

**Chester Road Runners**  
**General Risk Assessment**  
**May 2018**

**RISKS ATHLETES SHOULD EXPECT**

Task/activity you are assessing?	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session	Meeting venue /location (Westminster Park)	Run Leaders Participants	<p>All member should park in assigned car parking spaces, and avoid parking in residential areas. Car sharing is encouraged.</p> <p>All members should congregate on the grass areas at the Hough Green entrance of the park, and avoid standing on the road by the car park entrance</p>	
	Ability of participants		<p>Members assign themselves to the relevant group for their ability on arrival. Group pace limits are:</p> <p>Group 1 – under 8:30 min/mile            Group 2 – 8:30 – 9:30 min/mile            Group 3 – 9:30 – 10:30 min/mile            Group 4 – 10:30 – 11:30 min/mile            Group 5 – 11:30 to 15 min/mile</p> <p>Run Leader Teams will prepare a session and route, which will be</p>	

			<p>based on the ability of the group. The session goals and route will be posted on the CRR Information group page on Facebook.</p>	
	<p><b>Participants with known health problems injury/fitness – prior to session</b></p>		<p>All new members to register on the Mojo Membership system via the Chester Road Runners website, and complete the medical information and next of kin details on their profile.</p> <p>All members should ensure that medical information and next of kin are up to date at all times, and update as soon as a change is required.</p> <p>Run Leaders should have access to the Mojo Membership system, and be able to access member’s medical information and next of kin details when required.</p> <p>Run Leaders to ask if there are any new injury concerns that they should be aware of, at the start of each session.</p> <p>Run Leader to demonstrate to the group warm up exercises, including dynamic stretching at the start of each session.</p> <p>Run Leader to demonstrate to the group cool down exercises,</p>	

			including static stretching at the end of each session.	
<b>General safety on every session</b>	<b>Inappropriate clothing/footwear</b>	Group leader Participants	Run Leaders should perform a visual check on clothing before every session and ensure they meet the conditions.  Run Leaders to inform any members who are wearing inappropriate clothing, and may ask them not to participate in the session if they feel it is appropriate.	
	<b>Visibility of group</b>		Reflective/hi-visibility tops and lights are mandatory during winter months	
	<b>Headphones</b>		Group members should remain alert and aware of their surroundings, and instructions from Run Leaders. As a result the use of headphones is not permitted.	
	<b>Possible dehydration or low energy</b>		All members should bring water during warm/hot conditions.	Run Leaders to carry <ul style="list-style-type: none"> <li>• Water</li> <li>• Sugary snack</li> </ul>
	<b>Injury and illness during session</b>		A UKA qualified leader must lead all sessions.  First aid must only be given if currently qualified.	Each group has at least one first aid qualified Run Leader  At least one Run Leader per group to carry mobile phone, and first aid essential kit. Larger

				<p>first aid kits present at Westminster Park.</p> <p>Nearest AED located in Westminster Park Community Centre, 19 Five Ashes Road, Chester CH4 7QS</p>
	<b>Attendance</b>		<p>Run Leader to register member attendance using the Mojo membership system, before each session.</p> <p>Run Leaders to count number of members in each group before and end of each session.</p>	
<b>Running routes</b>	<b>Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags</b>	Group leader Participants	<p>Course has been assessed and planned for suitability by Run Leader Teams. Suitability is based on factors such as, weather conditions, group ability, planned events in the area, etc.</p> <p>Participants are forewarned of any known route obstacles / obstructions within group session plan, which posted on the CRR Information group page on Facebook.</p> <p>Run Leaders to complete on-going assessment during the session, and adapt route where required.</p>	

			Run Leaders to make group aware of any previously unknown obstacles on route, e.g. bins, bollards etc.	
	<b>Visibility</b>		Routes selected that have good lighting wherever possible, particularly during the winter months.	
	<b>Ability of the group</b>		<p>Session duration should be around one hour long.</p> <p>Participants to stay behind front Run Leader at times, and stay with the pace boundaries of the group.</p> <p>One of the Run Leader Team will stay at the back of each group throughout session, ensuring all members stay with the group.</p> <p>Front Run Leaders will muster to the back of the group at regular intervals to ensure the group stay together.</p>	Ensure group procedure for regrouping is reiterated weekly
<b>Traffic/road crossings</b>	<b>All traffic, including other members of the public, runners, cyclists, crossing traffic</b>	Public Group leader Participants	<p>Group to use pedestrian crossings wherever possible.</p> <p>All members of the group will cross roads as a group, and should not take any action that might endanger any other members of the group.</p>	Ensure group procedure for crossings is reiterated weekly

			<p>All members of the group take personal responsibility should they choose not to follow the directions of the Run Leaders.</p> <p>All members must take care when stepping off the pavement and onto the road when overtaking other members on off the group, and should only do so when traffic is clear.</p> <p>Run Leaders to reinforce procedure at crossings to the group at the start of each session.</p> <p>Respect all other users of the highway</p> <p>Follow the Highway Code</p>	
<b>Weather</b>	<b>Variations in weather making it too cold, wet, hot or slippery</b>	Group leader Participants	<p>Weather reports should be checked by the Run Leader Teams leading up to and on the day, and amend planned sessions/routes in appropriate.</p> <p>Runners to be given advice on clothing, fluid intake and sun screen within the session plan, posted onto the CRR Information group page.</p> <p>Cancellation to be considered if extreme conditions, e.g. snow, ice, are likely</p>	<p>Abandon run and return to centre if conditions deteriorate.</p> <p>Head Run Leader will cancel the planned club sessions, should they feel it appropriate in extreme conditions. Members will be informed via the CRR Information group page on Facebook, and communication will be sent via email.</p>

			Run Leaders to carefully monitor participants within their group for difficulties during the session.	
<b>Animals</b>	<b>Presence of and behaviour of animals and their owners</b>	Group leader Participants	Run Leaders to stay aware of and alert to other path users around them, including dogs and their owners, and cattle on farmland.  Run Leaders to respect any fears and phobias held by members of the group and to take them seriously  Follow the Countryside Code when on farmland	
<b>Members of Public</b>	<b>Getting in way of runners, causing injuries or accidents</b>	Public Group leader Participants	Ensure participants are respectful of other road users.  All members of the group should run on the pavements and give way to pedestrians where required.  Run Leaders to avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed	