

Seaford Striders Running Club Risk Assessment	Assessment Ref: Oct 2024/2025	Date: 01/10/2024
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Club Organised Road Running Club Sessions October 2023 to October 2024	Assessment Type:	
	Specific <input checked="" type="checkbox"/>	Generic <input type="checkbox"/>

Club Key Role Personalities and Contact Numbers:

Club Chairman: Victoria Maleski Mobile 07779242014	Health and Safety Representative Kay Crush Mobile 07957000035	
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Groups Who are at Risk:

1	All Group Leaders	2	All attending each Clubs session
3	All Public Road/Pavement/Off Road users	4	N/A

Activity Risk Management:

Hazard Ref	What are the Hazards?	Groups at Risk	What are the Existing Control Measures to Minimise the Hazard Risk	Risk Rating & What Additional Control Measures are Considered Required
1	Accidents/Injury while undergoing Club Club Session. <ul style="list-style-type: none"> • Negative effects from Unknown/Known individual's persons' medical condition • Body and/or appendages Cuts/Brakes/Strains/Sprains/Bruising from Collision/Trips/Slips/Falls. • Exhaustion • Dehydration • Hypothermia 	1 to 3	<ul style="list-style-type: none"> • All GL should be familiar with the Club Emergency Procedure. • Membership advised to <ul style="list-style-type: none"> ○ Wear/carry an ICE tag. ○ Inform the GL of any medical conditions they should be made aware of before starting ○ See a Doctor before joining the Club. • All Routes are contained within areas with quick road access for Emergency Services. • Membership is told to wear appropriate clothing and footwear for conditions and weather. • GL will ensure there is a Warm Up and Cool Down incorporated within their planned club Session. • All runners must wear a light when running after dusk. GL's will have access to spare lights. • GL will carry first aid kits. 	Medium Existing Control Measures Adequate
2	Group Management <ul style="list-style-type: none"> • Safety • Loss of a member • Unsafe/Unruly Behaviour 	1 to 3	<ul style="list-style-type: none"> • Group leader to count members of group before setting off, at regular opportunities throughout session and at the end. • Membership are not allow the wearing of headphones or listening to music in club sessions. 	Low Existing Control Measures Adequate

Hazard Ref	What are the Hazards?	Groups at Risk	What are the Existing Control Measures to Minimise the Hazard Risk	Risk Rating & What Additional Control Measures are Considered Required
			<ul style="list-style-type: none"> Unsafe runners are informed that the Club can no longer take responsibility for their safety and if appropriate are asked to leave the club session. U18 are required to be accompanied by an Adult. 	
3	Route Planning <ul style="list-style-type: none"> Risk of collision with other Road/Pavement Users, transportation and Street Furniture. Poorly Lit routes Domestic and Wild Fauna and Flora Planned/Unplanned changes in Terrain (Urban, PROW, Road Workings, etc) 	1 to 3	<ul style="list-style-type: none"> Routes involving running on roads shared with vehicular traffic are to be avoided or kept to a minimum with the group closely controlled. Turnarounds are kept away from hazard spots (blind bends, busy junctions, narrow access points, etc). Group are asked to warn when encountering other route users to give them space to continue unimpeded, avoid collision or unsafe encounter. Leg speeds and distance to Turnaround Points are dynamically revised on the ground depending on presence of unplanned encounters of traffic, fauna, flora, works, lighting or running route conditions. GL will divert or shorten their planned session route to always reach Finish Point in their planned finish time. No runner is allowed to deviate from the briefed route they are instructed to follow 	<p>Low</p> <p>Existing Control Measures Adequate</p>
4	Weather <ul style="list-style-type: none"> Flooding Snow and Ice Hot/Cold Weather 	1 to 3	<ul style="list-style-type: none"> The GL should monitor weather conditions and advises Membership of any added safety measures to be taken by email, twitter or as deemed appropriate. Club Sessions are Cancelled if weather conditions are deemed too unsafe. GL to dynamically revise Session Route as affected by the weather conditions leading up and/or encountered during each Club Session. GL monitors each Groups Members condition throughout the Club Session. During Hot Weather intensity of the Club session is reduced accordingly During Cold Weather avoid chilling long stops. 	<p>Low</p> <p>Existing Control Measures Adequate</p>

Likelihood		Risk Matrix			MOD Form 5010 (V1.3 Mar 16)
Common, regular or frequent occurrence.	3	3 Med	6 High	9 High	
Occasional occurrence.	2	2 Low	4 Med	6 High	
Rare or improbable occurrence.	1	1 Low	2 Low	3 Med	
Severity		1 Minor injury or illness.	2 Serious injury or illness.	3 Fatalities, major injury or illness.	

Hazard Ref	What are the Significant Residual Risks Identified?	Risk Rating	What are the Additional Control Measures Considered Required to Suitably and Sensibly Reduce the Risk to As Low As Reasonably Possible?
None	N/A	N/A	N/A

Assessor	Manager	Overall Risk Rating
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Name/Signature:	Kay Crush	Name/Signature:	Victoria Maleski	(highest risk) LOW
Title	Mrs	Title	Mrs	
Club Role:	Club H&S Rep	Club Role:	Club Chairman	