



Run Risk Assessment

Date	Assessed by	Location	Date of review
10 May 2023	Russ Hartley	Yeadon, LS19	May 2024
<p>This assessment covers all Dragons club training sessions. This includes Monday, Tuesday and Thursday nights and Saturday morning club runs (all groups) as well as additional social runs e.g. Christmas run. This assessment does not cover participation in organised events, including entering Dragons teams in relays, championship events, HDSRL or XC series events which are covered by assessments made by the event organisers.</p>			

Risk Identified	Risk Rating H/M/L	Control Measures
Pedestrian conflict	L	<ul style="list-style-type: none"> Running club members should be always aware of other users of roads and footpaths, giving way to pedestrians and running no more than two abreast on footpaths.
Traffic Conflict	H	<ul style="list-style-type: none"> Hi Viz/Day-Glo/reflective clothing to be worn in dark conditions, avoid dull/dark colours. Run with consideration of other road users who may not see you. If running on roads without a footpath, ensure the group runs in single file, facing the flow of traffic by default, crossing (in good time) to the opposite side on tight bends to aid visibility. Avoid routes with no footpath/lights in dark conditions. Pre-run briefing session to raise awareness.



Run Risk Assessment

Traffic conflict road crossing	H	<ul style="list-style-type: none"> ● Run leader to manage allocated run group & use pedestrian crossings where possible. Do not attempt to cross the group on blind bends. ● Take personal responsibility for yourself when crossing roads. ● Do not assume the runner stepping out has ensured the road is clear.
Trips/falls mid run injury.	H	<ul style="list-style-type: none"> ● Pre-run briefing session to raise awareness of the type of ground to be encountered. e.g. off-road, hills, path, road, kerb. ● Appropriate footwear for the terrain. ● Run leaders to carry a fully charged mobile phone in case of emergency and a triangular bandage, as minimum, to administer emergency first aid.
Members Health	H	<ul style="list-style-type: none"> ● Members with health conditions that could affect running (Breathing issues, muscular conditions etc) should inform the Run leader. ● Members will run within their abilities & be responsible for their own medication.



Run Risk Assessment

Route Run Compliance / Group Management	M	<ul style="list-style-type: none"> ● Pre run briefing session to raise awareness of route & who the run leaders are. ● Regular regrouping points & looping back by faster runners to ensure the group stays together. ● Take personal responsibility for yourself and select a run distance appropriate to your ability. ● Take personal responsibility for yourself to follow the Run leader and notify him/her should you leave the group mid-run.
Group Ability	M	<ul style="list-style-type: none"> ● Run leaders to assess group pre-run (Experience, health, numbers). ● Split group/route selection to accommodate.
Animals and livestock	H	<ul style="list-style-type: none"> ● Keep group together and move through stock in a calm manner.
Weather Conditions (sun,rain,snow,ice,wind)	M	<ul style="list-style-type: none"> ● Run leaders to remind members regarding protection advice in pre-run briefing (Sun, rain, snow, ice, wind). ● Routes to be adapted to weather, where required.