

SAC TUESDAY ADULT RUN GROUP: RISK ASSESSMENT

28th December 2022

What is the Hazard?	Who might be harmed and how?	Severity	Likelihood	What are SAC doing already?	RAG following action	What else can SAC do?	Action owner
Appropriate route	Runners + Run Leaders	Medium	Medium	1. Routes are agreed by Run Leaders in advance. 2. Run Leaders set routes on familiar paths. 3. Routes are appropriate to season and weather conditions.	Low		Run Leaders
Getting lost	Runners + Run Leaders	Low	High	1. Run Leaders are competent navigators. 2. Route is shared with Runners via WhatsApp in advance of session. 3. Leaders count Runners in and out / no runners left behind. 4. Run Leaders carry mobile phones.	Low	1. Repeat familiar routes. 2. Ask Runners to carry mobile phones if they are unsure of route.	Run Leaders
Poor weather / Changing plans	Runners + Run Leaders	Medium	High	1. Changes to planned routes are communicated by WhatsApp, and verbally briefed at the start of the session.	Low	1. Advise runners of appropriate kit for potential weather conditions.	Run Leaders
Visibility	Runners + Run Leaders	High	High	1. We insist on wearing of hi-viz for sessions held in poor lighting (e.g. Winter). 2. SAC provide a stock of hi-viz which can be borrowed. 3. SAC insist of working torches carried by all Runners and Leaders for Headtorch runs.	Low		Run Leaders
Collision with Vehicles	Runners + Run Leaders	High	Low	1. We insist on wearing of hi-viz for sessions held in poor lighting (e.g. Winter). 2. Consideration given to avoiding busy roads (without pavements) when planning routes. 3. Runners briefed to be mindful of traffic, especially if route includes high risk areas.	Medium		Run Leaders
Animals	Runners + Run Leaders	Medium	Medium	1. Consideration is given when planning routes as to the likelihood of crossing fields of cows. 2. Routes are set so that runners can turn back if their way is blocked.	Low	1. Remind Runners to adapt their route if they feel uncomfortable with animals they encounter.	Run Leaders
Appropriate activity	Runners + Run Leaders	Medium	Medium	1. Little variation in activity. We run on and off road in similarly paced groups for up to an hour. 2. Run Leaders will speak to new Runners about their current level before assigning them to an appropriate group.	Low		Run Leaders
Appropriate supervision	Runners	Low	Low	1. SAC have multiple trained Run Leaders. Sufficient to ensure 1:12 ratio. 2. On weeks where a number of Leaders are away, we communicate to ensure sufficient cover.	Low		Run Leaders
Physical overload	Runners + Run Leaders	High	Medium	1. Runners can choose a group which matches their desired pace. 2. Run Leaders monitor throughout the session, and adapt pace as appropriate.	Low		Run Leaders
Ill health / Covid19.	Runners + Run Leaders	Medium	Low	1. Those who are unwell are encouraged not to attend. 2. SAC follows UK Govt and UKA Covid rules.	Low	1. Be clearer that we do not want Runners to attend if they are unwell.	Run Leaders
Pre-existing conditions	Runners + Run Leaders	High	High	1. Runners make Leaders aware of pre-existing conditions through their Membership application and the RunTogether sign-ins.	Medium	1. Run Leaders to periodically review all relevant pre-existing conditions with Membership Officer.	Run Leaders + Membership Officer
Minor medical (slips and falls)	Runners + Run Leaders	Medium	Medium	1. Run Leaders have completed basic First Aid Training (early 2022). 2. Run Leaders carry First Aid kits when routes are away from built up areas. 3. Run Leaders carry mobile phones.	Medium	1. Continue to update First Aid training.	Run Leaders
Minor medical turning into Major medical	Runners + Run Leaders	High	Medium	1. Run Leaders have completed basic First Aid Training (early 2022). 2. Run Leaders carry First Aid kits when routes are away from built up areas. 3. Run Leaders carry mobile phones.	Medium	1. Continue to update First Aid training. 2. Run Leaders to install what3words app to help emergency services locate casualty. 3. Briefing to call 999 if emergency services required. 4. Agreement as to plan of action if no mobile signal.	Run Leaders
Major medical	Runners + Run Leaders	High	Low	See all of above.	Medium		Run Leaders
Welfare	Runners + Run Leaders	High	Low	1. SAC has a Welfare and Safeguarding policy and Officer. 2. Run Leaders are DBS checked as part of their UKA Coaching accreditation.	Medium		SAC Committee