

# Dumfries Running Club

## Risk Assessment: Club Training Sessions

Date:	Assessed by:	Location:	Review:
18/02/2021	Sandy Shankland, Andy Dickson, Bob Quin	Club Training Routes, Dumfries	18/02/2022

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
General Safety	<p>Session Helpers and Participants.</p> <p>Inadequate information about participants.</p> <p>Wellbeing issues.</p>	<ul style="list-style-type: none"> <li>• Only members participate in sessions.</li> <li>• Membership details recorded.</li> <li>• Contact details available.</li> <li>• Health issues to be declared by members on membership application.</li> <li>• Advise member of personal responsibility to ensure that they mitigate any risk while running.</li> <li>• Separate risk assessment carried out for Club organised races.</li> <li>• Register kept of Jogscotland participants showing contact details.</li> </ul>	L	<ul style="list-style-type: none"> <li>• Summary document identifying risks and mitigating measures be circulated to members.</li> <li>• Welfare and equality policies to be circulated to all members.</li> <li>• Members with medical conditions advised that they run at their own risk.</li> </ul>	L	Session Helpers and All Participants	All Sessions	Ongoing

		<ul style="list-style-type: none"> <li>Jogscotland participants must complete a Physical Activity Readiness Questionnaire.</li> </ul>						
Venue	<p>Session Helpers and Participants. Road Users &amp; General Public.</p> <p>Disruption due to group meeting.</p>	<ul style="list-style-type: none"> <li>Known meet points used.</li> <li>No congregation of participants on public roads.</li> <li>Meet points have adequate, well-lit car parking.</li> </ul>	L		L	Session Helpers and All Participants	All Sessions	Ongoing
Running Routes	<p>Session Helpers and Participants. Road Users &amp; General Public.</p> <p>Collision with other road users; cars, lorries, buses bicycles, etc.</p>	<ul style="list-style-type: none"> <li>Emphasise to all members that it's part of Club culture that when running there is a collective responsibility to look-out for each other.</li> <li>Group discussion of route before session.</li> <li>Nomination of Session Helper whose role is act as guide for the route chosen.</li> <li>Avoid known hazardous routes and general hazards.</li> <li>Only routes in well-lit town routes used in winter daylight period.</li> </ul>	M	<ul style="list-style-type: none"> <li>Speedplay route to be checked over before a session.</li> </ul>	L	Session Helpers and All Participants	All Sessions	
Injury/Illness During Session	<p>Session Helper and Participants.</p> <p>Injury/Illness.</p>	<ul style="list-style-type: none"> <li>Participants advised not to attend sessions whilst having injury or illness.</li> <li>Any health or safety concerns should be raised before the start of a run with the Session Helper.</li> <li>Participants advised to do a warm-up before a session and cool-down exercises after a</li> </ul>	M	<ul style="list-style-type: none"> <li>Any member incurring injury during a session to be accompanied by another back to start point.</li> <li>Mobile phones should be carried by at least one in a running group.</li> </ul>	L	Session Helpers and All Participants	All Sessions	Ongoing



		<p>session - particularly beginners and following vigorous activity.</p> <ul style="list-style-type: none"> <li>• Although a Session Helper led warm up and cool down may take place at each session (this is not always possible due to timings, route and start or end location arrangements) therefore it is the responsibility of runners to ensure they are safe and fit to run by completing their own warm up and cool down activities as appropriate.</li> <li>• Report accidents and incidents and arrange for them to be logged in Club accident/incident logbook.</li> </ul>						
Traffic	<p>Session Helpers and Participants. Road Users &amp; General Public.</p> <p>Injury from collision with other road users; cars, lorries, buses bicycles, etc.</p>	<ul style="list-style-type: none"> <li>• Road safety rules must be adhered to.</li> <li>• Participant advised to run on pavements or pathways whenever possible.</li> <li>• Participants advised to run facing on-coming traffic if not possible to run on pavement/path.</li> <li>• Requirement that Hi-Viz clothing be worn in winter daylight period.</li> <li>• Runners advised to warn others of approaching vehicles and to run in single file.</li> </ul>	M	<ul style="list-style-type: none"> <li>• Participants to be advised to stay alert for vehicles pulling out of driveways.</li> <li>• Participants to be advised on of the risk from mountain bikers on trial routes,</li> </ul>	L	Session Helpers and All Participants	All Sessions	Ongoing



		<ul style="list-style-type: none"> <li>Headphones are not allowed at any training sessions or Club races.</li> </ul>						
Crossing Roads	<p>Session Helpers and Participants. Road Users &amp; General Public.</p> <p>Injury from collision with other road users; cars, lorries, buses bicycles, etc.</p>	<ul style="list-style-type: none"> <li>Routes chosen to avoid major roads</li> <li>Zebra and pelican crossings to be used whenever possible.</li> <li>Crossing near road junctions to be avoided</li> <li>Runners advised to wait at side of road and cross as a group.</li> </ul>	M		L	Session Helpers and All Participants	All Sessions	Ongoing
Pedestrians	<p>Session Helpers and Participants. Pedestrians. Other Route Users</p> <p>Injury from collision with pedestrians</p>	<ul style="list-style-type: none"> <li>All participants to be aware of other pavement/path users.</li> <li>Front runner in the group to alert other members of the group, as necessary.</li> <li>The group to keep to one defined side of the pavement/path where possible and step on the verge / grass.</li> </ul>	L		L	Session Helpers and All Participants	All Sessions	Ongoing
Animals	<p>Session Helpers and Participants</p> <p>Injury from attacks or trips</p>	<ul style="list-style-type: none"> <li>Avoid possible contact with animals – be prepared to re - route. Ensure all participants are aware.</li> <li>Care to be taken when running off-road near to farm animals.</li> <li>All gates should be closed.</li> <li>Participants advised to be alert to proximity to dog walkers and possibility of extended dog leads. Shout warning to</li> </ul>	L		L	Session Helpers and All Participants	All Sessions	Ongoing



		athletes behind and have system to continue warning to back of group.						
Weather	<p>Session Helpers and Participants</p> <p>Injury or Illness due to weather conditions – Rain, Cold, Heat, Ice, Wind, Fog, Snow, Etc</p>	<ul style="list-style-type: none"> <li>• Regard should be paid to weather forecast. If extreme, session should be adjusted or cancelled.</li> <li>• Participants must take a view on what clothing is appropriate for the weather conditions.</li> <li>• Participants and Session Helper should assess risks due to weather before starting a session.</li> <li>• When it is hot participants are responsible for ensuring they have adequate means of hydration and any other necessary measures – sunscreen, hats, etc</li> </ul>	M	<ul style="list-style-type: none"> <li>• Notification of cancelled sessions should be on the Club Facebook page.</li> <li>• Participant may be advised if it is felt that their clothing is inappropriate for the conditions.</li> </ul>	L	Session Leaders and All Participants	All Sessions	Ongoing
<p>Slips, trips &amp; falls - Ice, Frost, Wet Leaves, Uneven Surface, Street Furniture, Bins, Mud, Snow, Standing Water etc.</p> <p>Off-road – Streams, Tree roots, Marshes,</p>	<p>Session Helpers and Participants.</p> <p>Injuries from slips, trips, and falls.</p>	<ul style="list-style-type: none"> <li>• Group to assess route before session and participants should be forewarned of any known route hazards.</li> <li>• Participants to be alert to changing conditions.</li> <li>• Routes selected should have good lighting wherever possible.</li> <li>• Lights should be worn where there is poor visibility.</li> </ul>	M	<ul style="list-style-type: none"> <li>• First aid kit to be kept at Dumfries Sports Club</li> <li>• Participants reminded to run carefully and responsibly. A sensible distance should be kept between themselves and the runner ahead of them. Walk if conditions are particularly difficult,</li> </ul>	L	Session Helpers and All Participants	All Sessions	Ongoing

Boardwalks Etc								
Missing/Lost Participants	Session Helpers and Participants	<ul style="list-style-type: none"> <li>• Participants encouraged to run with others of similar ability.</li> <li>• No participants in a group should be left on their own unless they have expressed that they are happy to be so.</li> <li>• Groups must account for everyone at the end of a run.</li> </ul>	M	<ul style="list-style-type: none"> <li>• Session Helper must account for everyone at the end of a run</li> <li>• Group to carry out a search for any unaccounted participant.</li> <li>• Participants are advised to carry whistles during forest runs.</li> </ul>	L	Session Helpers and All Participants	All Sessions	Ongoing
Inexperience	New Runners  Injury from strain or sprain	<ul style="list-style-type: none"> <li>• All new runners should be asked to identify themselves at the beginning of the session by the Session Helper. Runner and Session Helper to agree on most appropriate pace group / route for the new runner.</li> </ul>			L	Session Helpers and All Participants	All Sessions	Ongoing