

# Risk Assessment

## Prepared by

Sam Whalley, club chair

## Those at risk

Participants, volunteers, members of the public

## Activity

Group outruns/pub runs

## Site

Various locations

## Reference

RA\_GO\_20231129

Page 1 of 6

Hazard	Risk	Initial Assessment			Control Measures	Final Assessment			Additional Action
		P	I	Rating		P	I	Rating	
Emergency requiring first aid treatment	<b>All</b> Any incident/accident where first aid might be required	3	3	9 medium	Outrun/pub run leaders should inform participants of route location, nature and duration  All participants should ensure they are sufficiently fit and healthy to complete the run	3	2	6 medium	All participants should be advised to carry a mobile phone
Uneven ground	<b>All</b> Trips and falls resulting in bruises, sprains, breaks	3	2	6 medium	Outrun/pub run leaders should plan a route and advise participants of terrain to expect  All participants should wear appropriate footwear for the terrain	3	2	6 medium	Outrun/pub run leaders and participants should warn each other of upcoming uneven ground

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Page 2 of 6

Hazard	Risk	Initial Assessment			Control Measures	Final Assessment			Additional Action
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Traffic/Road Crossings	<b>All</b> Collisions with cars resulting in serious injury	2	5	10 medium	<p>Outrun/pub run leaders should try to avoid planning routes on busy roads with no pavement</p> <p>All participants should use pedestrian crossings where available</p> <p>All participants should be aware of their surroundings and not step off the kerb without looking</p>	2	3	6 medium	<p>All participants should ensure they are aware of their environment and use single file on the pavement or road if necessary</p> <p>All participants should check before stepping into the road and not just follow the runner in front</p> <p>All participants should walk facing the flow of traffic, should walking on the road be necessary</p>
Bins, benches, fences, barriers, street furniture etc.	<b>All</b> Trips and falls resulting in bruises, sprains, breaks	3	2	6 medium	<p>Outrun/pub run leaders should plan a route and advise participants of obstacles to expect</p> <p>All participants should run with due care and attention</p>	3	2	6 medium	<p>Outrun/pub run leaders and participants should warn each other of upcoming obstacles</p>

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Page 3 of 6

Hazard	Risk	Initial Assessment			Control Measures	Final Assessment			Additional Action
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Cold	<b>All</b> Outrun/pub run takes place in cold temperatures, resulting in hypothermia	2	3	6 medium	All participants should wear appropriate clothing for the weather conditions	1	5	5 low	
Sun	<b>All</b> Exposure to sun resulting in sunburn	3	2	6 medium	All participants should wear appropriate clothing for the weather conditions, and carry water	2	2	4 low	Outrun/pub run leaders should choose shady routes and a slower pace
Darkness	<b>All</b> Poor visibility causing trips or falls or risk of collision	3	2	6 medium	All participants should wear appropriate clothing for the weather conditions and light levels  All participants should wear hi-vis clothing and carry/wear a torch	3	2	6 medium	All participants should be advised to carry a mobile phone
De-hydration	<b>All</b> Dehydration resulting in heat stress	1	5	5 low	All participants should ensure they drink sufficiently prior to the run	1	5	5 low	
Slippery surfaces including ice	<b>All</b> Slips, trips and falls resulting in bruises, sprains, breaks	3	2	6 medium	Outrun/pub run leaders should plan a route and advise participants of surfaces to expect  All participants should wear appropriate footwear for the conditions	2	3	6 medium	Outrun/pub run leaders and participants should warn each other of upcoming slippery surfaces

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Page 4 of 6

Hazard	Risk	Initial Assessment			Control Measures	Final Assessment			Additional Action
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Dogs, members of the public	<b>All</b> Obstructions to pathways resulting in bruises, sprains, breaks	3	2	6 medium	All participants should be aware of their surroundings, including dogs and members of the public	2	2	4 low	Outrun/pub run leaders and participants should warn each other of upcoming dogs or members of the public
Insect stings/bites	<b>All</b> Bites resulting in allergic reaction	3	3	9 medium	Outrun/pub run leaders should plan a route and advise participants of potential sting/bite risk  All participants should use insect repellent	2	3	6 medium	Outrun/pub run leaders and participants should warn each other of upcoming insects
Nettles or other irritant plants	<b>All</b> Contact resulting in allergic reaction	3	3	9 medium	Outrun/pub run leaders should plan a route and advise participants of potential sting risk  All participants should be aware of surroundings	2	3	6 medium	Outrun/pub run leaders and participants should warn each other of upcoming nettles
Lightning strike	<b>All</b> Lightning strike resulting in burns, heart failure	1	5	5 low	Outrun/pub run leaders should plan a route that minimises risk  All participants should be aware of potential risk	1	5	5 low	Outrun/pub run leaders should use initiative and adapt/cancel runs as necessary  All participants should be advised to carry a mobile phone

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Page 5 of 6

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Undiagnosed or undeclared medical condition	<b>All</b> Cardiac arrest or heart attack resulting in heart failure	1	5	5 low	All participants should ensure they are sufficiently fit and healthy to complete the run	1	5	5 low	All participants should ensure that Outrun/pub run leaders and other participants know who they are  All participants should be advised to carry a mobile phone
Separation from the group, getting lost	<b>All</b> Getting left behind	3	1	3 low	Outrun/pub run leaders should count the participants at the outset and regroup regularly  All participants should make themselves known to the rest of the group	3	1	3 low	All participants should ensure that no one runs alone  All participants should be advised to carry a mobile phone

# Risk Assessment

## Risk Ratings

		Impact				
		5 catastrophic: permanent injury, death	4 major: long-term injury	3 serious: hospitalisation required	2 minor: first aid required	1 incidental: no injury
Probability	5 frequent	very high 25	very high 20	high 15	medium 10	low 5
	4 occasional / has happened	very high 20	high 16	high 12	medium 8	low 4
	3 seldom / has been known to happen	high 15	high 12	medium 9	medium 6	low 3
	2 remote / has not been known	medium 10	medium 8	medium 6	low 4	very low 2
	1 unlikely	low 5	low 4	low 3	very low 2	very low 1

### Overall risk rating

20-25 very high	12-15 high	6-11 medium	3-5 low	0-2 very low
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