



## Risk Assessment: Rebel Runner Couch to 5km training programme

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
15/11/2017	Jon Moreton (H&S Officer)	Various locations throughout Medway that match our team runs. (please see RA for individual team run locations)	01/06/2018

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	Mid Term review Date
Non-runners starting to exercise	The C25k participants Fatigue, muscle strains, breathlessness, dizziness, dehydration	<ul style="list-style-type: none"> <li>Ensure collection of medical and emergency contact information of each participant prior to commencement of programme</li> <li>Delivery of programme to be completed by qualified coaches and LIRFs</li> <li>Ensure each member has the opportunity to warm up and cool down properly</li> <li>Have enough trained LIRFs available to spot the signs of possible injury/fatigue</li> <li>Advise that each participant has water with them</li> <li>Ensure participants are aware of route and run/walk timings for the session</li> </ul>	M	<ul style="list-style-type: none"> <li>Have extra RR members to help LIRFs spot any signs of distress in C25k participants</li> <li>Warm up and cool down routine to be delivered by a qualified Coach and LIRFs</li> <li>Explore option of having water on hand for those participants that arrive without it</li> </ul>	L	Jon Moreton	01/06/2018



<p>Running on grass</p>	<p>General public, C25K participants, RR members</p> <p>Slips, Trips and Falls, in holes, uneven surfaces, on tree roots and in mud. Collisions with general public, slips on fallen leaves and in puddles all resulting in sprains, strains, abrasions and minor breakages.</p>	<ul style="list-style-type: none"> <li>• Coach to give safety briefing before commencing training</li> <li>• Ensure participants are aware of route and run/walk timings for the session</li> <li>• Ensure area to be used is as clear as reasonably practicable of obstructions that may lead to injury</li> <li>• Cone out area where necessary so that the route is easily followed</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>• Have a number of qualified LIRFs on hand to help deliver the session</li> <li>• Have a number of RR members at each session to aid the LIRFs</li> </ul>	<p>L</p>	<p>Jon Moreton</p>	<p>01/06/2018</p>
<p>Running on Footpaths</p>	<p>General public, C25K participants, RR members</p> <p>Slips, Trips and Falls, in holes, over kerbs, uneven surfaces, collisions with street furniture. Collisions with general public, slips on fallen leaves and in puddles all resulting in sprains, strains, abrasions and minor breakages.</p>	<ul style="list-style-type: none"> <li>• Coach to give safety briefing before run, including 'Route Specific Hazards'</li> <li>• Ensure participants are aware of route and run/walk timings for the session</li> <li>• Endeavouring to find well lit routes and where that is not possible, encouraging members to wear reflective gear and LED running lights.</li> <li>• Recommend the wearing of decent running footwear</li> <li>• Ensuring C25k participants are self-aware and aware of surroundings</li> <li>• Use official crossing points when crossing carriageway</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>• Strongly recommend C25k participants wear reflective gear</li> <li>• Offer reflective gear to those who arrive in dark colours and advise wearing bright or reflective colours in future</li> <li>• Continue to meet in an area that's well lit and away from traffic in car park.</li> </ul>	<p>L</p>	<p>Jon Moreton</p>	<p>01/06/2018</p>



<p>Running in Carriageway</p>	<p>Road Traffic, Cyclists, RR members, C25k participants</p> <p>Being Struck by Vehicle causing damage to property and injury to the runner resulting in sprains, strains, abrasions and minor breakages and possible death</p>	<ul style="list-style-type: none"> <li>• Recommend the wearing of decent running footwear</li> <li>• Safety briefing before run, including 'Route Specific Hazards'</li> <li>• Reinforce that both club members and C25k participants should be self-aware and aware of surroundings</li> <li>• Use official crossing points when crossing carriageway</li> <li>• AVOID RUNNING IN CARRIAGEWAY WHEREVER POSSIBLE</li> </ul>	H	<ul style="list-style-type: none"> <li>• Strongly recommend club members wear reflective gear</li> <li>• Offer reflective gear to those who arrive in dark colours and advise members to wear bright or reflective gear in future</li> <li>• LIRFs to ensure official crossings are used where practicable</li> <li>• LIRFs to ensure Carriageway running is kept to an absolute minimum</li> </ul>	L	<p>Jon Moreton</p>	<p>01/06/2018</p>
<p>Running in Cycle Paths</p>	<p>Cyclists, RR members, C25k participants</p> <p>Being Struck by cycle causing damage to property and injury to both the cyclist and the runner resulting in sprains, strains abrasions and minor breakages</p>	<ul style="list-style-type: none"> <li>• Recommend the wearing of decent running footwear</li> <li>• Safety briefing before run, including 'Route Specific Hazards'</li> <li>• Reinforce that both club members and C25k participants should be self-aware and aware of surroundings</li> <li>• AVOID RUNNING IN CYCLE PATHS WHEREVER POSSIBLE</li> </ul>	M	<ul style="list-style-type: none"> <li>• Strongly recommend club members wear reflective gear</li> <li>• Offer reflective gear to those who arrive in dark colours and advise members to wear bright or reflective gear in future</li> <li>• LIRFs to ensure Cycle path running is kept to an absolute minimum</li> </ul>	L	<p>Jon Moreton</p>	<p>01/06/2018</p>



## C25k Programme timings

WEEK	RUN	WALK	REPEAT
1	1 min	90 secs	x8
2	2 mins	1 mins	x7
3	3 mins	1 mins	x6
4	5 mins	2 mins	x4
5	8 mins	2 mins	x3
6	12 mins	1 min	x3
7	15 mins	1 min	x2
8	30 mins	parkrun	