

Fareham Crusaders RUNNING CLUB – RISK ASSESSMENTS

Generic risk assessments, applicable to all club members, including run leaders, (FCRC), guests and occasional attendees (Guests).

REF.	Risk class	Task / Activity / Environment	Hazards that may present or be generated	Who may be harmed by the hazards?	Action to mitigate the hazards and reduce risks	Additional information and/or precautions
1.	Group Safety	Venue / location issues	Poor or no street Lighting in certain areas (and especially on trails).	FCRC and Guests	Use head torches. Run leaders to advise on “dark” routes and advise use of head torches and high-viz clothing.	
2.	Group Safety	Venue / location issues	Potholes, tree roots, slip and trip hazards	FCRC and Guests	Extra care required to avoid the potholes/tree roots etc. Walk if unsure of foot stability.	
3.	Group Safety	Venue / location issues	Traffic and other road users / path users	FCRC and Guests Public / Road users	Be aware of vehicles using car park. Wait / meet away from main traffic flows e.g. on the grass outside the leisure centre. Look out for turning vehicles in car park and entrance.	
4.	Group Safety	Participant ability	Participant ability related to known medical issues and fitness levels	FCRC and Guests	<p>All participants should be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual and they run at their own risk.</p> <p>Those with on-going conditions (e.g. asthma or diabetes) must advise the group leader of their condition and carry their medication during each session. Asthmatics should not run if they are suffering badly or fear an attack is imminent. Expectant mothers should seek doctors advice prior to running with the group.</p>	<p>Leaders to ensure that the health disclaimer has been completed where practical prior to an individual’s first session.</p> <p>A list of individuals contact details and medical condition is to be retained by the club Data Controller and Data Processors.</p> <p>Individuals should be referred to their GP if there is any doubt about fitness. Participants must include a next of kin contact on registration form.</p>

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5.	Group Run Safety	Individual safety	Injury/illness unreported by participant	FCRC and Guests	Carry out visual check and health / injury enquiry before every session.	
6.	Group Run Safety	Individual safety	Inappropriate clothing. Visibility of individuals and group. Footwear.	FCRC and Guests	Clothing should suit conditions given by the leader. Hi-viz / reflective tops should be worn especially in low light conditions. Advice on footwear can be given by Run Leader	Suggested clothing to be advertised on Facebook page before run starts
7.	Group Run Safety	Individual safety	Possible dehydration or low energy	FCRC and Guests	New members should be pre-advised regarding water and food. New participants should carry drink and snack with them until they are confident of their body's requirements	Run leaders to have mobile phone and emergency contact list.
8.	Group Run Safety	Individual safety	Injury through inappropriate mobilisation and warm up for the session	FCRC and Guests	Leaders to include appropriate joint mobilisation exercises as part of the warm up for the session to reduce the risk of runner injury.	Run Leaders to plan a warm up appropriate to the ability group and the session type.
9.	Group Run Safety	Individual safety	Injury and illness during session	FCRC and Guests	Next of kin details should be available. First aid must only be given if currently qualified. Injured or ill runners will be accompanied back to base by a responsible participant or accompanied until assistance arrives. Group leader to advise next of kin if hospitalisation is required.	<ul style="list-style-type: none"> • Be aware of Defibrillator locations around Fareham. A location list can be found below • Fareham Borough Council's Civic Offices • Fareham Borough Council's Depot in Wallington • Abshot Community Centre • Broadlaw Community Centre • Burridge Community Centre • Crofton Community Centre • Fareham North West Community Centre • Lockswold Community Centre • Portchester Community Centre • Ranvilles Community Centre • Titchfield Community Centre • Whiteley Community Centre • Titchfield Boxing Club, Mill Lane
10.	Group Run Safety	Individual safety	Getting lost	FCRC and Guests	Group leader to have a map of route (GPX, mobile device, Watch etc where possible)	Route maps to be available on Facebook page

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11.	Group Run Safety	Individual safety	Losing a runner	FCRC and Guests	Running groups to stick together, appointed leaders to encourage looping where front runners run back to collect those at back. Remind runners to select a running group consistent with their ability.	Where possible and depending on group numbers, an experienced runner will be designated “tailrunner“ to support the back of the group.
12.	Environment	Traffic and road crossings.	All traffic, including other runners, members of the public, cyclists. Crossing roads and nonpavement roads.	FCRC and Guests Public / Road users	Use any and all crossings provided as a prudent pedestrian. Cross as a group where practical to minimise the disruption to other traffic and maximise runners' safety. Take personal responsibility. Respect all other road users. Follow the Highway Code. Reinforce traffic guidelines each week.	
13.	Environment	Weather	Variation in weather conditions making it too hot, cold, wet or slippery	FCRC and Guests Public / Road users	Group to decide if conditions are not conducive to an enjoyable run. Emphasis to be placed on hydration in hot conditions. In cold slippery conditions advise that foot, leg or other injuries could occur and that falls are likely. Ensure that Hi-Viz is not obscured by outer layers.	
14.	Environment		Littering or disruption to the local eco system/infrastructure	FCRC and Guests	Zero tolerance, investigation would be required	
15.	Under 18s	Safeguarding	Run leaders must have undergone DBS check to lead a group with 16 or 17 year olds	FCRC under 18 years old		FCRC minimum age 18

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16.	Group Runs	Livestock and animals	Risk of injury, harm or threat from livestock or animals.	FCRC and Guests	Pre-run briefing session to raise awareness. Run leader to note type of ground to be encountered e.g. off road, field with cows etc. Keep group together and move through stock. Depending on seasons, livestock to be avoided following a dynamic risk assessment approach (including route variation).	
17.	Safeguarding	Under 18s	Risk that under 18s may over exert themselves on a senior session	Under 18s	Route, distance and pace to be shared in advance. Run leaders to check in at the start of the run to establish ability. Limit distance of runs for under 18s joining to 10k.	FCRC minimum age 18
18.	Inclusion and Diversity	Club members Participating in club runs	Group Run dynamics	FCRC, Guests and members of Fareham Leisure centre	The club will try all means possible to include any diverse members of the community. Members should feel comfortable contacting the welfare officer or chairman. Mental Health Champions are also available for guidance	Communicate list of Mental Health Champions and contact details of the Chairman and Welfare Officer
COVID19 UPDATE – as of Aug 2020						
19.	Group Run Safety	Club members Participating in club runs	Group Runs	FCRC, Guests and members of Fareham Leisure centre	1. The group is limited to 12 (including a LiRF/CiRF), with all members adhering to the Government guidelines around social distancing. All Club runs will be advertised on Facebook which members have to register to attend. Run Leaders will monitor the registration and adjust if needed.	See England Athletic Guidelines https://d192th1lqal2xm.cloudfront.net/2020/08/EA-return-to-activity-guidance-road-running-coaches-04.08.2020.pdf 0.pdf All members should adhere to government guidelines personal hygiene and self-awareness protocols

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				<p>Runners arrive on the night and verify attendance and contact details</p> <p>Situations where Club runs become more popular, run leaders will communicate with each other through the FB run leaders page to organise clear groups that either split to run different routes or to stagger their start times. Routes must be planned and advertised beforehand.</p> <p>Run Leader should take into account, parking, route and abilities</p>	<p>Fareham Leisure Centre facilities will not be available to members on group evenings (toilets/showers etc). this must be communicated</p> <p>Members must not attend group runs if they feel they are displaying any COVID-19 Symptoms</p> <p>The club will have a zero tolerance policy with regards to the controls laid out this risk assessment to support the safety of groups during the pandemic.</p> <p>The club will review and adhere to all requirements laid down by Fareham Leisure centre (Risk assessment to be reviewed and agreed prior to club restarting)</p> <p>Runs will be organised to avoid small alleyways and or trails so as to avoid contact with pedestrians/cyclists etc where possible</p> <p>Routes to be predefined and agreed by club coach/appointed safety person before runs take place (risk assessments) group members to be actively encouraged to give constructive feedback to enable the club to organise safer runs and install confidence in members (positive mindset)</p> <p>Mental health ambassadors to be present and visible on club night runs</p> <p>Traceability of all participants during group runs is mandatory (track and trace)</p> <p>Contactless temperature scanning to be made available and screening required, club to purchase. Person using the scanner to wear an N95 or FFP2 mask. All runners to be scanned, (10 seconds) any</p>
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						<p>abnormal readings they will not take part in club sessions.</p> <p>Run times to be staggered to avoid overcrowding at leisure centre, times to be pre-arranged, runners to remain in cars/away from location until allotted time</p>
20.	Group Run safety	Club members Participating in in club runs	Contact with surfaces	FCRC and Guests	<p>If the running route comes in contact with any gates or styles, the gate or style should be opened by one runner to limit the number of people touching the surface. If possible, runs should be designed to limit this situation. (runs should be planned to avoid gates in the first instance)</p>	<p>Run leaders should carry-</p> <ul style="list-style-type: none"> • A pair of nitrile gloves • A cloth face cover • 100 mls anti bac or wipes • A mobile phone with club emergency contacts saved in the event of an incident involving a club member or guest <p>All announcements and communications are to be carried out using social media/club communication tools to ensure hard of hearing members are not put at a disadvantage</p>
21	Travel to runs		Travel	FCRC	<p>Runners should walk/ run/ jog to the event where possible. When using public transport or car sharing, follow Gov guidelines (currently mandated face covers)</p>	
22	Solo Run Safety	Individual safety	To spread or contract infectious disease Covid19 - Distancing	FCRC and Public	<p>Solo runs to be done at runners own risk. Social distance guidelines to be followed at all times and keep a distance of at least 2 meters from everyone. Avoid unnecessary travel</p>	
23	Solo Run Safety	Individual safety	To spread or contract infectious disease Covid19 – Interaction with others	FCRC and Public	<p>Time of day to be considered when planning a run (mornings / evenings could be quieter).</p>	
24	Solo Run Safety	Individual safety	To spread or contract infectious disease Covid19 – PPE	FCRC and Public	<p>Although running PPE is not a requirement in the UK yet, any face mask / snood would help prevent the spread of Covid19.</p>	

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					Caution must be taken wearing any PPE that restricts breathing during an activity, runners to use at their own discretion.	
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Last updated: 30th July 2020.