

## Generic Risk Assessment Guidelines for Club Group Runs

The majority of the clubs activities can be identified as generic and therefore documented and shared pro-actively amongst the membership.

The following generic risks have been identified as representative of the standard GCR training run sessions. The list is not considered exhaustive and is available for continuous improvement and expansion.

### Table of Generic Risks

<b>Risk Identified</b>	<b>Control Measures</b>	<b>Output risk level</b>
Group ability e.g.: <ul style="list-style-type: none"><li>✓ Age</li><li>✓ Experience</li><li>✓ Health</li><li>✓ Number in group</li></ul>	Run leader to assess pre run.  If large numbers of differing abilities, consider splitting group and/ or recruiting 'sweepers' or deputies.  Individuals to take responsibility for their ability and running gear.	Medium
Traffic conflict and road crossings	Hi Viz clothing to be worn, especially in winter.  Pre run briefing session to raise awareness.  Use designated crossing points or underpasses where possible to limit conflict with traffic.  Runners to take personal responsibility for themselves when crossing roads.  Do not assume the runner stepping out has ensured that the road is clear.  Run leader to allocate 'Sweeper' when appropriate.	Medium
Weather Conditions e.g. sun, rain, ice, snow, mud, leaves, etc.	Run leaders to brief runners of hazards likely to be encountered in the pre run briefing.	Low - High
Trips, slips and falls e.g. overhanging branches, tree roots, kerbs, rutted paths, bins, bollards, etc.	Pre run briefing session to raise awareness of type of ground to be encountered.  Runners to be aware of their surroundings and warn others of hazards encountered on the run.	High

<b>Risk Identified</b>	<b>Control Measures</b>	<b>Output risk level</b>
Visibility (e.g. dark)	<p>As a minimum, Run Leaders to wear reflective/ Hiz Viz clothing and wear a light, others encouraged to do so.</p> <p>Individuals to take responsibility for their ability.</p> <p>Run leaders to remind runners to be aware of poorly lit hazards they encounter along the route and warn others.</p>	<p>Low (Summer) High (Winter)</p>
Run Route compliance	<p>Pre run briefing session to describe the direction and type of route planned.</p> <p>Runners to take personal responsibility to assimilate route information.</p>	High
Group Management	<p>Pre run briefing session to identify leader and any 'sweepers' or deputies.</p> <p>Runners to take personal responsibility for themselves and follow the run leader's directions.</p> <p>Runners to notify the leader should they leave the group mid run.</p> <p>Run leader to head count at start, gather points and finish points.</p> <p>Run leader to appoint 'Sweeper' when appropriate.</p> <p>Run leader to carry a mobile 'phone or when this is not possible ensure that someone within the group has one.</p>	Medium - High
Animals, pedestrians and pedal cyclists	<p>Pre run briefing session to raise awareness.</p> <p>All runners to 'call back' to keep left/ right when encountering others.</p>	Medium - High
Members health declaration	<p>Members with health conditions that may affect their performance during the run (breathing constraint, heart condition, muscle injuries, allergies, etc.) should inform the run leader of the condition and the probability of an occurrence.</p> <p>ICE contact information to be carried by all runners.</p>	Low