



Risk Assessment: Rebel Runner Team Run 2 Route options from Vanquis carpark. Pier Road, Prince Arthur way, Brompton Road and Dock Road. 3M competed twice for a longer option. University Road, Dock Road and Brompton Road with the loop of the University completed twice for a longer option.

CODED AMBER DUE TO HILLS

Date:	Assessed by:	Location :	Review :
24/5/2020	Nigel Hidson	Vanquis, Dock Road, University and Pier Road.	24/5/2021

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	<p>General public, Runners</p> <p>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.</p> <p>Small section of route on Hempstead Road is very dark and is where lorries park up for resting.</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 Use official crossing points when crossing carriageway LIRFs to ensure safety of members by seeing them through dark area. 	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 LIRFs to be issued head/chest torches for the provision of light at this point 	L	Suz Ward	05/21	



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> <p>No official crossing point at Hempstead Road</p> <p>No official crossings at Bailey Drive industrial park</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 LIRFs to ensure safety of the members under his/her control by crossing at a safe point with clear visibility in both directions. 	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



Running in Cycle Paths	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	<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 	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

Routes

