

STAMFORD STRIDERS' BEGINNERS COURSE RISK ASSESSMENT FOR TEN WEEK RUNNING COURSE

Box 1

STAMFORD STRIDERS	Name of Assessors: Conrad Allen	Assessment No. 03/17	Type of Assessment:
Assessment Date: 05/11/2017	Date of Last Assessment: Initial Assessment	Review Date: As Necessary	Qualitative

Box 2a

Task/Activity Assessed
GENERAL RUNNING ACTIVITIES
<p>General Notes:</p> <ul style="list-style-type: none"> Whilst not a requirement of H&SAWA 1974, stamford Striders Running club takes its H&S duty of care and responsibilities seriously. All Club runs will have designated persons in charge termed 'Running Leaders'. These will in turn report to a club night Person in Charge. Running Leaders will be suitably briefed and First Aid trained. Accident/Incident logs must be completed and lodged with the club's Head Coach. <p>Strategic Overview:</p> <p>The levels of risk associated with personal action will be different for each individual and accordingly each individual should be made aware of the content of the RA in order that they have opportunity to address any specific issues which increase their level of risk owing to illness, physical ability or other criterion.</p>

Box 3

Hazard	Persons at Risk	Pre-Control Risk Rating*			Urban SERE Ltd Control Measure	Post-Control Risk Rating*		
		S	L	R		S	L	R
Traffic Collisions • Stationary Parked Cars • Moving Traffic • Cyclists • Off road MTB	• Club Runners • Public	2	3	6	Runners run in groups. Groups have a Leader front and rear. Leaders shout specific hazards of traffic. All runners wear hi-viz in daylight runs BUT Reflective during darkness runs and encouraged to wear/carry torches. Runners expressly informed of areas where running in the road is forbidden.	2	1	2
		5	3	15		5	1	5
		3	3	9		3	1	3
		4	3	12		4	1	4
Pedestrian Collisions • Walkers • Runners • Street Furniture	• Club Runners • Public	3	3	9	Leaders shout out specific obstacles as they encounter them such as Bins or other street furniture. Leaders shout instructions to keep left or right in single file to pass pedestrians or obstacles.	3	1	3
		3	3	9		3	1	3
		3	3	9		3	1	3

Uneven Running Surface • Hard Rutted • Gates - Finger traps • Barbed Wire • Lower Limb Injuries	• Club Runners	2 3 3 3 2	3 3 4 4 3	6 9 12 12 6	Running Pace is adjusted by leaders for terrain and rear leader steps up lagging runners - No one is left alone. If no rear leader is available then another nominated runner MUST be appointed. Hazards are relayed by leader. Appropriate footwear is suggested to runners on route notices.	2 3 3 2 2	2 1 1 1 1	4 3 3 2 2
Slips Trips & Falls • Wet Slippery • Cold Slippery • Stiles • Bridges • Wet Grass • Tree Roots	• Club Runners	2 2 2 2 3 3	3 3 4 4 3 3	6 6 8 8 9 9	Club Runners are active runners and physically fit to undertake club runs. Suitable footwear is worn by runners. Runners slow down for crossing of obstacles. Runners encouraged to use torches and be aware of tree roots around town footpaths.	2 3 3 2 3 3	1 1 1 1 1 2	2 3 3 2 3 6
Environmental Conditions • Dehydration • Heat Stroke • Hyperthermia • Inclement Weather	• Club Runners	2 5 5 5 5 5	3 3 3 3 3 4	6 15 15 15 15 20	Weather is checked and a Competent person calls the activities off where risk is significant. Suitable clothing is available and recommended to be worn. Water is recommended dot be acrid in hot conditions. Water is provided on some runs where significant risk is highlighted. Water is available at start and end of running activities. Running leaders are first aid trained. Use of buddy system to keep runners looking out for each other. Reflective clothing mandated for moonlit runs along with head torch.	2 5 5 5 5 5	2 2 2 2 2 2	4 10 10 10 10 10
Musculoskeletal Lower Limb Injuries • Twisted ankles • Achillies Tendonitis • Blisters	• Club Runners	3 3 3	2 2 2	6 6 6	Leaders are all qualified and/or competent All beginners are briefed and monitored intensity of training is monitored and built slowly Adequate warm ups and education takes place Activities are planned and adapted depending on conditions and stage of the running course (10 weeks)	3 3 3	1 1 1	3 3 3

Box 4

Is the Risk Rating for this task - post control - acceptable and can all controls be immediately implemented?
Yes / No If 'No', Box 5 must be annotated with extra measures required and then Box 6 must be signed off subsequent to those actions being completed. If the Risk is adequately managed with the control measures then box 5 needs to be signed off by the CEO as acceptance of the residual Risk Rating being acceptable.

Name (block capitals)

Signed **Date**

Box 5

Hazard	Action by	Action Required	Target Date	Completion Date	Signature when completed
Unknown at present	Company	All activities and Sites require dynamic RA	ASAP		

Box 6

Management Confirmation
<p>I have noted the above assessment and will take appropriate steps to ensure all the actions raised are completed satisfactorily.</p> <p>Name (block capitals)</p> <p>Signed Date</p>

Box 7

Risk Rating		Rating Action Bands	
Severity	Likelihood	Band	Action Required
1 No injury	1 Improbable	1- 5 Low Risk	Manage for continuous improvement.
2 First aid injury	2 Remote		
3 Lost time injury (over 3 days)	3 Possible	6 – 15 Medium Risk	Implement control measures or further control measures, where possible, to reduce risk rating to as low as is reasonably practicable.
4 Major injury	4 Probable	16 – 25 High Risk	Consider stopping activity. Implement control measures or further control measures to reduce risk rating to as low as is reasonably practicable immediately.
5 Death	5 Very likely to occur		