

Journey to Venue Risk Assessment, starting from the Leisure Centre

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
<u>Slips & Trips</u>										
1	Trip object	Fall/ turned over ankle	Fallen branch, etc.	alert runners to potential	2	2	Not required			A
2	Trip object	Fall/ turned over ankle	Left object	alert runners to potential	2	1	Not required			A
3	Trip object	Fall/ turned over ankle	kerb	alert runners to potential	2	2	Not required			A
4	Trip object	Fall/ turned over ankle	Object not seen	alert runners to potential	2	2	Not required			A
5	Slippery ground	Fall/ turned over ankle	Wet leaves	alert runners to potential	2	3	Care by runners, warning each other	2	2	A
6	Slippery ground	Fall/ turned over ankle	Wet paint on tarmac	alert runners to potential	2	2	Not required			A
7	Uneven ground	Fall/ turned over ankle	Pot hole	alert runners to potential	2	3	Care by runners, warning each other	2	2	A
<u>Collisions</u>										
8	Car on road	hospitalisation	Crossing road, running in road	high vis clothing, road safety training (as a child)	4	2	Remind runners to check and warning from other runners	4	1	T
9	people	Injury (first aid)	visibility	Group of runners in high vis & runners warning	2	2	Not required			A

10	People with dogs	Fall, bite	Startled dogs, leads, loose dogs	Group of runners in high vis	2	2	Not required			A
11	cyclists	injury	Speed, visibility	Group of runners in high vis	3	2	Warning to runners & cyclist	2	1	A
12	Street furniture	injury	visibility	alert runners to potential	2	2	Not required			A
13	bollards	injury	visibility	Alert runners to particular hazards, e.g. poor lighting near Tinglesfield	3	2	Runners alert each-other, some wearing head torches	2	1	A
<u>Conditions</u>										
14	Cold	Chilled becoming unwell	Insufficient clothing, weather	Use as a warm-up, runners experience	2	2	Not required			A
15	Rain	See slippery ground								
16	Hail	Minor injury	Hail stones	Wet weather gear; interrupt run and take shelter	2	1	Not required			A
17	Snow	See slippery ground								
18	High humidity	dehydration	weather	Just started running	2	2	Not required			A

Additional actions:

To retain group members

1. Allocate runners to correct groups , if new to Club
2. Take a headcount before and after warm-up
3. Ask runners to inform you, or another runner who will inform you, if dropping out or changing their mind about group
4. Brief runners on route to take to venue (and any particular drills, etc. required)
5. Have a “buddy” if new member for run to venue to ensure no-one gets lost. If someone does get lost, organise a sweep of route from where last seen

