



Risk Assessment: Rebel Runner Team Run

A 30 minute out-and-back run from Gillingham Business Park towards Rainham and up Maidstone Road.

CODED AS GREEN

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| Date: | Assessed by: | Location : | Review : |
| 29/19/2019 | Gareth Lehane (H&S Officer) | Gillingham Business Park, Icelands to Maidstone Road | 31/01/2020 |

| 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 on wearing bright or reflective gear in future | L | Gareth Lehane | 01/06/2019 |



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|-------------------------------|--|--|----------|---|----------|----------------------|-----------------|
| <p>Running in Carriageway</p> | <p>Road Traffic, Cyclists, Runners. 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 on 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>Gareth Lehane</p> | <p>30/06/19</p> |
| <p>Running in Cycle Paths</p> | <p>Runners, Cyclists. 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 on wearing bright or reflective gear in future • LIRFs to ensure Cycle path running is kept to an absolute minimum | <p>L</p> | <p>Gareth Lehane</p> | <p>30/06/19</p> |



Route

