

KINGS HEATH RUNNING CLUB RISK ASSESSMENTS

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Explanatory note for individual Risk Assessments

P = probability of event occurring, measured as High, Medium, Low (H/M/L)

I = impact of event upon who is affected, measured as High, Medium, Low (H/M/L)

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: ROAD RUNNING

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?	Residual risk rating	Action by whom
			P	I			
Icy pavements, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions at the time of the assessment. If not cancelled, advise caution in pre-run briefing.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during duration of the run.	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on social media pages prior to the run.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Dark nights, poor visibility	Runners, pedestrians, drivers	Strongly advise runners to wear hi-vis clothing – fluorescent, reflective, lights – in social media and website post prior to run and in pre-run briefing.	H	H	Post on social media links to retail outlets e.g. Amazon for reasonably priced items of hi-vis clothing e.g. vests, jackets,	L	Run leader

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Congestion on pavements	Runners, pedestrians	Advise runners that we do not have priority on the pavement. Give way to pedestrians, operation of single file – detail this in pre-run briefing. Have reverse route runners volunteer to keep runners mindful and to keep an eye on pavement safety. Dispatch runners in discrete groups so as not to overwhelm the pavement, and leave gaps between groups of runners. Include information about narrow pavements or blind corners specific to a particular route.	M	M	Get feedback from reverse route runners on issues e.g. distribution of runners.	L	Run leader
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners form on social media and website asks runners if they are medically fit to undertake the run. All runners advised to carry a mobile phone to enable calling 999 if necessary on behalf of another runner. Tail runner must carry a mobile phone with them.	L	H	Ask runners to carry their inhalers – in new runners briefing, general pre-run briefing and on social media. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader
Trip hazards – uneven surface in school playground / park when warming up, cracked and uneven pavements, wheelie bins, potholes	Runners	Detail hazards in –pre-run briefing, and advise caution. Advise runners to carry a mobile phone in case of serious injury e.g. call 999 for themselves or on behalf of another runner.	H	M	Move playground benches if appropriate.	L	Run leader

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Road crossings	Runners, drivers	Strongly advise runners to cross roads with caution on the Facebook post and in pre-run briefing; wear hi-vis clothing.	H	H	Strongly advise runners on social media, at new runners briefing, and pre-run briefing to NOT wear headphones.	L	Run leader
Getting lost	Runners	Publicise route maps on social media in advance. Alternate with two routes in summer, two in winter. Advise runners to wait until another group of runners comes along if they are unsure. A volunteer tail runner is the last person. Beginner runners have a dedicated volunteer to run with them, running laps of a circuit of roads.	M	L	Match runners new to the area with experienced runners – ascertain in new runners briefing.	L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

The LiRF / CiRF organiser of a run will inform runners of existing hazards together with new or temporary hazards specific to a route if circumstances change.

Date of risk assessment **9th April 2019**

Review by committee **April 2020**

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: TRACK

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?	Residual risk rating	Action by whom
			P	I			
Icy track, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that the track may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions at the time of the assessment. If not cancelled, advise caution in pre-run briefing.	L	M	As above	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on Facebook pages prior to the run.	M	M	As above	L	Run leader
Track can be slippery if wet	Runners	Advise runners to wear track shoes with spikes if possible when publicising track training on social media.	M	L	If conditions wet at track training, run leader to advise runners wearing road shoes that track may be slippery.	L	Run leader
People playing football in the central area crossing over the track	Runners, football players	Advise runners that people playing football may walk across track to access football area or to retrieve a ball.	L	L	Advise runners that balls may come over the fenced area onto the track.	L	Run leader

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners form on social media and website asks runners if they are medically fit to undertake the run. All runners advised to carry a mobile phone to enable calling 999 if necessary on behalf of another runner. Run leader to seek help from track facility management to get help from first-aid trained staff on premises, including access to a defibrillator if necessary. Run leader to call 999 if necessary.	L	H	Ask runners to carry their inhalers – in pre-session briefing and on social media. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

The LiRF / CiRF organiser of a run will inform runners of existing hazards together with new or temporary hazards specific to a route if circumstances change.

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KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: CROSS-COUNTRY TRAINING

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?	Residual risk rating	Action by whom
			P	I			
Icy conditions, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions at the time of the assessment.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during duration of the run.	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on Facebook pages prior to the run.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners form on social media and website asks runners if they are medically fit to undertake the run. All runners advised to carry a mobile phone to enable calling 999 if necessary on behalf of another runner.	L	H	Ask runners to carry their inhalers – in pre-run briefing and on social media. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Variation in terrain, gradient. Uneven ground. Grass obscuring uneven ground. Sloping ground, adverse camber. Low hanging tree branches and twigs. Tree debris. Mud - may be deep in places. Dry ditch. Ditch with water or stream. Items submerged in water. Boggy ground. Tree roots, tree stumps, potholes. Nettles, brambles. Narrow paths, pinch points, blind- corners. Dog mess. Insects.	Runners, other park users	Run leader to advise runners of the risks and to run with caution. Strongly recommend that trail shoes are worn, and if appropriate, shoes with spikes. Advise runners to pick their feet up.	H	M	Run leader to run initial slow lap with all runners and point out any specific or additional hazards in the environment. Advise runners with road shoes to take extra care. Advise runners to look up as well as down - in case of branches at eye level.	L	Run leader
Other park users on narrow paths	Runners, other park users	Run leader to advise runners that we do not have priority over other park users; look out for them; move to one side, when appropriate.	H	L		L	Run leader

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

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?	Residual risk rating	Action by whom
			P	I			
Dogs off the lead, dogs on extendable leads	Runners	Advise runners that there may be dogs off lead or on long extendable leads, be careful.	H	M		L	Run leader
Getting lost	Runners	Run leader to devise a short route that is run as laps. Run first lap together so that all runners become familiarised with the route.	L	L		L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

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KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

RISK ASSESSMENT: TRAINING (e.g. hill reps, intervals, fartlek, mile reps, core is fundamental)

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?	Residual risk rating	Action by whom
			P	I			
Icy pavements, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places in the pre-run briefing.	M	M	Pre-warn runners on social media that due to adverse weather forecast, there is a possibility that sessions might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision re cancellation based on their assessment of conditions. Announce cancellation via Facebook page. If not cancelled, advise caution in pre-run briefing.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during duration of the run.	L	Run leader
Extreme heat or cold	Runners	Run leader to take decision re cancellation. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on Facebook pages prior to the run.	M	M	Pre-warn runners on social media that due to adverse weather forecast, there is a possibility that sessions might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Dark nights, poor visibility	Runners, pedestrians, drivers	Strongly advise runners to wear hi-vis clothing – fluorescent, reflective, lights – in Facebook post prior to run and in pre-run briefing.	H	H	Post on social media links to retail outlets e.g. Amazon for reasonably priced items of hi-vis clothing e.g. vests, jackets,	L	Run leader
Other park users on narrow paths	Runners, other park users	Run leader to advise runners that we do not have priority over other path users; look out for them; move to one side.	H	L		L	Run leader

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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?	Residual risk rating	Action by whom
			P	I			
Dogs off the lead, dogs on extendable leads	Runners	Advise runners that there may be dogs off lead or on long extendable leads, be careful.	H	M		L	Run leader
Uneven ground, slopes, tree debris, tree roots, boggy ground, narrow paths, grass maybe slippery, dog mess, and insects.	Runners, pedestrians	Run leader to advise runners of the risks and to run with caution.	M	L		L	Run leader
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners form on social media and website asks runners if they are medically fit to undertake the run. All runners advised to carry a mobile phone to enable calling 999 if necessary on behalf of another runner.	L	H	Ask runners to carry their inhalers – in new runners briefing, general pre-run briefing and on social media. Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader

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All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee

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TERMS AND ADDITIONAL INFORMATION

Terms

Run leader – the person who has organised the run

Social media – the club has Facebook pages, Kings Heath Running Club and KHRC Community

Website address: www.kingsheathrunningclub.org.uk

Additional information

Type of run	Run / location	Additional information to advise runners
Road running	Summer runs Kings Heath Park	Ask runners to meet on the grass by the car park, not in the car park
Road running	Park Right	Blind corner turning right on vicarage Road and Cartland Road
Road running	Park Left	Pavement on one side of the road only Moor Green Lane and Shutlock Lane, Avenue Road crossing
Road running	Allenscroft	Blind corner turning left into Featherstone Road
		Broad Lane – pavement on one side only
Road running	Feck Hill (route known as...)	Blind corner turning left into Featherstone Road
		Broad Lane – pavement on one side only
Road running	Cartland Road hill-reps	Combination of road running and repetitions on a traffic-free grassed central reservation – preliminary walk top to bottom, move any tree or other debris that could be a trip hazard
Road running	Thursday 10k	Route on social media. Runners advised to learn the route. The Facebook post makes a request for pace group volunteers so that runners run in groups.
Road running	To 5k and beyond	Narrow pavements and blind corners for the first 10 weeks. After 10 weeks, see road running. Spare hi-vis available for the new runners. Volunteers have head torches and hi-vis. Run leader has a first aid kit.
Road running	Canal route (Thursday 10k)	Narrow paths and water, geese, pedestrians, other runners, bikes

KINGS HEATH RUNNING CLUB: RISK ASSESSMENTS

Training	Cannon Hill Park	Boating lake and pools – partially fenced; defibrillator in Teapot Café and in the MAC Box Office
Training	Intervals in school playground	Advise runners that tarmac may be uneven, be aware of playground furniture, and of people accessing school premises to collect children.
Trail/Cross-Country training	Swanshurst Park	Remove hazards where possible – twigs at eye level, nettles, brambles on the course route. Logs before the ditch (NE corner of park) – runners to be advised to either take mud at the left of the logs with caution or walk slowly over the logs. Ditch (NE corner of park) – runners to be observed traversing the ditch on at least their first lap to check if they are safe and to be advised of they are not.