

Risk Assessment: <Thanet Roadrunners AC Club Senior Training. Road Running and using a 400m for Track training, including couch to 5K>

Date:	Assessed by:	Location :	Review :
28/06/2024	C Brenchley	Thanet	20/09/25

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
<p>General safety.</p> <p>Before and during each session.</p>	<p>Runners.</p> <ul style="list-style-type: none"> • Ability of runners not known or Injury/fitness of those taking part. • Existing medical conditions and known health problems can include sight issues and hearing issues. • Possible dehydration or low energy, • Injury or illness during the session. • Runners under the UKA age guidelines might turn up. • Runners might turn up with a 'running buggy with child' 	<ul style="list-style-type: none"> • Runners have entered their In-Case-Of-Emergency contact numbers into the run-together app, used for booking onto runs. • Ensure that the pace of the run suits the ability of all those taking part • Have regular regroupings during runs, with leaders counting runners to ensure no one is missing • Reinforce the point to let the group leader know if a runner wants/needs to cut their run short 	M	<ul style="list-style-type: none"> • Remind runners during briefings. • A UKA-run leader will lead groups. Where a run leader is not available due to unforeseen circumstances the run may be cancelled or another competent runner appointed to lead the group. • Use a booking-in system to ensure the runners are capable within the groups. Date of birth is available to check the age of younger runners. 	L	C Brenchley	20/09/24	Yes

<p>General safety.</p> <p>Before and during each session.</p>	<ul style="list-style-type: none"> • Runners might be wearing headphones. 	<ul style="list-style-type: none"> • Ask runners about general health and injury before the start of each run. • Ensure medication is carried by participants, where appropriate. Be familiar with runners wearing glasses or hearing aids, with possible clearer or louder commands. • Runners should be reminded to carry water and that they should have eaten before a run with sufficient time for digestion. • Run leader to have access to a mobile phone, and/or choose a route where phone contact can be sourced, and to be used in the event of serious injury. • Choose a designated start area and ensure the runners are warmed up. • Runners within your group are within the age limits of the leader's qualifications and the type of run is suitable for their age. • Runners will need to agree to contact the leader prior to the run if intending to run with a 'running buggy with child'. 		<p>Medical conditions are stated using the booking app.</p> <ul style="list-style-type: none"> • Ensure a briefing reminds runners of any current changing guidelines. • Plan a route where assistance can be accessed. • Run leaders; Always take a mobile phone when rural (trail) routes are planned. • Incidents are reported to the club, using the contact numbers. • Underage runners must be reported to the safeguarding and welfare officer. A parent or guardian will need to be contacted. • Running with 'running buggy with child' is to be discouraged. If agreed, the leader can adopt a suitable route. 				
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		<ul style="list-style-type: none"> Run leaders will ask runners to remove headphones where the route is mostly on the roads, such as the hills and intervals sessions. Run Leaders will take note of TRAC emergency contact numbers. Kirsty McMahon 07971545868 Adrian Neaves 07900397175 Julie Neaves 07768681978 Christopher Brenchley 07834255126 Nicola Boyes 07986105481 Jonathon Holl 07974355811 		<ul style="list-style-type: none"> Runners, running with headphones should be informed that “they will not hear the leaders’ instructions or other road-users”. Leaders of hill and interval sessions will be requesting that runners remove their headphones. 				
Running routes	<p>Runners.</p> <p>Incorrect footwear.</p> <p>Not looking when talking or obscured objects when running.</p>	<ul style="list-style-type: none"> Choose routes without known hazards such as. Uneven ground Sharing with vehicles Slippery ground Street furniture Debris and bins Other obstacles Temporary works Adjust routes due to inclement weather. 	M	<ul style="list-style-type: none"> Pre-plan routes stick to known routes. Warn participants of obstacles. On-going assessment from learning. 	L	C Brenchley	20/09/24	Yes

		<ul style="list-style-type: none"> • Use known routes by pre-checking. • Advise of type of footwear or other clothing to be worn. 						
Collision with public	Public walkers, cyclists and runners including other runners.	<ul style="list-style-type: none"> • Ensure a wide route is mostly used by runners. • Shout warnings and encourage the group to do the same. 	L	<ul style="list-style-type: none"> • Encourage runners to be giving way. • Run on the left side, unless on the roads, then follow the highway code guidance for groups. • Interval sessions are to have designated zones where runners are at a higher pace. 	L	C Brenchley	20/09/24	Yes
Traffic and road crossings	Runners, all road traffic, including cyclists, members of the public and other runners.	<ul style="list-style-type: none"> • Where possible use crossing points. • Runners are to be advised to take personal responsibility • When crossing roads, cross as a group, 	H	<ul style="list-style-type: none"> • If running on roads, run using the highway code guidance. • Be seen on bends where vision is obscured. 	L	C Brenchley	20/09/24	Yes

<p>Running in the dark.</p>	<p>Runners, all road traffic, including cyclists, members of the public and other runners</p> <p>Increased risk to runners due to poor visibility.</p>	<ul style="list-style-type: none"> • Routes selected that have good lighting wherever possible. Interval sessions must be organised in a well-lighted area. • Runners are to be required to wear hi-visibility tops and be encouraged to wear reflective clothing or Hi-Vis. • Consideration is to be given to the wearing of head torches. 	<p>H</p>	<ul style="list-style-type: none"> • Run leaders to wear lights. • Adopt a leader with lights at the front and back of larger groups. • Interval sessions are to have designated zones where runners are at a higher pace. The zones are not to be on or crossing motor vehicle routes. 	<p>L</p>	<p>C Brenchley</p>	<p>20/09/24</p>	<p>Yes</p>
<p>Feeling unwell</p>	<p>Runners</p> <p>Suddenly unwell not known until during the run</p>	<ul style="list-style-type: none"> • Be proactive in asking “ok” • Encourage runners to say their feelings even if it spoils the other runners’ run. • Follow the guidance to know the contacts of the runners in the group. 	<p>M</p>	<ul style="list-style-type: none"> • Ensure the runner is safely home with somebody. • Run together app used for contact details. • Cancel event in a health outbreak following government guidelines. 	<p>L</p>	<p>C Brenchley</p>	<p>20/09/24</p>	<p>Yes</p>

<p>Weather.</p> <p>Cold conditions. Hot conditions.</p> <p>Heatstroke/ Sunburn</p>	<p>Runners</p> <p>Exposure</p> <p>Incorrect clothing</p> <p>Fast changing conditions</p>	<ul style="list-style-type: none"> • Briefings on clothing required. • Briefings to use protection. • Self-awareness. • conditions hot, cold, wet, or slippery. (the running track is very slippery during wet weather) • Weather forecast to be checked ahead of each run • Consider cancelling if weather conditions make it unsafe to run (storms) • Group leader to monitor runners to check for anyone having difficulties • Runners to be given advice on clothing, fluid intake sunscreen etc 	<p>M</p>	<ul style="list-style-type: none"> • Warn runners to take care • Cancel if the weather is too hot. Follow the guidance for heatwaves using the government's plans. • Cancel if the weather is too cold and surfaces are affected. • Make decisions during runs on changing conditions. • Consider 400m track training or interval sessions are cancelled or an appropriate session is planned, without short sprinting. • Encourage suitable footwear. 	<p>L</p>	<p>C Brenchley</p>	<p>20/09/24</p>	<p>Yes</p>
<p>Injury.</p> <p>Requirement of first aid.</p> <p>Stumbling and falling.</p> <p>Nettle rash bites and stings.</p>	<p>Runners</p> <p>Collision with objects such as branches, and roots.</p> <p>Sudden health problems</p> <p>Sudden serious health problems</p>	<ul style="list-style-type: none"> • Runners have entered their In-Case-Of-Emergency contact numbers into the run-together app, used for booking onto runs. • Ensure no lone runners. • Run Leaders will take note of TRAC emergency contact numbers. 	<p>M</p>	<ul style="list-style-type: none"> • Ensure the runner is safely home with somebody. • First aid is at hand at the start areas. ("first aid" is not always trained first aiders) 	<p>L</p>	<p>C Brenchley</p>	<p>20/09/24</p>	<p>Yes</p>

		<p>Kirsty McMahon 07971545868 Adrian Neaves 07900397175 Julie Neaves 07768681978 Christopher Brenchley 07834255126 Nicola Boyes 07986105481 Jonathon Holl 07974355811</p> <ul style="list-style-type: none"> • Encourage phone usage. • Use experienced run leaders with local knowledge of cross-country sections. • Detail the routes. Cover up on cross-country sections. Note on details for the route. • Pre-warn of extra clothing required. i.e., longer socks to avoid nettles/bites. • Trace first aid access positions near the route. • Runners are all close to their normal training areas/homes. 		<ul style="list-style-type: none"> • Run leader has access to a mobile phone and/or chooses a route where phone contact can be sourced. • Request phone numbers of runners in the groups. Contacts are loaded from the run-together app, this includes runners In-Case-Of-Emergency contact numbers. • Ensure that any trained first aiders are known within the groups. • AED locations. Positions are known to run leaders and familiar for use on our routes. See AED Appendix. • Incidents are reported to the club using the contact numbers. 				
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Getting lost	Runners Unfamiliar areas to some runners.	<ul style="list-style-type: none"> • Detailed maps and/or advice. • Local areas are known to most runners. • Encourage taking mobile phones. • Familiar routes used. • Unfamiliar routes are detailed. 	M	<ul style="list-style-type: none"> • Contact information held for the duration of the event. • Log in times when completed. • A UKA-run leader is provided for most sections reporting back. Checks by the organising leader. • Phone communication at checkpoints. 	L	C Brenchley	20/09/24	Yes
Animals. Presence of and behaviour of animals and their owners.	Runners. Owners of animals, public. Animals. Colliding, avoiding causing a collision. Animals causing injury such as biting.	<ul style="list-style-type: none"> • Ensure that runners are alert to the possibility of animals around them. • Group leader to be aware of any fears or phobias in the group. • Respect dog walkers who you may meet. 	M	<ul style="list-style-type: none"> • Be aware of popular dog walking routes. Specifically for interval sessions: warnings to runners will be made clear, that owners and their animals using the popular areas will need to be respectfully given the right of way. • Follow the 'Country Code' if running on farmland. 	L	C Brenchley	20/09/24	Yes

AED LOCATIONS APPENDIX.

We advise run leaders to be familiar with the locations of AEDs.

For an up-to-date list, the link for the national defibrillator network is <https://www.thecircuit.uk/>

Broadstairs

- LHS of the entrance, Coop Hopeville Ave, St Peters. 0800-2200hrs. Unlocked.
- Red Telephone Box, outside Old Lookout Gallery, Broadstairs Jetty. 24/7 (unlocked?)
- North Foreland Golf Clubhouse. There may be limited access at running times.
- Yarrow Hotel, East Kent College, Ramsgate Rd. Reception 24/7.
- Asda Superstore, via security.
- Stone Bay School, Term Time.
- Tesco Metro, Broadstairs.
- Wellesley House School, (term time)
- Broadstairs Railway Station (in locked cabinet on platform 1).

Ramsgate

- Outside Waitrose, on the side wall. 24/7 Locked
- Outside Ramsgate Fire Station (Newington Rd), 24/7 Unlocked.
- Ramsgate Railway Station Supervisors office 24/7.
- Ramsgate Sports Centre reception.
- Asda store, via security.
- St Lawrence College, Main school o/s common room. Term time staff access 24/7.
- Tesco express, St Lawrence high street.

- Granville Theatre.

Margate

- Outside Westgate Fire Station, Canterbury Rd. 24/7. Unlocked.
- Outside Thanet Age UK, Zion Place. 24/7. Code from SECAMB.
- Outside Margate Fire Station, Grosvenor Gdns. 24/7. Unlocked.
- Margate Football Club when open.
- Thanet Indoor Bowls Club, when open.
- Tesco, Northdown Road. 0700-2200.
- QEQM Hospital St Peters Rd, to right of reception. 24/7 Unlocked
- QEQM Hospital Ramsgate Road, A&E 24/7.
- Hartsdown Leisure Centre, Reception when open
- Hartsdown Boxing Club, when open.
- Margate Railway Station supervisors' office 24/7.
- Margate Police Station 24/7 in custody block.

Westgate/Birchington

- Tesco Express, Westbrook (in office). 0700-2300hrs.
- Outside Westgate Fire Station, 24/7 unlocked.
- Coop Birchington unlocked.
- Westgate Railway Station. ???
- Joe's Café 133 Minnis Rd, Birchington. 24/7 code from SECAMB.
- Telephone Box outside Powell Arms, Birchington 24/7
- Hussar Public House on outside wall 24/7 locked (awaiting installation).

Westwood

- Outside wall between Primark & TK Max. Code 10001. 24/7
- Bannatyne's Gym, immediately inside reception on LHS. 0630-2230 Unlocked



- Tesco Extra store 24/7 with security
- Sainsbury's main store (not petrol station). With security.
- SECAMB station 24/7 staff.
- Stagecoach Garage, Margate Road Ramsgate.