



## Risk Assessment: Rebel Runner Team Run

Starting at Vanquis carpark a loop of Pier Road, through the university back onto ST Marys Island following the outer pathway back towards the Vanquis carpark. A second loop of the Pier Road and University section can be completed as a longer route option.

**CODED AS GREEN**

Date:	Assessed by:	Location :	Review :
22/11/2017	Jon Moreton (H&S Officer)	Vanquis, Pier Road, University, St Mary's Island	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"> <li>Safety briefing before run, including 'Route Specific Hazards'</li> <li>Endeavouring to find well lit routes</li> <li>Recommend the wearing of decent running footwear</li> <li>Ensuring club members are self-aware and aware of surroundings</li> <li>Use official crossing points when crossing carriageway</li> <li>Dock Road footpath known to be slippery when wet</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</li> <li>Advise wearing bright or reflective in future</li> <li>Ensure people are aware of footpath condition</li> <li>Continue to meet in an area that's well lit and away from traffic in car park.</li> <li>Only offer this route during summertime to minimise running in areas known to be dark</li> </ul>	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"> <li>Recommend the wearing of decent running footwear</li> <li>Safety briefing before run, including 'Route Specific Hazards'</li> <li>Reinforce that club members 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>	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</li> <li>Advise wearing bright or reflective 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	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"> <li>Recommend the wearing of decent running footwear</li> <li>Safety briefing before run, including 'Route Specific Hazards'</li> <li>Reinforce that club members 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</li> <li>Advise wearing bright or reflective in future</li> <li>LIRFs to ensure Cycle path running is kept to an absolute minimum</li> </ul>	L	Jon Moreton	30/06/18



Rebel Runners ~ Medway 

Route



UNITED  
KINGDOM  
ATHLETICS

# Rebel Runners ~ Medway

