



Risk Assessment: Rebel Runner Team Run

From the Crown PH in Rochester a loop of The Esplanades, Shorts Way Borstal St, M2 bridge, Cuxton Road, Priory Road and the High Street. Route can be run in both directions with shuttle runs of The

Esplanades to lengthen the run.
CODED AS AMBER DUE TO HILLS

Date:	Assessed by:	Location :	Review :
22/11/2017	Jon Moreton (H&S Officer)	Rochester two bridges	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 	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 colours in future Only offer this route during summertime to minimise running in areas known to be dark 	L	Jon Moreton	30/06/18



Running in Carriageway	<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 	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 colours in future • LIRFs to ensure official crossings are used where practicable • LIRFs to ensure Carriageway running is kept to an absolute minimum 	L	Jon Moreton	30/06/18
Running in Cycle Paths	<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 	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 colours in future • LIRFs to ensure Cycle path running is kept to an absolute minimum 	L	Jon Moreton	30/06/18



Route

