

Risk Assessment: Tring Running Club - Group Runs

Date	Assessed by	Location	Review on
15/06/2023	Hilary Needleman	Outdoor Running Activities (road, trail and track)	01/01/2024 or when any updated Government/UKA guidance is released

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/ How achieved
Accidents whilst on club runs (including night runs)	Any club runner through slip/trip/fall or traffic accident	<p>All runners are informed about kit required for safe off-road and night running (eg trail shoes, head torches, reflective clothing) and that they should make their own choice of kit to suit their requirements. Spare head torches are normally available on club meeting nights.</p> <p>Wherever possible Run Leaders and runners to alert group to potential hazards (eg tree roots, fast roads, etc).</p> <p>Run leaders are advised to carry a charged mobile and in case of emergencies call 999.</p> <p>Groups are typically large enough so that someone can remain with a casualty whilst others seek help.</p>	L	<p>Club to advise run leaders to give assistance if they feel it is safe to do so.</p> <p>During local prevalence of COVID-19 Run Leaders may wish to carry a mask to deal with unforeseen circumstances.</p> <p>Club to advise all runners to bring a charged mobile phone with them if they would be uncomfortable without this.</p> <p>Club to advise club members of apps such as "what3words" which can convey accurate location information.</p> <p>Members to advise Committee of any incidents/accidents and to report to UK Athletics as appropriate.</p>	L	Run Leaders Comms	<p>On-going for new Members and new Run Leaders</p> <p>Club Newsletter/ New Members leaflet</p>

Suitability of run groups	Health impact and possible sports injury	<p>Pace and distance of run groups are advertised to ensure runners are aware of exertion levels.</p> <p>Club H&S guidelines specify that members should act in accordance with medical advice in respect of any relevant health conditions. Members are not required to disclose such information to the club but should satisfy themselves that any urgently-needed information would be immediately evident should they need assistance.</p>	L	<p>Run Leaders and runners to consider that fitness levels may have dropped during periods of illness (eg COVID-19 recovery) and injury.</p> <p>Runners may consider returning to a slower pace group initially.</p> <p>Leaders are recommended to consider a warm-up phase at the start of each run appropriate to the group.</p>	L	Run Leaders Runners	Ongoing, as appropriate for group
Countryside hazards	Any club runner through slip/trip/fall or animal interaction	<p>Runners advised to follow Countryside Code and be aware of typical rural environmental hazards.</p> <p>Runners are required not to run with dogs during TRC group runs.</p>	L		L	All	
Cohesion of Run Group	Any club runner through group interaction or by being omitted from it.	<p>Run leaders are required to take a headcount at the start of a run and to regroup at suitable points.</p> <p>Runners are required to inform the main group should they wish to diverge from it during the run.</p>	L	<p>Nomination of a tail runner who is confident to lead a splinter group back to the start should that become necessary.</p> <p>Leaders should nominate a tail runner for each part of the group in this scenario.</p>	L	Run Leaders	<p>Before every club run</p> <p>Briefing of New Leaders</p>

	Arranging to meet 'Away' from Tring Park Cricket Club	To make the most of what the local area has to offer, runs 'Away' from TPCC will occasionally be planned.	L	Run leaders to advertise details of their 'Away' runs in advance (eg via Newsletter, Google Group or pace WhatsApp Group) asking runners to respond to them directly if they are planning to attend. Leaders can then wait for any latecomers to turn up at the start location and follow-up if appropriate.	L	Run Leaders Comms	On-going Newsletter Googlegroup WhatsApp
Club use of Athletics Track	Any Club runner due to slip, fall, collision with equipment or another runner	Club runners will comply with the health and safety rules for admission to Athletics Tracks		<p>Visual assessment of objects that may be left on the track or close to where the runners finish and leave the track area.</p> <p>Advise runners of track etiquette. Also make sure to run in <i>centre</i> of inside lane (ie not too close to the kerb).</p> <p>Remind runners to be aware of other track users, including those leaving and entering the area.</p> <p>Club coaches and runners to keep an eye on weather and light conditions and to adapt training as appropriate.</p>		Coaches and all Club runners attending Track Sessions	Initial briefing at the track and on-going reminders
Spread of Coronavirus (COVID-19)	Run Leaders, Club members, TPCC bar staff, members' families, friends and contacts,	The detailed COVID-19 arrangements included in the Club's 30/11/2020 Risk Assessment will be revised to follow changes in Government and Public Health guidance.	L	<p>Complying with Government Guidelines Legal restrictions have varied during the pandemic, and will continue to supersede any requirements contained here.</p> <p>The Club will remind Run Leaders and runners of the current public health guidance.</p>	L	Comms Covid Coordinator	Following change to Govt and Public Health guidance Club Newsletter

	the general public		L	Use of Tring Park Cricket Club The first floor hall balcony door to be kept open whenever possible to aid ventilation. If preferred, runners can remain on the balcony or wait outside during Club announcements.	L	All Runners Bar staff	Club Newsletter
			L	Avoiding transmission During high local prevalence of COVID-19, runners to be reminded of the measures proven to reduce the risk of transmission, such as wearing a face covering in crowded and enclosed spaces.	L	All runners Comms	Ongoing as necessary Club Newsletter
			L	Handling Suspected cases The Club requires runners to stay at home if they are symptomatic of COVID-19 (or suspect that they may be) or if they have been advised to self-isolate. Run Leaders to send home anyone who may be contagious.	L	All runners Comms	Ongoing Club Newsletter