



Risk Assessment: Caerleon RC

| Date: | Assessed by: | Location : | Review : |
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| All club-organised sessions | Paul Adams | Caerleon | 16/03/21 |

| 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 |
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| Slips, trips & sprains or feeling unwell from road running | Runners may be injured on uneven or slippery pavements or trip over kerbs. Typically results in ankle & foot injuries. | <ul style="list-style-type: none"> • Runners organised into training groups with an assigned leader for support. • Group Leader checks nobody is carrying an injury before starting, shares session plan & any specific risk avoidance e.g. <i>maintenance works obstructing pavements</i> | M | <ul style="list-style-type: none"> • Group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury. • Club implements an Incident reporting system for accidents & near misses. | L | | | |

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| <p>Slips, trips & sprains or feeling unwell from off road running</p> | <p>Runners may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips) and ground with uneven camber. Injury as above but maybe upper body injuries too due to falls.</p> | <ul style="list-style-type: none"> • Group leaders reccie route to advise group of additional hazards during the run and ensure less experienced off-road runners are accompanied. • Group leader to plan emergency route options to cut run short in case of an injured participant • Group leaders carry first aid kit & mobile phone to take action (call 999 in case of emergency & serious injury). • Advance recommendation to participants to wear off road shoes with strong grip. • Advance information for anyone new to off road running to advise likely terrain. • Frequent regrouping to check numbers & to avoid fatigue in less able runners (who may be more likely to trip) | <p>M</p> | <ul style="list-style-type: none"> • Group leaders assign lead runner to warn group of hazards en route • Group leaders assign tail runner to ensure nobody gets dropped. • Group leaders ensure regrouping at regular intervals & at major junctions • Leader to ensure that someone in group is a qualified First Aider & is carrying a First Aid kit. • Group carries water & survival bag depending upon conditions & route. • Provide members with private insurance information | <p>L</p> | | | |
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| <p>Running in darkness or poor visibility (on & off road) - in addition to the above</p> | <p>Above risks increased due to lack of visibility.</p> | <ul style="list-style-type: none"> • For on road running mandate high visibility clothing. • For off road, insist upon running with head torch or with a hand torch. Anyone who cannot illuminate their way to run at own risk or be refused participation. • Cover the above at pre-run briefing. Anyone in dark clothing to be instructed to run with buddy in hi viz. | <p>M</p> | <ul style="list-style-type: none"> • Recommend use of head torches or body lights for road running. • The club to provide hi viz vests and/or lights on loan for the night. | <p>L</p> | | | |
| <p>Car collisions with runners from either crossing roads and/or running in the road</p> | <p>Runners injured through collisions with cars and/or car drivers injured through taking avoiding action.</p> | <ul style="list-style-type: none"> • Run routes reviewed & revised to include safe crossing places e.g.zebra crossings • Leaders to know safe crossing places & advise group accordingly • General rule of no running in the road frequently communicated & reiterated by leaders | <p>M</p> | <ul style="list-style-type: none"> • Rule to prevent runners using headphones during club sessions • Re-group at major road crossings • Ensure Leaders carry mobile phone to take action (call 999) in case of emergency & serious incident • When running in country lanes ensure group runs on one side (not across the road) & has maximum visibility to car drivers | <p>L</p> | | | |

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| Runners may get separated from the run group or simply go missing/get lost | Runners could have incurred injury unknown to the group and can't make it back to finish. | <ul style="list-style-type: none"> Pre run briefing to specify that runner should advise Group leader if they need to cut the route short (not just disappear from Group) Leader check that participants are in correct Group In the case that someone runs in wrong group (faster group than they are capable), then the Leader assigns someone to stay at the back with that person. | M | <ul style="list-style-type: none"> Assign front & tail runners to contain the group Group Leader counts the number of participants in his/her group & regroups/stops to recount | L | | | |
| Muscle injury incurred at training session | Runners with pulled muscles or strains. | <ul style="list-style-type: none"> Leaders check before session & advise runner to not participate if too high risk Optional warm up and cool down exercises are delivered as part of the group session or commence runs with slower pace to warm up | M | <ul style="list-style-type: none"> If groups choose not to do warm up/down then they accept this risk. | L | | | |
| Weather conditions create exceptional hazards | Slippery surfaces (e.g. ice & surface water) and/or high winds (e.g. causing falling trees or branches). Temperature / wind chill affecting runners. | <ul style="list-style-type: none"> Leaders to check weather in advance & consider cancelling or changing scheduled session. Leaders identify inappropriate clothing or footwear before session. In extreme conditions, leaders cancel or change the session. | L | | L | | | |
| Pedestrian, bikes & other road/pavement users | Collisions with other road/pathway users. | <ul style="list-style-type: none"> Runners at the front of the group remind others following | L | <ul style="list-style-type: none"> From time to time, remind runners that we share the pavements & pathways with other legitimate users | L | | | |
| Dogs, pets, animals | Dogs of runners or pedestrians trip runners | <ul style="list-style-type: none"> No pets at training sessions Runners at the front of the group remind others following Slow down for horses | M | <ul style="list-style-type: none"> Reminders from time to time about sharing pathways & pavements with other legitimate users | L | | | |

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| Collisions between runners during track sessions | Runners may step into the path of others & cause injury | <ul style="list-style-type: none"> Different running groups or sub groups to be allocated specific lanes Leaders to brief their group about lane discipline Possible separation of groups through unused lanes Leaders to check that lanes are clear before allowing cool down in a clockwise direction | L | <ul style="list-style-type: none"> Record all near misses & collisions on Incident Reporting system (to allow them to be avoided at future sessions) | L | | | |
| Under 18 runner trains with Seniors & does not observe risks in a responsible way | Any of the scenarios above | <ul style="list-style-type: none"> Leader or appointed supervisor to accompany junior to/from training location & to ensure they are not left alone nor accompanied by only one adult | M | <ul style="list-style-type: none"> Leader tailors session for junior to ensure appropriate training distances & volume | L | | | |
| Public access to stadium during Junior sessions | Junior members may come into contact with strangers | <ul style="list-style-type: none"> A clear point of handover from parents to coaching team and hand-back (at the start, during the session & at the finish). | M | <ul style="list-style-type: none"> Supervision of stadium entrances Junior version of Safety Code | L | | | |
| Public access to the identity of individual Junior members | Publicly available information (e.g. names, photos) of junior members & vulnerable adults may increase their vulnerability | <ul style="list-style-type: none"> Protect the release of any information which could lead to identifying Junior members Avoid naming individual junior members in photographic material released outside the club | M | <ul style="list-style-type: none"> Create a Club Photographic Policy & implement | L | | | |
| Safeguarding incident | Member of the coaching team accused of inappropriate behaviour towards Junior or vulnerable adult | <ul style="list-style-type: none"> Training groups to be supervised by more than one member of the coaching team at all times All coaches & assistants to hold a current DBS | L | <ul style="list-style-type: none"> All incidents to be recorded & investigated by one of the club's Welfare Officers | L | | | |