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
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|  Runner goes AWOL | * runners made aware during briefings that they **must** tell someone in the group before they leave it
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| 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
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| **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
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