



Risk Assessment: Rebel Runner Team Run

Date:	Assessed by:	Location :	Review :
17/5/2020	Nigel Hidson	Vanquis, Quayside SMI.	17/5/2020

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	Target date	Complete
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 Road footpath known to be slippery when wet Narrow footpaths in places with barriers in place causing an obstruction 	M	<ul style="list-style-type: none"> Strongly recommend club members wear reflective gear Issue reflective gear to those who arrive in dark colours Walk the route prior to the event to ensure there are no new site specific hazards Ensure people are aware of footpath condition Continue to meet in an area that's well lit and away from traffic in car park. Ensure runners are aware of the narrow paths and the physical barrier 	L	Suz Ward	17/5/20	



		<ul style="list-style-type: none"> Start Point now Vanquis due to parking restrictions at MP. 						
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 Issue reflective gear to those who arrive in dark colours LIRFs to ensure official crossings are used where practicable LIRFs to ensure Carriageway running is kept to an absolute minimum 	L	Suz Ward	Ongoing	Ongoing
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 	M	<ul style="list-style-type: none"> Strongly recommend club members wear reflective gear Issue reflective gear to those who arrive in dark colours LIRFs to ensure Cycle path running is kept to an absolute minimum 	L	Suz Ward	ongoing	ongoing

		<ul style="list-style-type: none">• Avoid running in cycle paths wherever possible						
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Routes

