



Risk Assessment: Rebel Runner Team Run

Date:	Assessed by:	Location :	Review :
06/06/20	Nigel Hidson	Riverside	06/06/21

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 	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 	L	Suz Ward	06/06/21	



<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. 	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 • Reiterate the fact that we need to be out of the carriageway as soon as possible and re-join the footpath. 	L	Suz Ward	Ongoing	Ongoing
-------------------------------	---	---	---	--	---	----------	---------	---------



<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 • Make insect repellent available for team members, first explaining that they use it at their own risk and they apply it themselves. 	<p style="background-color: yellow; text-align: center;">M</p>	<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 • This route to be used only in summer months due to poor lighting in the darker evenings 	<p style="background-color: green; text-align: center;">S</p>	<p>Suz Ward</p>	<p>ongoing</p>	<p>Ongoing</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 style="background-color: yellow; text-align: center;">M</p>	<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 	<p style="background-color: green; text-align: center;">L</p>	<p>Suz Ward</p>	<p>ongoing</p>	<p>ongoing</p>



Route

This is a 30 minute out and 30 minute back route following footpath through country park out to Motney Mount. Runners turn round at the 30 min mark

