.30 1/1.5 hour sessions	Location of toilets:	N/a
	Number:	Session numbers vary. Ratio of 10:1 to be maintained <u>OR more stringent</u> depending on conditions, abilities, route etc.	Location of changing rooms:	N/a
	Age & Ability:	Ages 18+. All abilities	Venue contact:	N/a
Lead coach name:	Various - LiRF qualified as minimum. Leads may designate a 'suitable volunteer' to assist if ratio exceeds 10:1	RISK ASSESSMENT REVIEW DATE	17/06/2024	

Eden Runners Risk Assessment - Road Running Sessions V6

Name of person conducting risk assessment:	Version	Key Amendments	Signed and Date:
Emma Nielsen	V6	<ul style="list-style-type: none"> Removed 'bank of suitable run leader assistants to be established' (existing system adequately maintains the 1:10 ratio) 	19/10/2023

Hazard:	Persons at Risk	Potential Risk:	Action(s) to Alleviate Risk:	Residual Risk/Actions Required
Road Traffic Accident Vehicle hitting runner	Runners Run leader/coach Vehicle Drivers Cyclists	Likelihood LOW	<ul style="list-style-type: none"> All runners and run leaders to wear high – viz clothing in dusk/dark conditions. Club to provide spare high-viz Run leaders to plan route considering experience level of the group. Appropriate initial safety briefing to be provided prior to the start of the session. Ensure runner to run leader ratio is maintained. Leads may designate a 'suitable volunteer' Recommend head torch/lights in poor visibility. Routes planned in well lit areas where possible. Use roads with pavements where possible, if not, runners to be single file and use right hand side to see oncoming traffic. 	MEDIUM
		Impact HIGH		

Eden Runners Risk Assessment - Road Running Sessions V6

			<ul style="list-style-type: none"> • Use designated pedestrian crossings where available. • Road crossing as a group/s (depending on the size) where possible. • Use routinised system of informing others of approaching hazards eg Car front/Car back • All run leaders to carry a mobile phone. 	
Collision with others: Pedestrians Dogs Runners Participants with buggies (Tuesday morning speed sessions)	Runners	Likelihood	LOW	LOW
	Run leader/coach Pedestrians	Impact	LOW	
	Child in buggy			<ul style="list-style-type: none"> • All runners to wear high-viz • All runners to remain vigilant for other pavement users and respect their right of way/allow plenty of room. • Ensure recommended runner to run leader ratio is maintained in order to maintain safe training. • Buggies must be designed and manufactured for running use with 5 point safety harness and be in good repair. • Parent responsible for child at all times and leave session if child becomes unhappy or distressed. • Run leaders to highlight runners with buggies participating in the session.

Eden Runners Risk Assessment - Road Running Sessions V6

<p>Slips, Trips and Falls Uneven surfaces Typical ankle and foot injury.</p>	<p>Runners Run leader/coach</p>	<p>Likelihood MEDIUM Impact LOW</p>	<ul style="list-style-type: none"> • Plan routes in well lit areas where possible. Advise use of head torch in poor visibility. • Recce unfamiliar routes in advance to identify any hazards. • Appropriate pre session safety briefing, to point out any known hazards, crossings and trip hazards • Runners encouraged to flag any hazards to coach and other runners during the session. • All runners to have appropriate clothing and footwear. 	<p>LOW</p>
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Eden Runners Risk Assessment - Road Running Sessions V6

<p>Medical Issues Medical conditions Accident/Injury sustained during a run session.</p>	<p>Runners Run leader/Coach</p>	<p>Likelihood MEDIUM Impact HIGH</p>	<ul style="list-style-type: none"> • Existing/ diagnosed medical conditions are to be declared, and known by run leaders/coaches, in respect of all runners. • Details of medical conditions and emergency contact details to be held by the club and be accessible to all coaches via TeamApp. Bi-annual check required. • All new club members to declare any existing medical conditions & ICE details upon joining. Information to be provided in Personal Details section on TeamApp in addition to the Membership form • Existing club members to register on Team App and provide details of any existing medical conditions & ICE. • All members to declare any emerging medical condition on TeamApp and/or notify their run leader/coach. • Run leader/coach to be aware of any runners with a medical condition taking part in their session. TeamApp check and ask participants at the start of each session. • Run leader/coaches to ensure the distance/intensity of the session is suitable for the ability of the group. 	<p style="text-align: center;">MEDIUM</p> <p>Members to be encouraged to provide medical and ICE details on TeamApp</p> <p>All new run leaders to be trained in appropriate first aid and existing run leaders upon renewal of licence.</p> <p>Actioned & ONGOING</p> <p>The club to communicate to all coaches any important policy/ways of working updates. ONGOING</p> <p>Database of run leaders coaches to be held and maintained detailing</p>
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Eden Runners Risk Assessment - Road Running Sessions V6

			<ul style="list-style-type: none"> • Where an ambulance would take more than 30 minutes to reach your location an outdoor certified run leader aider must accompany the group. • A sweeper to be nominated for each group within the session and a run count taken before, during and after. • Run leaders to visually monitor runners to check that they are engaged , safe and on task during the session. • All run leaders/coaches must carry a mobile phone. • All run leaders/coaches to be trained and certified in First Aid in accordance with current UKA recommendations NB If location greater than 30 minutes away from when normally would expect to receive ambulance support, OUTDOOR certification is required. 	<p>qualification status. ACTIONED and ONGOING</p>
<p>Adverse Weather Conditions</p> <p>Affects of snow, fog Extremes of temperature – heat and minus temperatures on participants</p>	<p>Runners Coach</p>	<p>Likelihood – LOW</p> <p>Impact – MEDIUM</p>	<ul style="list-style-type: none"> • All participants to be appropriately dressed for weather conditions • Adjust session accordingly dependent on the weather. • Ensure runners can hear instructions. The session will be cancelled if weather conditions make it unsafe to travel to the venue or use the venue. 	<p>LOW</p>

Eden Runners Risk Assessment - Road Running Sessions V6

<p>Weather related Hazards Slippery running surfaces due to rain or ice.</p>	<p>Runners Coach</p>	<p>Likelihood - LOW 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 hazardous the session will be cancelled. 	<p style="text-align: center; background-color: #008000; color: white;">LOW</p>
<p>Safeguarding</p>	<p>Runners</p>	<p>Likelihood - LOW Impact - MEDIUM</p>	<ul style="list-style-type: none"> • All sessions to be led by a qualified and licenced coach/run leader. • A register of attendees to be collated for each session. • Run leaders/coaches to be aware of the ability of all runners in their session. • Ensure recommended runner:run leader ratio is adhered to. • In the event of an incident consider the entire groups safety and welfare. • The club to appoint welfare supervisor(s) (male and female) • Face to face safeguarding training required at licence renewal for CiRF's and level 2 coaches. 	<p style="text-align: center; background-color: #008000; color: white;">LOW</p> <p>CiRFs to undertake face to face safeguarding training upon licence renewal ONGOING</p>

Eden Runners Risk Assessment - Road Running Sessions V6

KEY

RISK LEVEL	ACTION & TIMESCALE
LOW	No further preventative action is necessary. Monitoring is required to ensure, so far as is reasonably practicable, that the controls are maintained.
MEDIUM	Efforts should be made to reduce the risk. Risk reduction measures should be maintained
HIGH	Activity should not be started until the risk has been reduced.

Historical Amendments

Name of person conducting risk assessment:	Version	Amendments
Emma Nielsen	V1	
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>
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</p>

Eden Runners Risk Assessment - Road Running Sessions V6

		<p>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> <p>Spread of Covid-19 – replaced ratio of 1:6 to 1:12. Added routes chosen to minimise risk to other groups of runners.</p> <p>Added not attend session if isolating for any reason.</p>
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Emma Nieslen	V4	<p>Outdated Covid requirements removed.</p> <p>Added: Coach to notify H&S club lead if any first aid kit is used (to enable replacements)</p> <p>Note that first aid training requirement changed in January 2022. Added: club to ensure all coaches have access to a suitable first aid course.</p>
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Name of person conducting risk assessment:	Version	Key Amendments	Signed and Date:
Emma Nielsen	V5	<ul style="list-style-type: none"> • Run leader/coach discretion to carry First Aid Kit for sessions within Penrith. • Runner to run leader Ratio reduced to 10:1 in line with UKA recommendation. • Road Traffic Accident – Added - * coaches to wear high-viz & club to have spare high-viz vests. * Coaches to plan routes for participant ability. * Ensure runner to coach ratio is maintained. * Recommend head torches/lights for poor visibility. * Use routinised system for informing of hazards. • Collision with others – Added running with buggies as hazard. • Slips, Trips, Falls – Added * recce unfamiliar routes to identify hazards. <p>Medical Conditions – Added *medical condition and ICE data to be captured for all runners and be accessible to all coaches * Bi - annual check of medical and emergency details to ensure up to date. * Where an ambulance would take more than 30 minutes to reach your location an outdoor certified run leader must accompany the group. * A sweeper to be nominated for each group within the session and a run count taken before, during and after * All coaches to be trained in First Aid in accordance with current UKA guidelines</p>	14/02/2023

Eden Runners Risk Assessment - Road Running Sessions V6

		<ul style="list-style-type: none">• Medical Action Required – Added * database of coach qualification status to be held and maintained. * Bank of suitable volunteers to be established.• Added Safeguarding section.• Covid assessment section has been removed• Requirement for covid provisions in First Aid kit has been removed	
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