Risk Assessment

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| **GROUP MANAGEMENT** | |
| **Possible Risks** | **Actions to minimise risk** |
| Runner in the wrong group for their ability and gets left behind | * pre- run briefing used to get runners in right group and to describe session to come * ‘sweeper’ used to help Leader manage group * ‘run buddy’ for new runner to group * Leader to check all group members ok at appropriate points along route so nobody goes missing * routes and sessions published in advance on web so people can know the nature of the session in advance * runners look out for each other |
| Runner goes AWOL | * runners made aware during briefings that they **must** tell someone in the group before they leave it |
| Group becomes too large for the specific location used or the route taken | * numbers assessed at the start and subdivided as necessary * runners going out on a group run encouraged to be part of the pre-run briefing to help the Leader for the session check who is there |
| **ILLNESS AND INJURY ON RUN** | |
| Runner becomes ill/injured | * runners may voluntarily tell the Leader that they have an injury/medical problem that they have which might affect them on the session. They should carry emergency details. * mobile phone carried in group with Maiden Castle as a contact * Leader aware of necessary procedures if there is an incident * runners look out for each other |

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| **ROUTES** | |
| Route used is or becomes hazardous | * care is taken to select safe and appropriate running routes * Leaders to be familiar with the route used and possible hazards and should change or abort the route if it becomes unsafe eg due to ice/snow/etc or inappropriate for whatever reason * when training in the dark routes that have street lighting will be used (unless it’s a head torch session) * runners must wear high viz gear with some available to borrow at the start of a session if needed * Leader to shorten the planned route if it proves to be too long * runners warn each other in advance of potential hazards * the run up to Whinney Hill roundabout shall be seen as part of the warm up * on dark evenings when heading for Durham, runners should cross carefully at the traffic lights outside Maiden Castle and should not run on the road through the Whinney Hill cutting |