

Risk Assessment: Littledown Harriers Road Running Club

Description – This Risk Assessment assess the activities undertaken by Littledown Harriers Running Club with the aim to reduce the risk to any athletes undertaking those activities, to as low as reasonably practicable.

Date:	Assessed by:	Location:	Date Reviewed:
19 July 2020	Gary Worsley	Littledown Centre, Chaseside, Bournemouth	17 February 2025

RA Ref No.	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?	Resultant Risk Rating	Action by whom	Target date	Complete
1	Training location	Athletes, coaches and leaders: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	a- Avoid running on roads with no pavements. b- Avoid unlit roads. c-Speed sessions avoid road crossings. d-Coach/leader led training sessions.	L	Nil	L			
2	Visibility on open roads	Athletes, coaches and leaders: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	a-High Vis during daylight hours and reflective clothing during dark hours encouraged. b-Coach/Leader allocated to each session.	L	Nil	L			
3	Running in the dark	Athletes, coaches and leaders: – Injuries from slipping/tripping & falling.	a-Encourage head torches/body lights. b-Encourage high vis/reflective clothing.	L	Nil	L			

4	Road crossings	Athletes, coaches and leaders: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	a-Use pavements and road crossings. b-High Vis during daylight hours and reflective clothing worn during dark hours.	L	Nil	L			
5	Sprains and strains	Athletes, coaches and leaders: - Sprains and strains	a-Athletes warmed up prior to training session. b-Athletes cooled down after session.	L	Nil	L			
6	Adverse weather	Athletes, coaches and leaders: – illness or injury from extreme weather – Ice, lightning, rain, fog, heat & cold	a-Weather check prior to each session for any severe weather warnings e.g. lightning, ice, wind etc. and prepare to cancel sessions if deemed unsafe. b-Athletes are expected to wear clothing appropriate to the conditions; however, warnings will be given over social media to warn athletes of potential additional risks or hazards. c-Keep pre-run briefing as short as possible if inclement weather.	L	Nil	L			
7	Slips, trips, falls, collisions (ice, frost, wet leaves, uneven surface, bollards etc.)	Athletes, coaches and leaders: – Injuries from slipping/tripping & falling.	a-Assess conditions before session & warn athletes of potential risks or hazards. b-Advise athletes to remain alert to changing conditions. c-Encourage athletes to shout warning to their rear to warn athletes behind of any upcoming hazard. d-Report uneven roads/pavements to Local Authority or landowner if appropriate. e-Report accidents and near misses and keep accident logbook. f-Coaches/leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years. g-Coaches/leaders carry mobile phones to call 999 in case of emergency & serious injury and alert other coaches/leaders. h. Small first aid kits are provided for coaches/leaders to carry.	L	Nil	L			

8	First Aid	Athletes, coaches & leaders	<p>a-Coaches/Leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years.</p> <p>b-Record kept of first aid trained Coaches/Leaders.</p> <p>c-Sterile wipes carried by Coaches.</p> <p>d-Charged mobile phone carried by Coaches/Leaders.</p> <p>e-A small first aid kit to be carried by Coach/Leader.</p> <p>f-Two emergency foil blankets to be carried by Coach/Leader.</p> <p>g-Coach/Leader to ask their group if anyone has any injuries/conditions they need to be aware of. Speak to them separately if anyone wants to keep anything medical in confidence.</p>	L	Nil	L			
9	Dogs & wild animals	Athletes, coaches & leaders: – Injuries from attacks or trips	<p>a-Avoid contact with animals – be prepared to re-route ensuring all athletes are aware.</p> <p>b-Stay alert in proximity to dog walkers and possibility of extended dog leads. Shout warning to athletes behind and have system to continue warning to back of group.</p>	L	Nil	L			
10	Lost or missing athletes	Athletes – Getting lost or injured whilst out of direct contact from coach/leader or training group	<p>a-Maintain a register with emergency contact numbers.</p> <p>b-Head count before warm-up and on arrival at training venue.</p> <p>c-Maintain head count during & after training session.</p> <p>d-Brief athletes on route/course to be used.</p> <p>e-Allocate/encourage athletes to join similar ability training groups.</p> <p>f-Appoint sweep runner if necessary.</p> <p>g-Request athletes to advise coach/leader or another athlete to pass on the message if dropping out or leaving session early.</p> <p>h-Ensure junior athletes (<18 years) do not leave the group unless permission is received from their parent/guardian.</p> <p>i-Coaches carry charged mobile phones.</p> <p>j-Ratio of coach to group to be no more than 12:1. Acquire the assistance of second coach or responsible person(s) to maintain 12:1 ratio.</p> <p>k-Coaches/Leaders are encouraged to use a buddy system to pair up (triple up, if odd number in a</p>	L	Nil	L			

			session) with another athlete of equal ability to take account of each other during a session.					
11	Athletes, coaches and leaders' safety/well-being	Athletes, coaches and leaders: – Ability related to known medical issues and fitness/ability levels	<p>a-The welfare and safety of all members are the Club's top priority. The Head Coach and/or Welfare Officer, reserve the right to review the suitability of any leader or coach to lead club sessions if concerns arise regarding their health, fitness, or overall ability to fulfil the role safely. This is to ensure the well-being of leaders, coaches and participating athletes. Any such decision will be made with care, fairness, and in consultation with the individual concerned, with support offered where appropriate.</p> <p>b-All coaches, leaders and athletes should be aware that they are responsible for their own well-being. The decision whether to run or not is normally left to the discretion of the individual and they run at their own risk; however, the Club may intervene where necessary if there is a welfare/safeguarding cause for concern.</p> <p>c-Athletes with on-going conditions (e.g. asthma, diabetes, heart conditions etc.) must advise the group leader of their condition and carry their medication during each session. Asthmatics should not run if they are suffering badly or fear an attack is imminent. A Coach or leader may prevent an athlete from joining club sessions if necessary.</p> <p>d- Expectant mothers should seek a doctor's advice prior to joining club sessions.</p> <p>e-A Physical Activity Readiness Form (PARQ) must be completed prior to an individual's first session or when an athlete is returning to participating in Club sessions after a serious injury or condition. (PARQ form can be found on the Club website).</p> <p>f-The Club may require athletes, coaches or leaders to provide a letter from their GP to confirm that they are fit enough to take part in specified club sessions.</p>	L	Nil	L		

Risk Assessment Amendments			
RA Ref No.	Brief Description of Amendment	Name of Person Amending	Date of Amendment
Whole doc	Added new numbering	Gary Worsley	29 November 2023
Whole doc	Added Risk Assessment Amendment Rows	Gary Worsley	29 November 2023

Title Block	Changed heading direction	Gary Worsley	29 November 2023
Title Block	Added a Description	Gary Worsley	29 November 2023
8. d	Added 'Charged'	Gary Worsley	29 November 2023
8. e	Added whole paragraph	Gary Worsley	29 November 2023
8. f	Added whole paragraph	Gary Worsley	29 November 2023
8. g	Added whole paragraph	Gary Worsley	10 January 2024
10 h	Paragraph amended to require <18's to have parental consent before leaving a group.	Gary Worsley	10 January 2024
11	Added whole regarding Participant ability etc.	Gary Worsley	17 February 2025
1 to 9	Added Leaders in	Gary Worsley	17 February 2025
10 k	Added paragraph for Coach/leader to adopt a buddy system.	Gary Worsley	17 February 2025

If any amendments increase any risks, then a complete review is required.