

Risk Assessment: Hardley Runners Training Sessions

What are the Hazards	Who might be Harmed & 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
<p>Winter Training Road.</p> <p>(Cold & Dark Evenings)</p>	<p>A Runner falling due to poor visibility.</p> <p>Traffic</p>	<p>Compulsory High Viz.</p> <p>Explain hazards. Run Leader (R.L) to lead session.</p> <p>R.L to act as support</p>	High	<p>Ensure each session is covered by two Qualified England Athletic (E.A) R.L 's</p>	Med	<p>C.H & Lead R.L for that session.</p>	On-going	On-going
<p>Many Mixed Ability Runners</p>	<p>Runners of various levels of pace and stamina.</p>	<p>Dividing runners into 3 groups, running appropriate distances to arrive at the session venue concurrently.</p> <p>The end of the session is specified by the R.L Those running back to Applemore are accompanied by the lead R.L .</p>	Med	<p>For a <u>long run</u> out to the session: to Identify a near by car park on the training schedule.</p> <p>At the close of the session if runners choose to run a further effort or make their way home. Those Runners are responsible for their decisions and not the Lead R.L</p>	Med	<p>As above</p>	On-going.	On-going

