

## **Seaford Striders Running Club: Risk Assessment for road or trail runs.**

*Intended Audience: All club runners to acknowledge they have read and understood*

### **Potential Hazard: Transmission of Covid-19**

#### *Action Required:*

Before setting out on each run all runners and run leaders will confirm they do not have symptoms and have not been in close contact with anyone who has had symptoms within 14 days. Contact details for each runner in the group prior to setting off to facilitate Track and Trace if required.

### **Potential Hazard: Covid-19 Symptoms diagnosed within 14 days after a group run**

#### *Action Required:*

The affected person will be required to complete the online England Athletics reporting form and to email [secretary@seafordstriders.org.uk](mailto:secretary@seafordstriders.org.uk) to enable the other runners to be informed. Both actions are required to be undertaken as soon as possible after the positive diagnosis.

### **Potential Hazard: Uneven Ground**

#### *Action Required:*

Remind runners to wear appropriate footwear, where uneven ground is expected, for example trails. Stick to well known routes and public footpaths. Runners at front of group to warn following runners of very rutted, uneven ground by shouting.

### **Potential Hazard: Stiles**

#### *Action Required:*

Care to be taken when climbing stiles particularly in wet weather where they may be slippery. Badly maintained/broken stiles to be avoided if possible or climbed with care.

### **Potential Hazard: Risk of Falling/Slipping on steep or slippery surface**

#### *Action Required:*

Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Walk if conditions are particularly difficult.

### **Potential Hazard: Getting Lost**

#### *Action Required:*

Group Leader to be familiar with area and have run route at least once before.

### **Potential Hazard: Losing a runner**

#### *Action Required:*

Running groups to stick together, appointed leaders to encourage mustering where front runners run back to collect stragglers. Remind runners to select a group consistent with their ability. Approximate pace of group to be made clear by leader before run commences.

### **Potential Hazard: Animals**

#### *Action Required:*

Observe animals before entering field - if any aggressive behaviour observed choose alternative route without hesitation.

### **Potential Hazard: Dogs**

#### *Action Required:*

Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.

**Potential Hazard: Overgrown vegetation/Brambles/ Nettles**

*Action Required:*

Warn runners if route is expected to be particularly over-grown, give them an opportunity to opt out. If route is impassable take an alternative.

**Potential Hazard: Very Hot Weather**

*Action Required:*

Advise runners to wear kit appropriate to conditions. Take water particularly on longer runs. Avoid running at midday, run early morning or evening. If conditions are extreme run to be postponed/cancelled at discretion of Group Leader. Remind runners to use high factor sun cream.

**Potential Hazard: Cold Weather**

*Action Required:*

Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Group Leaders if conditions are considered dangerous.

**Potential Hazard: Asthma**

*Action Required:*

Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.

**Potential Hazard: Other Medical Conditions**

*Action Required:*

To be advised to Group leader. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

**Potential Hazard: Running in the Dark**

*Action Required:*

Off road runs to be undertaken in the dark only under strict supervision of experienced run leaders, in small groups. Torches and mobile phones are mandatory. Leader will plan to get group back before light fades.

**Potential Hazard: Running in the dark**

*Action Required:*

Runners encouraged to wear light or reflective clothing. Wherever possible stay on routes with street lighting, and encourage care when crossing roads.

**Potential Hazard: Traffic**

*Action Required:*

Wear reflective clothing - be seen. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic). When crossing road use pedestrian crossing if possible. Everybody to check for traffic, don't just follow the crowd. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly.

**Potential Hazard: Accidents caused by bumping or jostling, or conflicts with other pavement /road users**

*Action Required:*

Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Runners are required to maintain social distancing at all times. Runners are requested to respect other pavement and road users, safely giving way where appropriate.

**Potential Hazard: Unexpected Obstacles on pavement**

*Action Required:*

Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging foliage, dog mess, road signs, holes and kerbs by shouting a clear warning.

**Potential Hazard: Participant becomes ill during the run**

*Action Required*

It is recommend that all runners carry ICE (in case of emergency) contact details and also carry their mobile phones, particularly if the run is off road. It is also recommended that all runners download the what3words App to enable their location to be accurately identified in an emergency situation. Please note that England Athletics require that social distancing should be maintained even if you need to assist a fellow runner.