

Assessment completed by:	Steve Dorrall	Group / Establishment:	Burnham on Sea Harriers	Date	8 Jan 2022
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What is the activity being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
		February 2023
Club runs (applies to Tuesday night club run, Sunday Social Run, or other run organised by Harrier members).	Completed by way of running experience by members	Is the assessment 'generic' or specific to the situation?
		Generic

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done
		S	L	S x L				
Runner slip, trip or fall by way of slippery surface, kerbs, street furniture	Runners will be expected to be aware of obstacles or hazards when running. Routes are pre-determined by Run Leaders and as much as possible, each run will contain a run leader. The run leader communicates the planned route before departure. Runners are advised to observe and assess hazards dynamically as they run. Front runners have the ability to warn the rest of group of any upcoming hazards. Run groups will commonly have a backrunner to monitor the group and support the group, especially if someone has an incident. If an incident or dangerous occurrence does occur (for example where liability may be sought) the club will follow the England Athletics accident reporting procedure: https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/	2	2	4	Runners expected to wear good running shoes according to conditions. Where runs take place off-road, fell trainers are recommended. Run leaders that hold a UKA pass and licence are insured. Further guidance on insurance is located here: https://www.uka.org.uk/about/what-we-do/insurance/	All	already in place	

Environmental - winter running (dark)	Tuesday night club runs (October - March) are commonly run in the dark. Routes are planned that have adequate street lighting; some routes include areas that have no lighting, so runners will be expected to wear hi-viz clothing, head-torches/body lights to increase visibility	3	1	3	Club runs are split into groups led by EA qualified run leaders. Each group run at a predetermined pace which is posted on Facebook where runners can choose an appropriate group to run with. Groups run together to support each other and for safety. The club strongly recommends that runners wear running lights and hi-viz materials in line with UK Athletics guidance/insurance.	All	already in place	
Environmental - summer running	Club runs include (but not limited to) off-road routes such as Burnham/Berrow/Brean Beach, Brean Down, Brent Knoll, Crooks Peak, Quantocks where slips trips,twists may occur. Issues with tides and mud.	2	2	4	Runners are familiar with the routes and can run at own pace. Run leaders check tide times before running on the beach. Assessment of a run route can be made by a run leader prior to the clubrun to check conditions. Runs are commonly organised from the Bay Centre or alternative locations where runners do not wish to run an off-road route.	All	already in place	
Animals - potential collision whilst running (stray dogs, long leads etc)	Runners run as groups but must observe other users, creating space and avoiding contact between pedestrians, dogs, cyclists or other users.	3	1	3	Contact with animals and other users can happen, however, front runners are asked to let everyone know of any oncoming	All	already in place	

					people, animals or hazards.			
Weather - Variable conditions that can cause runners to overheat/dehydrate in warm conditions. Feel cold, possible drop in temperature in cold, wet conditions.	Forecasts checked prior to run and runners can make the decision not to run in inclement weather. Run Leaders communicate with each prior to the club run and announcements are made on the Harriers Facebook page. Suitable clothing to be worn for the conditions including jackets, hi-viz clothing, lights etc. Runs can be cut short, shelter sought or return to base/cars if there are signs that conditions are inappropriate for running or runners are cold/struggling with the conditions.	4	2	8	Forecasts checked prior to run. Runners are encouraged to wear appropriate clothing for the conditions. Run Leaders reserve the right to postpone a run if conditions are deemed dangerous e.g. icy	All, but Run Leaders can decide whether to run and suitable route	already in place	
Injury - Potential injury to runners during a club run. Injuries can include muscle strains, twists, injuries from falls.	Runners are aware that they run at their own risk, but should let others know if they start to feel unwell or an injury sets in. Runners can stop and arrangements made for their safe collection and any further attention. Trained first aiders among the group. Call 999 for emergency situations.	3	2	6	Run Leaders now engage group to warm up and warm down prior to exercise. Runners are welcome to slow down or return to base/place of safety if they do not feel comfortable.	Consider additional first aid training	All	
Lone Running - Possible lone runners where runners are left behind or drop back.	Lone running is avoided, where possible as sessions are split into groups with tail runners to support back runners. There are instances where a runner may choose to split from the group due to injury, or personal circumstance means they need to finish run early.	2	2	4	Any club runner who splits from the group lets the group know. Arrangements can be agreed to confirm safe return	All, run leaders	All	
Traffic - Possible injury or harm to runners from vehicles, knocked over, collisions	All runners must observe roads and crossings, being prepared to stop where there is the risk of runners and vehicles coming into contact. Where runs occur on country roads with no pavements, runners should run on the right hand side to face oncoming traffic. Front runners should also call out to groups to warn of oncoming	4	2	8	Runners should run facing oncoming traffic where possible. Hi-viz clothing to increase sightings by drivers.	All	All	

	traffic, making themselves and the group visible aware of potential hazards, street furniture and crossings.							
Covid	Ongoing pandemic has caused disruption to group runs, social contact and the requirement for individuals to isolate if they are unwell or show symptoms of the virus.	3	2	6	A separate Covid risk assessment has been written by the club and available on the Harriers website. Club follows Government and England Athletics Guidance on Covid protocols and procedures that can be followed when providing club runs.	All	All	

Assessment to be shared and approved by Burnham Harriers club members - AGM

Assessment approved by:	Date:	Members' comments