A silhouette of a person running

Description automatically generated

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Assessment completed by:** | Steve Dorrall (Club Secretary/H&S Advisor) | **Group / Establishment:** | Burnham on Sea Harriers | **Date** | 20 January 2024 |

|  |  |  |
| --- | --- | --- |
| **What is the activity being assessed:** | **How was the assessment done?**  e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives? | **Next review date:** |
| February 2025 |
| Club runs (applies to Tuesday night club run, Sunday Social Run, Couch 2 5k, or other run organised by Harrier members).  Burnham Harriers is an England Athletics affiliated running club. Further details regarding affiliated clubs and benefits can be found here: [Benefits of Club Affiliation - England Athletics](https://www.englandathletics.org/clubs-and-facilities/club-affiliation/benefits-of-club-affiliation/)  Benefits include Public Liability Insurance cover up to £50 million. | Completed by way of running experience by members.  Risk assessment is shared to all members at the AGM and hosted on the Burnham Harriers website: [Health & Safety | Burnham on Sea Harriers (burnham-on-sea-harriers.com)](https://www.burnham-on-sea-harriers.com/us/health-safety/) | **Is the assessment ‘generic’ or specific to the situation?** |
| Generic |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Who could be harmed, and how?** | **What is already being done to control the risks?** | H[UU](http://enterprise.somerset.gov.uk/personnel/chsu/admin/information/118.pdf)H **\*Risk Rating S**everity x **L**ikelihood | | | **What further action is recommended to reduce risks further?** | **Action by whom?** | **Date action due** | **Date action done** |
| **S** | **L** | **S x L** |
| Runner’s slip, trip or fall by way of slippery surface, kerbs, street furniture or collision with other runners or pedestrians. | Runners will be expected to be aware of obstacles or hazards when running. Routes are pre-determined by Run Leaders and communicated to a run group before departure. Runners are advised to observe and assess hazards dynamically as they run. Front runners can warn the rest of group of any upcoming hazards. Run groups will commonly have a back runner to monitor the group and support the group, especially if someone has an incident. | 2 | 2 | 4 | Runners expected to wear good running shoes according to conditions. Where runs take place off-road, fell trainers are recommended. | All | already in place |  |
| Environmental - winter running (dark) | Tuesday night club runs (October - March) are commonly run in the dark. Routes are planned that have adequate street lighting.  On routes where there is limited or no lighting, runners are pre-warned via proposed club run routes on Spond.  Runners are expected to wear Hi-Viz clothing, head-torches/body lights to increase visibility.  Runners run as a group ensuring that nobody is left behind and pace is adjusted to accommodate everyone in the group. | 3 | 1 | 3 | Club runs are split into groups led by EA qualified run leaders. Each group run at a predetermined pace which is posted on Facebook where runners can choose an appropriate group to run with.  Run leaders post planned club runs on Spond as an event. Members can view routes and indicate their intention to attend so run leaders recognised approximate run group numbers.  Groups run together to support each other and for safety. Runners wear torches, Hi-Viz materials. | All | already in place |  |
| Environmental - summer running | Club runs include both road and off-road routes. Destinations include (but not limited to) Burnham/Berrow/Brean Beach, Brean Down, Brent Knoll, Crooks Peak, Quantocks where slips, trips, twists may occur.  Beach runs pose hazards including tides and mud – run leaders check tide times and areas of the beach to avoid where mud is known to be present.  Runners run as a group ensuring that nobody is left behind and pace is adjusted to accommodate everyone in the group. | 2 | 2 | 4 | Runners are familiar with the routes and can run at own pace. Run leaders check tide times before running on the beach.  Run leaders check their planned route including conditions or terrain where routes may be affected by weather, animals, road closures or another unexpected situation.  Run leaders organise club runs starting from various destinations involving different terrains or surfaces giving runners a choice of route options on an organised club run. | All | already in place |  |
| Animals, pedestrians, cyclists and other users on run routes - potential collision whilst running. | Runners run as groups but must observe and respect other users, creating space and avoiding contact between pedestrians, dogs, cyclists, or other users.  Run leaders and runners alert groups to approaching hazards such as approaching public, street furniture, steps, vehicles or other visible obstacles. | 3 | 1 | 3 | Contact with animals and other users can happen, however, front runners are asked to let everyone know of any oncoming people, animals, or hazards. | All | already in place |  |
| Weather - Variable conditions that can cause runners to overheat/dehydrate in warm conditions.  Feel cold, possible drop in temperature in cold, wet conditions. | Forecasts checked prior to run and runners can make the decision not to run in inclement weather. Run Leaders communicate with each prior to the club run and announcements are made on the Harriers Facebook page.  Suitable clothing to be worn for the conditions including jackets, Hi-Viz clothing, lights etc. Runs can be cut short; shelter sought or return to base/cars if there are signs that conditions are inappropriate for running or runners are cold/struggling with the conditions. | 4 | 2 | 8 | Forecasts checked prior to run. Runners are encouraged to wear appropriate clothing for the conditions.  Run Leaders reserve the right to postpone a run if conditions are deemed dangerous e.g. icy, snow etc. | All, but Run Leaders can decide whether to run and suitable route | already in place |  |
| Runners Personal Safety: Threats of anti-social, violent, or aggressive behaviour towards club runners | Run Leaders can report incidents to the Police (non-emergency 101) giving incident details, location etc.  Run leaders communicate runs (via Messenger or WhatsApp) where anti-social, harassment or other unwanted behaviour occurred including what happened and where so future routes avoid these locations.  Runners should not engage with individuals or groups who are threatening or aggressive and seek to divert their run.  All Burnham Harrier members are required to observe and agree to the club run etiquette: [Health & Safety | Burnham on Sea Harriers (burnham-on-sea-harriers.com)](https://www.burnham-on-sea-harriers.com/us/health-safety/) | 2 | 3 | 6 | Runners affected by an incident can gain additional support from the club welfare officer, colleagues, or England Athletics via [welfare@englandathletics.org](mailto:welfare@englandathletics.org) or call 07464 522426.  Run Leaders or club Officials can contact the local PCSO where incidents arise.  Incidents or near misses to be reported on the England Athletics Incident reporting form: [Report an Incident](https://www.mysporthost.com/HealthAndSafety/%23:~:text=If%20you%20need%20support%20reporting,email%20athleticsafety%40RoSPA.com.). |  |  |  |
| Injury - Potential injury to runners during a club run. Injuries can include muscle strains, twists, injuries from falls. | Runners are aware that they run at their own risk, but should let others know if they start to feel unwell or an injury sets in.  Runners can stop and arrangements made for their safe collection and any further attention.  Trained first aiders among the group. Call 999 for emergency situations. | 3 | 2 | 6 | Run Leaders now engage group to warm up and warm down prior to exercise. Runners are welcome to slow down or return to base/place of safety if they do not feel comfortable. | Consider additional first aid training | All |  |
| Lone Running - Possible lone runners where runners are left behind or drop back. | Lone running is avoided, where possible as sessions are split into groups with tail runners to support back runners. There are instances where a runner may choose to split from the group due to injury, or personal circumstance means they need to finish run early. | 2 | 2 | 4 | Any club runner who splits from the group lets the group know. Arrangements can be agreed to confirm safe return. | All, run leaders | All |  |
| Traffic - Possible injury or harm to runners from vehicles, knocked over, collisions | All runners must observe roads and crossings, being prepared to stop where there is the risk of runners and vehicles coming into contact. Where runs occur on country roads with no pavements, runners should run on the right-hand side to face oncoming traffic.  Front runners should also call out to groups to warn of oncoming traffic, making themselves and the group visible aware of potential hazards, street furniture and crossings. | 4 | 2 | 8 | Runners should run facing oncoming traffic where possible. Hi-Viz clothing to increase sightings by drivers. | All | All |  |
| Safeguarding – runners show signs of vulnerability, mental health, or wellbeing concerns. | Burnham on Sea Harriers have a Welfare Officer who can deal with safeguarding concerns.  Run leaders/members available to talk to anyone who has concerns or signs of vulnerability.  Burnham on Sea Harriers have members that have completed safeguarding or welfare courses and can spot or support someone with signs of safeguarding or welfare concerns. |  |  |  | Contact England Athletics Welfare Team: 07464 522426 or completion of their incident form: <https://www.uka.org.uk/submit-a-concern/> |  |  |  |
| New and expectant mothers | Apparent that the club has runners who are pregnant. Runners are encouraged to run during pregnancy, but for their safety would be advised to run with colleagues to assist them if need assistance.  Consultation with the runner is important to gauge their fitness, wellbeing, and ability so they do not overexert themselves, or cause injury.  Medical advice should be sought either via the runner or a medical expert to ensure their safety as their pregnancy progresses. |  |  |  | [Exercise in pregnancy - NHS (www.nhs.uk)](https://www.nhs.uk/pregnancy/keeping-well/exercise/#:~:text=Keep%20up%20your%20normal%20daily,in%20later%20pregnancy%20and%20labour.) |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Assessment to be shared and approved by Burnham Harriers club members - AGM** | | | | | |
| **Assessment approved by:** |  | **Date:** |  | **Members' comments** |  |