



Risk Assessment: Rebel Runner Team Run

This is a 30 minute out and 30 minute back route following the footpath through Riverside country park out to Motney Mount turning at 30 minutes and returning to the Strand.

CODED AS GREEN

Date:	Assessed by:	Location :	Review :
29/01/2019	Gareth Lehane (H&S Officer)	Riverside, The Strand.	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 wearing bright or reflective gear in future Ensure people are aware of footpath condition Only offer this route during summertime to minimise running in areas known to be dark 	L	Gareth Lehane	30/06/19



<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> <p>Carriageway running is only an issue on this route as we leave the marina and join the Lower Rainham Road</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 • The carriageway is a dead end and does not pose a great deal of risk. This can lead to complacency. 	<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 Ensure people are aware • LIRFs to ensure official crossings are used where practicable • LIRFs to ensure Carriageway running is kept to an absolute minimum • Reiterate the fact that we need to be out of the carriageway as soon as possible and re-join the footpath. 	<p>L</p>	<p>Gareth Lehane</p>	<p>30/06/19</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 Ensure people are aware • LIRFs to ensure Cycle path running is kept to an absolute minimum 	<p>L</p>	<p>Gareth Lehane</p>	<p>30/06/19</p>



<p>Running in Country Park</p>	<p>General public, Runners, Cyclists</p> <p>Poor lighting is an issue at Riverside.</p> <p>Slips, Trips and Falls, in holes, uneven surfaces, collisions with width barriers. Collisions with general public, slips on fallen leaves and in puddles, trips over roots and uneven surfaces all resulting in sprains, strains, abrasions and minor breakages.</p> <p>Insect bites and stings</p>	<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 	<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 • Ensure people are aware • Make insect repellent available for team members, first explaining that they use it at their own risk and they apply it themselves. • Only offer this route during summertime to minimise running in areas known to be dark 	<p>L</p>	<p>Gareth Lehane</p>	<p>30/06/19</p>
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UNITED
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ATHLETICS

Rebel Runners ~ Medway



Route

