



Risk Assessment: Rebel Runner Team Run

A 30 Minute out and back route that either starts at Gillingham Business park or at Lloyds carpark, Dockside. The route is running between the two starting positions

CODED AS AMBER DUE TO CHATHAM HILL AND DOCK ROAD

Date:	Assessed by:	Location :	Review :
22/11/2017	Jon Moreton (H&S Officer)	Chatham Hill + Reverse Chatham Hill Challenge	31/01/2019

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
Running on Footpaths	General public, Runners 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.	<ul style="list-style-type: none"> Safety briefing before run, including 'Route Specific Hazards' Endeavouring to find well lit routes and where that is not possible, encouraging members to wear reflective gear and LED running lights. Recommend the wearing of decent running footwear Ensuring club members are self-aware and aware of surroundings Use official crossing points when crossing carriageway Dock Rd known to have slippery surface, ensure this is mentioned in run briefing. Reverse challenge meeting point is by Pets at Home. We all cross the main road together and start the run from the lights down towards Chatham Hill. 	M	<ul style="list-style-type: none"> Strongly recommend club members wear reflective gear Offer reflective gear to those who arrive in dark colours Advise wearing bright or reflective gear in future Continue to meet in an area that's well lit and away from traffic in car park. 	L	Jon Moreton	30/06/18



<p>Running in Carriageway</p>	<p>Road Traffic, Cyclists, Runners.</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"> • Recommend the wearing of decent running footwear • Safety briefing before run, including 'Route Specific Hazards' • Reinforce that club members should be self-aware and aware of surroundings • Use official crossing points when crossing carriageway • Avoid running in carriageway wherever possible 	<p>M</p>	<ul style="list-style-type: none"> • Strongly recommend club members wear reflective gear • Offer reflective gear to those who arrive in dark colours • Advise wearing bright or reflective gear in future • LIRFs to ensure official crossings are used where practicable • LIRFs to ensure Carriageway running is kept to an absolute minimum 	<p>L</p>	<p>Jon Moreton</p>	<p>30/06/18</p>
<p>Running in Cycle Paths</p>	<p>Runners, Cyclists.</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"> • Recommend the wearing of decent running footwear • Safety briefing before run, including 'Route Specific Hazards' • Reinforce that club members should be self-aware and aware of surroundings • Avoid running in cycle paths wherever possible 	<p>M</p>	<ul style="list-style-type: none"> • Strongly recommend club members wear reflective gear • Offer reflective gear to those who arrive in dark colours • Advise wearing bright or reflective gear in future • LIRFs to ensure Cycle path running is kept to an absolute minimum 	<p>L</p>	<p>Jon Moreton</p>	<p>30/06/18</p>



UNITED KINGDOM ATHLETICS

Rebel Runners ~ Medway



Routes

