**Risk Assessment: Exeter Tuesday Arena Group**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
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| 02 /07 /2020 | Liz Moulder | Exeter | 02/01/2010 |

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| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** | **What else can you do to control this risk?** | **Resultant Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Slips, trips & sprains or feeling unwell | Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs. Typically results in ankle & foot injuries. | * Leader to advise of any known potential hazard on the route * Leader to check if anyone injured or unwell before start of run * Leaders to carry a mobile phone to call for help as necessary | *M* | * Runners should look where they are going * Leaders and/or runners to warn of any impending hazards | *L* | Leader  Runner | Ongoing | Each session |
| Traffic | Runners - injured through collisions with cars | * *Runners advised* not to run on roads unless absolutely unavoidable * Runners to use designated crossings when available and cross as a group if feasible * Leaders carry a mobile phone to call for help as necessary * Members advised not to run on roads unless absolutely unavoidable | M | * Follow the Highway Code | L | Leader  Runner | Ongoing | Each session |
| Clothing | Runners - Accident or injury caused to runner by inappropriate gear | * Runners should wear appropriate clothing and running footwear to suit conditions. * Runners should wear Hi Viz for darker evenings | M | * Provide Hi Viz * Advise runner if their clothing is not considered suitable for the conditions | L | Leader  Runner | Ongoing | Each session |
| Health Issues | Runners- | * Runners should consult their GP if they have pre-existing medical conditions that might affect their ability to run * Runners should notify leader of any health concerns * Runners have a responsibility not to run if unwell * Runners to carry any medication they might need | M | * First Aid only to be given by suitably qualified people | L | Leader  Runner | Ongoing | Each session |
| Weather | Variations in weather making it too cold, wet, hot or slippery | * Check weather reports, cancelling as necessary * Runners to be given advice regarding fluid intake, clothing and sun screen | M | * Abandon run and return to start if conditions deteriorate making it unsafe to continue | L | Leader  Runner | Ongoing | Each session |
| Other Road/path users | Runners/pedestrians-Cuts, grazes or bruises from collision | * Give due consideration & warning to other road users | L | * Avoid any areas known to be unsuitable * Runners to be respectful of other road users | L | Leader  Runner | Ongoing | Each session |
| Animals | Runners-Injuries from attacks or trips | * *Runner should be cautious when running past dogs or other animals* * *Take seriously any concerns or phobias* | M | * Slow to a walk if necessary | L | Leader  Runner | Ongoing | Each session |
| Lost or missing athletes | Runners- Getting lost or injured whilst out of direct contact from coach or training group | * *Take head count before, during and after run* * *Brief athletes on route/course to be used* * *Use back runner* * *Ask athletes to advise if dropping out or leaving session early* | M | * Looping to be encouraged * Runner to select a group best suited to their ability * Runners to be encouraged to keep an eye on each other * Provide athletes with   Leader’s mobile telephone number for emergency contact  • If an athlete is  identified as missing organise a sweep of the route  • If the athlete cannot be  located contact emergency services and report missing person | L | Leader  Runner | Ongoing | Each session |
| Spread of Covid-19 Coronavirus |  | * Do not attend if unwell or in recent contact with anyone known to be infected * Do not attend if in any high risk group * Use of hand sanitiser before and after run. * Maintain social distancing in accordance with Government guidelines as a minimum. * Avoid congregating at the start of the run and quickly disperse at the end. | M | * Use face covering * Avoid touching face * Carry tissues and dispose of them as soon as possible in a suitable bin * Avoid or minimise ‘touch points’ when route planning | M | Leader  Runner | Ongoing | Each session |