



Bedford Harriers AC

Risk Assessment - Number 4

-Club Training in the Dark

| | | | |
|--------------------------|---------------------------|--------------|-------------|
| Task Description: | Club training in the dark | | |
| Assessment Completed By: | Lesley Gaunt MIOSH | | |
| Date Completed: | 15/07/2014 | Review Date: | Upon change |

| | |
|---|---|
| Hazards Identified: | |
| Tripping over unseen uneven surfaces, tripping on kerbs, running into obstructions (e.g. wheelie bins, and road signs), collision with traffic, collision with other pedestrians, collision/tripping up other runners, slipping on surfaces (unseen gravel, ice etc.), dehydration, thermal stress, cold stress, runners getting lost, illness/injury on route, inability of runner to complete the distance. | |
| Aggression/interaction from members of the public, loose animals, dogs etc | |
| Depending on location, insect/midge bites and stings, stings and scratches from plants. | |
| Who Can Be Harmed: | Nature of possible harm: |
| Club runners, prospective members, members of the public. | From cuts, grazes and bruises to broken limbs, bites, infection from bites/stings, exhaustion, thermal stress, cold stress, running injury. |

| | | | | | | | |
|------------|---|---|--|---|------------|-----|-----|
| SEVERITY | | H | Fatality, Major injury or illness causing long term disability | SEVERITY | L/H | M/H | H/H |
| | X | M | Injury/Illness causing short term disability | | L/M | M/M | H/M |
| | | L | Other injury or illness | | L/L | M/L | H/L |
| | | | | | LIKELIHOOD | | |
| LIKELIHOOD | | H | Certain or Near Certain to Occur | Plot assessment of Severity against Likelihood & Highlight Value obtained | | | |
| | X | M | Reasonably likely to occur | H/H: Avoid Whenever Possible | | | |
| | | L | Very Seldom or Never Occurs | L/L : May be Ignored All other Values Control or Minimise Risk | | | |

Existing Controls:

Runners instructed to wear reflective clothing (bibs/tabards) or at minimum a white top. Runners are instructed to be aware of condition of surfaces and to warn other runners of any trip or slip hazards or obstructions.

Runners are instructed to be aware of road traffic, and communicate hazards to the rest of the group.

Runners are advised to tell their coach if they are taking an alternative route, i.e. cutting the run short. The coach then decides if they should be accompanied based on route and any hazards likely to be encountered, whether the runner is injured, etc, and will if necessary ensure the returning runner is accompanied.

Runners are advised to wear suitable clothing for the weather conditions.

All above plus additional information contained within Safety Information for Runners document which is on the club website and on the notice board.

Runners are split into ability groups, each with at least one coach.

Runners are advised to use insect repellent when required.

Dynamic risk assessment is completed for any disabled/recovering from injury runners.

Runners should be fully hydrated before attempting any exercise

Coaches are Club approved and are either qualified by a recognised national body or have become approved by virtue of completing the 'Becoming a group Leader' process as published on the Club website. Coaches issue training schedules which are published on the notice board and web sites enabling runners to decide if they can attend based on their own ability.

Coaches are aware of numbers of runners within their group and keep watch for back markers.

Coaches ensure that runners in their group have the ability to cope with the training session. If in any doubt, the runner is advised to run with a different group, or the coach varies the session.

Additional Controls:

Consider whether Coaches to be trained in basic first aid.

Training schedules to contain more details of the route to be taken including distance (i.e. hill session is not sufficient) to ensure runners are aware of the session they are about to undertake

Coaching Co-ordinator to discuss this risk assessment and the Be Safe When Running document at next coaches meeting.

Date Additional Controls Implemented: