

Risk Assessment: Running and training in groups with Totton Running Club

Date:	Assessed by:	Location :	Review :
03/04/2022	Group leader: Tony Kendrick Club Chair: Rob Barlow Club Secretary: Alison Kaines Coach Co-ordinator: Neil Cameron	Training and running routes listed on Totton Running Club website, including routes around Calmore industrial estate, from West Totton Community Centre, through Foxhills, in New Forest enclosures and on related through-routes.	On-going review

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
Spread of Covid-19 Coronavirus	Coach, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health condition. Anyone else who comes in contact with other people in relation to the activity.	Advice on not running with an illness has been given to club members. Maintaining social distancing of at least two metres. Restricting groups to: <ul style="list-style-type: none"> A maximum of 12 runners per coach for formal organised training sessions and running activities. A maximum of 6 runners for social runs (no coach). 	M	Remind runners of the public health advice. Wash hands for 20 seconds with soap or gel before and after session. Catch coughs and sneezes in tissues and avoid touching face. Any equipment to be used by one athlete only and cleaned before and after session.	L	Group leader, and each runner in group.	Start of each session	Ongoing
Footwear	Participants, from slipping, tripping, or suffering wear and tear from inappropriate footwear.	Advice on footwear has been given to members by email and is on the club website.	L	Visual check of footwear at each session.	L	Group leader	Start of each session	Ongoing

Inappropriate clothing	Participants, from overheating, getting cold, or chafing from clothing.	Advice on clothing to suit the conditions has been given to members by email and is on the club website.	L	Visual check of clothing at each session. Runners warned if not wearing high visibility reflective clothing after dark (see below).	L	Group leader	Start of each session	Ongoing	
Injury/illness unreported by Participants	Participants, if running aggravates pre-existing health problem.	Advice on not running with an injury or illness, and carrying sufficient food, fluids, and any necessary medication, has been given to members by email and is on the club website.	L	The group leader will advise any runners who declare themselves ill or injured not to run that day. (Refer runner to their GP if at all in doubt).	L	Runners and group leader	Start of each session	Ongoing	
Visibility of group	Participants, if they are separated from the group and get lost, or stray into unsafe areas	Information on routes is given by the group leader on setting off.	M	Count the participants at the start, and at each stop. Keep together as a group, taking the lead from the slowest runner.	L	Group leader	During each session	Ongoing	
Injury during session	Participants, or group leader, from tripping, slipping, running into obstacles, or developing problems with joints, muscles, or ligaments.	The training and running have been chosen to use mostly clear pavements, cycle track, and even grassed areas, with gentle hills. Some routes are cross-country, and pose additional risks, but club members are made aware of these in advance.	M	Leading runners to be asked to shout warnings about uneven ground, potholes, slippery ground, mud, tree roots, overhanging branches, street furniture, debris, bins, rubbish bags, etc.	L	All the runners	During each session	Ongoing	

<p>Road traffic, including other members of the public, runners, cyclists, and crossing traffic</p>	<p>Public, group leader, or participants.</p>	<p>Advice is given on wearing high visibility clothing if running after dark, by email and on the website. Advice on regrouping at crossings is given by the leader.</p>	<p>M</p>	<p>Runners should use any and all crossings provided, as prudent pedestrians. Cross as a group. Take personal responsibility. Respect all other users of the highway, and follow the Highway Code.</p>	<p>L</p>	<p>All the runners</p>	<p>During each session</p>	<p>Ongoing</p>
<p>Variations in weather making it too cold, wet, hot or slippery</p>	<p>Participants, or group leader.</p>	<p>Weather reports are checked leading up to, and on the day. Runners are advised to wear suitable clothing, maintain fluid intake, and use sun screen if necessary, by email and on the website.</p>	<p>M</p>	<p>Cancellation to be considered if ice, snow or lightning are likely. Carefully monitor participants for difficulties.</p>	<p>L</p>	<p>Group leader</p>	<p>During each session</p>	<p>Ongoing</p>
<p>Animals, including New Forest ponies, cows, pigs, dogs, and insects</p>	<p>Participants, or group leader, from collision with animals, or being attacked by animals.</p>	<p>Warnings are given by email at particular times of the year, about the release of pigs and stallions into the Forest, and the herding of ponies. Runners are advised, by email and on the website, to use insect repellent to reduce the risk of bites.</p>	<p>M</p>	<p>Avoid running close to cows, pigs, and ponies (particularly behind them). Do not come between a pony and its foal, or a cow and its calf. Do not offer food to any animals. If faced with aggressive dogs stand still, sideways on, and look down, and wait for dog owner or other runners to assist. Ticks should be removed from the skin with fine tweezers in one steady gentle pulling movement without twisting or breaking the tick, ideally by a first-aider if one is available. Runners should seek medical advice for any rash, fever, or flu-like symptoms developing within days or a few weeks after a tick</p>	<p>L</p>	<p>All the runners</p>	<p>During each session</p>	<p>Ongoing</p>

						bite, due to the small risk of Lyme disease.			