

## Generic Risk Assessment: Adult Road Running Training

Risk Assessment											
Impact	1	2	3	4	5	6	Review date		1 <sup>st</sup> November 2023		
Probability							Club		Thirsk & Sowerby Harriers		
1	1	2	3	4	5	6	Risk assessment number		1		
2	2	4	6	8	10	12					
3	3	6	9	12	15	18	Assessed By		Andy Butcher		
4	4	8	12	16	20	24	Authorised by				
5	5	10	15	20	25	30	Key		1 (Low) – 6 (High)		
6	6	12	18	24	30	36	RAG		Low 1 - 8	Medium 9 - 19	High 20 - 36

Issue	Consequences	Probability	Impact	RAG	Actions	By who/when	Where	Probability	Impact	RAG
Choice of training venue	Runners & coaches: Collision with traffic & other road users; cars, cycles, pedestrians, etc.	3	4	12	Training venue selection to avoid running on open roads as far as practical General training circuit used is a lit off-road footpath around open parkland where visual contact with the athletes can generally be maintained. Alternative training circuit around “quiet” residential area with a single road crossing to school entrance	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9

Visibility on open roads	Runners & other road users: Collision with traffic & other road users; cars, bicycles, etc.	4	4	16	<p>Allocate a “lead” &amp; “sweep” runner wearing Hi-Viz clothing to supervise warm-up run between the meeting place &amp; training venue Encourage athletes to wear Hi-Viz clothing &amp; to keep alert to traffic &amp; other road users</p> <p>Advise athletes to run on footpaths where provided, not on the road Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc. Warn runners to be diligent Cancel session if visibility level is particularly poor</p>	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	
Crossing Roads	Runners & other road users: Collision with traffic & other road users; cars, bicycles, etc.	3	4	12	<p>Advise runners to use designated road crossing points on warm-up run between meeting point &amp; training venue. Avoid road crossings where possible on training circuits. Where road crossings cannot be avoided select circuits within “quiet” residential areas Advise runners that are unfamiliar with the training circuit to do a warm-up jog around the course accompanied by an experienced group member to familiarise them with the course, risks &amp; hazards. Warn athletes to stay alert of traffic &amp; cars pulling out of driveways</p>	All UKA licenced coaches and Run leaders	Thirsk & local area	3	3	9
Weather	Runners & coaches: Illness or injury from extreme weather; rain, standing water, snow, ice, fog, etc.	3	4	12	<p>Check weather in advance runners are considered to be responsible &amp; as such expected to wear clothing appropriate to the conditions.</p> <p>Advise runners if their clothing is not considered appropriate to the conditions Adjust session to suit or in extreme circumstances</p>	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9

Slips, trips & falls (ice, frost, wet leaves, uneven surfaces)	Runners & Coaches: injuries from slipping/tripping and falling	4	4	16	Asses conditions before session & warn athletes of potential risks or hazards Advise runners to remain alert to changing conditions	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9
Pedestrians, other runners/users	Runners & Pedestrians: Cuts, grazes or bruises from collision	3	4	12	Advise runners that the training area is shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9
Dogs, pets & wild animals	Runners & coaches: injuries from attacks or trips	3	4	12	Avoid contact with animals Stay alert in proximity to dog walkers and possibility of extended dog leads	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9
Lost or missing runners	Runners: Getting lost or injured whilst out of direct contact from coach or training group	3	4	12	Maintain a register with emergency contact numbers Take head count before warm-up run and on arrival at training venue Maintain head count during & after training session Brief athletes on route/course to be used Allocate runners to similar ability training groups Appoint "lead" & "sweep" runner to supervise warm-up run with sweep runner accompanying the last runner Ask runners to advise if dropping out or leaving session early. Add runners personal contact telephone numbers to register Provide runner with coaches' mobile telephone number for emergency contact If an athlete is identified as missing organise a sweep of the route/training venue course Check runners contact /emergency contact number to confirm their location If the runner cannot be located contact emergency services and	All UKA licenced coaches and Run leaders	Sowerby Gateway, Thirsk local area	3	3	9

### **Foreword**

This Generic Risk Assessment:

1. Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
2. Has been prepared for Thirsk & Sowerby Harriers running training sessions for adult athletes under the guidance of a UKA qualified coach with appropriate UKA Insurance cover.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with road running.