

Tinglesfield Risk Assessment

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
<u>Slips &amp; Trips</u>										
1	Uneven ground	Fall/ turned over ankle	Pot hole	Check course, alert runners	2	3	Inspection by runners on warm-up, warning other runners if found	2	2	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	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	Uneven ground	Fall/ turned over ankle	Not seen (blinded by car headlights)	Check visibility on course	2	3	alert runners to slow down if can't see due to vehicles	2	2	A
6	Slippery ground	Fall/ turned over ankle	Wet paint on tarmac	Check course, weather conditions, alert runners	2	2				A
<u>Collisions</u>										
7	Car on road	hospitalisation	Crossing road, running in road	Group of runners in high vis & runners road safety training (when child)	4	2	Advice from coach to check at roads, plus audible warning from other runners	4	1	T
8	cyclists	injury	Speed, visibility	Group of runners in high vis	3	2	audible warning from other runners	2	1	A
9	Parked cars	Restrict vision, cause runner to run into centre of road	Parked car on "running line"	Group of runners in high vis & runners road safety training (when child)	4	2	Alert runners to issue of parked cars and suggest slow down if unsure of traffic	4	1	T
<u>Conditions</u>										
10	Cold	Chilled becoming unwell	Insufficient clothing, weather	Session design (avoiding long rests), runners experience	2	2	Not required			A

