

Risk Assessment Form - Winter Road Training

Venue	Activity/Event		Persons Involved	
Chingford, Woodford, Highams Park, Buckhurst Hill, Loughton	Social and training runs		Between 2 and 20	
Risk	Who may be harmed	Precautions	Further actions/venue-specific risk	Risk rating
Darkness making hazards more difficult to see, leading to tripping and falling over tree roots, the kerb, drains, bins, etc.	Participants/leader	Torches to be worn at all times to ensure visual acuity. Group leader and front runners to notify those behind of any visible hazards.	Spont to be updated 24 hours before the run to advise on necessary equipment	High
Darkness making hazards more difficult to see, leading to falling, slipping puddles	Participants/leader	Torches to be worn at all times to ensure visual acuity. Keep to a pace appropriate for the conditions.	Spont to be updated 24 hours before the run to advise on necessary equipment and footwear.	High
Ice and snow, very cold weather	Participants/leader	Weather appropriate clothing to be worn, along with torches. Watch for black ice and test footing, adjust pace accordingly. Group leader and front runners to notify group of identified hazards.	If conditions are too treacherous, road runs to be cancelled (at discretion of the committee).	High
Darkness leading to participants becoming separated from the group and becoming lost.	Participants	Group leader to ensure that advertised pace is maintained throughout the run and that regular loop-backs are undertaken to ensure participants remain in sight and together. Torches to be worn to facilitate this.		Low
Roads	Participants/group leader/drivers	Torches to be seen for visibility. Group leaders and runners to check roads and ensure it's safe to cross. Use pedestrian crossings where available. Warn other runners of approaching vehicles and bikes.		Medium
Bikes	Participants/group leader/cyclists	Wear torches so runners can be seen, if a cyclist is seen on the pavement, group leader and front runners to notify the rest of the group and ensure all runners move to one side of the pavement.		Medium
Dogs	Participants/group leader	If dogs are off lead, group leader to ensure all runners adjust pace and move to one side of the pavement. If dog appears to be aggressive, ask group to stop and wait for the owner to remove dog from the situation before restarting		Low
Pedestrians	Participants/group leader/pedestrians	Torches to be worn to ensure runners can be seen. Pedestrians to be given priority. Group leader and runners to move to one side of path/pavement and run in single file until in a clear space.	All injuries and accidents must be reported to the Welfare Officer using orionharriessafeguarding@gmail.com	Low
Lack of first aid training or knowledge of medical conditions	Participants	Run leaders to carry a mini-first aid kit and be first aid trained for minor injuries. Run leader to carry a charged mobile phone at all times in case of emergency.		

Approval:		
Signed;	Print Name;	Date;
Declaration by Club Committee Representatives:		
Signed;	Print Name;	Date;