

# Risk assessment

Burnham on sea Harriers club run risk assessment

Date of risk assessment: 15 November 2016

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
Slips and trips	Potential of slips or trips on chosen running route.	Runners run as a group to observe and highlight possible hazards. Dynamic visual checks en route. Route is described to runners prior to departure.	Runners made aware of general risks i.e. kerbs/pavements/roads. Objects and obstacles such as manhole covers, posts etc are also highlighted to runners en route	All runners	Already in place	
Roads	Runners at risk from moving traffic	Runners run as a group and will alert everyone when it is safe to cross roads or if vehicles are approaching	High-viz jackets and materials worn during winter periods. Routes in winter are kept to street lit areas to maintain visual awareness to drivers.	All runners	Already in place	
Beach	Runners at risk from tidal movements and mud flats	Tide times are checked prior to a run on the beach. Runs are kept away from mud flats found on the beach	Runners to run as a group to monitor colleagues and provide support if anyone experiences difficulties	All runners	Already in place	
People	Runners coming into contact with general public	Runners observe movements of general public identifying a safe route of passage.	Group may alert pedestrians if they are unaware that runners are approaching.	All runners	Already in place	
Off-road routes (e.g. Brent Knoll and Brean Down)	Uneven surface and steep terrain	Runners allowed to run at own pace and group provide support when ascending and descending steep terrains.	Runners to observe surface for uneven surfaces, pot holes, divots etc.	All runners	Already in place	
Weather e.g. snow/ice/slippery surface	Increased risk of slips trips and falls to runners. Conditions may have a detrimental effect on runners i.e. cold/heat exposure	Runners assess weather conditions and run at their own risk. Group will stop to support a runner in difficulty. First aid qualified runners within group. If weather is not suitable for running, a run is postponed or cut short.	Runners agree on whether to run or not based on weather conditions. Assess the weather beforehand and ensure that suitable clothing is worn and fluids are taken	All runners	Already in place	

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