

Abbey Grounds Risk Assessment

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
<u>Slips &amp; Trips</u>										
1	Trip object	Fall/ turned over ankle	Fallen branch	Check course, wind conditions, alert runners or move object	2	2	Not required			A
2	Trip object	Fall/ turned over ankle	Left object	Check course, alert runners or move object	2	1	Not required			A
3	Trip object	Fall/ turned over ankle	Kerb, drain covers, uneven ground	Check course and highlight any specific issues	2	2	Not required			A
4	Trip object	Fall/ turned over ankle	Object not seen	Check visibility on course, alert runners	2	2	Not required			A
5	Slippery ground	Fall/ turned over ankle	Wet leaves	Check course, weather conditions, alert runners	2	3	Inspection by runners on warm-up; warn other runners	2	2	A
6	Slippery ground	Fall/ turned over ankle	Wet paint on tarmac	Check course, weather conditions, alert runners	2	2	Not required			A
<u>Collisions</u>										
7	people	Injury (first aid)	visibility	Group of runners in high vis & runners warning	2	2	Not required			A
8	People with dogs	Fall, bite	Startled dogs, leads, loose dogs	Group of runners in high vis	2	2	Not required			A
9	cyclists	injury	Speed, visibility	Group of runners in high vis	3	2	Warning to runners & cyclist	2	1	A

10	skateboarders	injury	Speed, visibility	Group of runners in high vis	3	2	Warning to runners & skateboarder	2	1	
<u>Conditions</u>										
11	Cold	Chilled becoming unwell	Insufficient clothing, weather	Session design (avoiding long rests), runners experience	2	2	Not required			A
12	Rain	See slippery ground								
13	Hail	Minor injury	Hail stones	Wet weather gear; interrupt session and take shelter	2	1	Not required			A
14	Snow	See slippery ground								
15	High humidity	dehydration	weather	Water breaks in session	2	2	Not required			A

Key:

<u>Score</u>	<u>Severity</u>	<u>Likelihood</u>
5	death or permanent disability	certain
4	major injury (broken bones)	likely
3	injury that prevents training for a few weeks	probable
2	requires first aid	possible
1	minor injury	unlikely

  

		<u>Severity</u>				
		1	2	3	4	5
<u>likelihood</u>	5	T	U	U	U	U
	4	T	T	U	U	U
	3	T	T	U	U	U
	2	A	A	T	T	U
	1	A	A	T	T	T
A ACCEPTABLE						
T TOLERABLE						
U UNACCEPTABLE						