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
Winter Training Road. (Cold & Dark Evenings)	A runner falling due to poor visibility. Traffic	Compulsory High Viz. Explain hazards. **Run Leader (R.L.)** to lead session. Additional R.L to act as support.	**High**	Ensure each session is covered by two qualified England Athletic (E.A.) R.L. If a runner decides to leave the session early, inform the Lead R.L	**Med**	C.H & Lead R.L for that session.	On-going	On-going
Many Mixed Ability Runners	Runners of various levels of pace and stamina	Dividing runners into 3 groups, running appropriate distances to arrive at the session venue concurrently. The end of the session is specified by the R.L. Those running back to	**Med**	For a long run out to the session: to Identify a near by car park on the training schedule. 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	**Med**	As above	On-going	On-going

		Applemore are accompanied by the lead R.L.		the Lead R.L.				
Summer Training Off Road	All Runners	The Lead R.L to outline hazards of that specific venue to all runners taking part. i.e. terrain, tree roots.	**Med**	Even numbered groups to run out to session. Lead R.L. is supported by a second R.L. If a runner decides to leave the session early, inform the Lead R.L.	**Med**	As Above.	On-going	On-going
Injury	All Runners	Both R.L's carry a mobile phone. Enquire if any runners have an Injury at the start of session. When planning session the mitigation of risk is discussed.	**High**	Provide all Run Leaders with a Space Blanket, Ice pack, Triangular Bandage & C P R face shield. For all R.L 's who Lead a Training Session, to take part in an E.A recognized First Aid Course.Cat: B	**Med**	Any Injuries Inform Chris Harris. If the Runners' Injury or condition is considered serious or the Runner is stressed/ anxious by the **R.L** taking the session, then	Ongoing Any injuries to inform C.H. The Injury circumstances to be discussed at Planning Meeting.	

		Any risks are outlined to the runners, at the venue.		Evidence of the First Aid Qualification (First Aid Certificate) is required by U.K.A. when renewing the Run Leader / Coach License. To ensure Coaches & Run Leaders have access to the running club's membership system "Member Mojo" for access to emergency contact details.		Inform the Runner's N.O.K.		

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Chris Harris