



# RUN GROUP RISK ASSESSMENT

<b>Event</b>	DHR Run Groups	<b>Date</b>	29/05/2021
<b>Completed by</b>	Simon Dolman		
<b>Reviewed by</b>	Simon Dolman	<b>Review Date</b>	23/05/2023

Risk	Risk Rating L/M/H	Control Measures	Residual Risk L/M/H
Traffic or Pedestrian Conflict	M	<ul style="list-style-type: none"> <li>• Hi Viz clothing to be worn in dark conditions during winter months.</li> <li>• Run with consideration of other road/path users who may not see you.</li> <li>• If running on roads without a footpath, ensure the group runs facing the flow of traffic by default, crossing (in good time) to the opposite side on tight bends to aid visibility.</li> <li>• Avoid routes with no footpath/lights in dark conditions.</li> <li>• Pre run briefing session to raise awareness.</li> </ul>	L
Crossing Roads	H	<ul style="list-style-type: none"> <li>• Run leader to manage allocated run group &amp; use pedestrian crossings where possible.</li> <li>• Do not assume the runner stepping out has ensured the road is clear.</li> <li>• Do not attempt to cross the group on blind bends.</li> </ul>	M

Trips / Falls	H	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness of type of ground to be encountered e.g. curbing, paving stones.</li> <li>• Wear appropriate footwear for the terrain.</li> <li>• Run leaders to be spaced throughout run group.</li> </ul>	M
Members Health Conditions	M	<ul style="list-style-type: none"> <li>• Members with health conditions that could affect running (Breathing issues, muscle injuries etc) should inform the run leader.</li> <li>• Members to run within their abilities &amp; be responsible for their own medication.</li> </ul>	L
Runners Getting Lost	M	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness of route &amp; who the run leaders are.</li> <li>• Take personal responsibility for yourself and select route/group appropriate to ability / conditions.</li> <li>• Run leader to appoint 'Back-marker' when appropriate.</li> <li>• Take personal responsibility for yourself to follow the run leader and notify them should you leave the group mid run.</li> </ul>	L

Animals / Livestock	L	<ul style="list-style-type: none"><li>• Pre run briefing session to raise awareness.</li><li>• Keep group together and move through stock in a calm manner.</li></ul>	L
Adverse Weather Conditions (Heat, rain, snow, ice, wind)	L	<ul style="list-style-type: none"><li>• Individuals to take responsibility for their ability and running equipment / clothing.</li><li>• Run leaders to remind members regarding protection advice in pre run brief.</li><li>• Routes to be adapted to weather when required.</li></ul>	L