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| <b>Women on the Run</b>  |  |
| <b>Date of Assessment:</b> XX/XX/XX  |   |
| <b>Name of assessor:</b> Leader name to be entered here                            |   |
| <b>Proposed Activity:</b> sample risk assessment date and name of event to go here |   |

| <b>Identify the hazard</b><br><i>List significant hazards which could result in serious harm</i> | <b>Identify who might be harmed</b><br><i>List groups of people who are especially at risk</i> | <b>Control Measures in Place</b><br><i>List existing controls or note where the information may be found (such as information, instruction training, systems or procedures).</i>   |
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| General guidance for safe running and management   | Participants<br>Leaders  | Leaders to be qualified to UKA LIRF as a minimum<br>Group size should not exceed 1:12 (currently 1:5 due to Covid-19)<br>Adult only group (16 years +)<br>Mobile phone to be carried by Leader<br>Small first aid kit to be carried by Leader<br>Disclaimer with medical and contact details in place<br>Session kept to appropriate time – can be longer for more advanced runners<br>Ability of the slowest/ least able sets the session time and pace, Leader should check that fastest runners are aware of need to loop back. |
| Injury at the meeting point  | Leader<br>Participants   | Ensure safe, well-lit venue for meeting<br>Check parking is adequate for number of runners and that meeting point is away from busy traffic  |
| Participants with known health conditions  | Leader<br>Participants   | Leader to ask participants at the start of each session whether anyone has any new conditions or injuries they should know about<br>Perform a visual check   |
| Inappropriate clothing<br>Visibility of group  | Leader<br>Participants   | Clothing should suit the conditions<br>Suitable trainers or running shoes should be worn –Leader to advise participants  |

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|   | Members of the public   | Leader to complete a visual check before every run  |
| Injury through not warming up, lack of fitness                  | Participants<br>Leader  | Leader to deliver an appropriate warm up (for example a slow-paced dynamic warm up) and cool down (static stretching).<br>Plan sessions to suit varying ability levels and be prepared to modify plan during the run  |
| Increment weather – making it too hot/wet or slippery to run.   | Participants<br>Leader  | Leaders to give appropriate advice to participants dependent on weather conditions<br>Water should be carried in the heat<br>Cancellation of sessions to be considered if weather conditions make it unsafe to run, for example ice, snow, heat   |
| Running at night (in the dark)                                  | Participants<br>Leader  | Leaders should request that participants wear reflective clothing/ bibs<br>Take extra care at road crossings<br>Route planning should avoid unlit areas<br>Head torch should be carried by the group leader   |
| Traffic/road crossings on route                                 | Participants<br>Leaders<br>Members of public  | Leader to remind participants at the start of the session to use crossings provided and reinforce this<br>Cross as a group where possible<br>Leaders to remind participants to take personal responsibility within the session  |
| Ground conditions – uneven/changing ground conditions.          | Participants<br>Leaders   | Leader to be familiar with the route<br>Leader to advise participants of any changing/ uneven ground conditions wherever possible<br>On-going assessment by Leader, with adaptation as required   |
| Other members of the public getting in the way of runners       | Participants<br>Leader<br>Members of public   | Leader to plan appropriate routes for the group that are away from busy pedestrian areas<br>Run at a time of day that is less busy<br>Leader to remind participants to be respectful to other road users  |
| Animals - presence of and behaviour of animals and their owners | Leader<br>Participants  | Ensure runners keep aware of and alert to things around them<br>If running rural check beforehand for fears and phobias in your group<br>Follow the Countryside Code when on farmland   |
| Covid-19  | Leader<br>Participants<br>Members of the public<br>Those in vulnerable groups (the elderly, | Check UKA website to make sure that the proposed run is compliant with latest government regulations<br><a href="#">Here</a><br>No more than 6 runners (1 leader and 5 club members) with booking system in place<br>Request in advance that runners do not attend if they feel unwell<br>Advise runners to bring hand sanitiser and to use it before and after each run<br>Avoid handing cash, offer free runs or online payment |

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|  | <p>if pregnant, those with underlying health conditions) are particularly at risk</p> <p><a href="#">More information here</a></p> | <p>Advise runners to bring tissues to catch coughs and sneezes – follow ‘Catch it, Bin it, Kill it’ advice and avoid touching face, eyes, nose or mouth with unclean hands</p> <p>Basic first aid kit should include disposable gloves, buff or face covering for Leader and sanitiser</p> <p>Advise runners to bring buff or other face covering – these are to be used if social distancing cannot be maintained (for example in the event of a participant requiring first aid).</p> <p>Meet out of doors and maintain 2m social distancing</p> <p>Do not share equipment or running bibs</p> <p>Check at start that runners are free from Covid-19 symptoms (high temperature, new continuous cough, loss of smell or taste) <a href="#">More information here</a></p> <p>Plan routes, times of day and meeting points that are unlikely to be crowded</p> |
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