

Risk Assessment: Road Runs

Date:	Assessed by:	Location :	To be reviewed:
Updated 26/03/2021	Catherine Apps and Jamie Zucker	Road run routes	23/06/2021

This Risk Assessment should be read alongside the document entitled “East End Road Runners Covid-19 Policy for Road Runs.” Adherence to the measures identified will enable EERR to run activities in a “Covid secure environment” as defined by England Athletics.

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
Slips and trips on loose paving stones, fallen debris, cobbles etc.	Runners may be injured from trips and falls.	<ul style="list-style-type: none"> Runners are warned to be aware. Routes are run regularly and monitored for potential problems 	L	<ul style="list-style-type: none"> Be aware of problems in adverse weather and change routes if required to avoid potential hazards. Leader has a fully charged mobile phone to call for help if needed. Leader carries a first aid kit to deal with cuts etc. Ideally there should be a trained first aider on the run. Leaders will be encouraged to attend first aid training as a priority. All runners carry an ICE tag so that next of kin can be contacted in event of emergency. 	L	Run leader. Welfare officer.	Date of run	Ongoing



Inexperienced runners trying a speed or distance that is too much for them.	Runners may be injured by being overstretched	<ul style="list-style-type: none"> • Pre training communications make the distance and pace clear in advance. • Leaders check in with runners at the beginning of the run to make sure they are comfortable with distance and/or speed. • Runners carry Oyster cards and mobile phones so they are can easily cut runs short if needed. 	L	<ul style="list-style-type: none"> • Make clearer that runners have the opportunity to leave the run at points on the leader's advice. They then text leader to say they are home safely. • Direct them to a different group at the start if needed. 	L	Run Leader	Date of run	Ongoing
Injury from traffic	Runners may be hurt by contact with cars and bicycles.	<ul style="list-style-type: none"> • Runners cross roads together. • Runners are warned not to run in cycle paths. • Runners stay on the left on the Greenway. • Runners must wear high vis in months October to March when it is likely to be dark / limited visibility. 	L	<ul style="list-style-type: none"> • Warnings are repeated throughout run by leader. • Leaders helps escort the group across roads. 	L	Run leader	Date of run	Ongoing
Runners becoming separated from main run	Runners running on their own with no one to support if injured.	<ul style="list-style-type: none"> • Runners are warned to stay together. • Runners carry Oyster cards and mobile phones so that they can more easily make it home if needed. • Particular attention paid to more vulnerable members (as identified to leaders from club management). 	L	<ul style="list-style-type: none"> • Warnings are repeated before and during runs. • Runners are advised that if they become separated they should make their own way home and advise the leader when they are home. 	L	Run leader and Individual runners	Date of run	Ongoing
Abusive, aggressive passers by	Runners may feel intimidated, or be threatened	<ul style="list-style-type: none"> • Runners run in a group • Ignore provocation 	L	<ul style="list-style-type: none"> • If necessary leader phones for help from within group. • Leader carries charged phone to contact emergency services if needed. 	L	Run Leader , Individual runners and other runners	Date of run	Ongoing



				<ul style="list-style-type: none"> • Newham police, non-urgent number is: 0300 123 1212 • Anti-social behaviour can be reported later to Newham Council via phone 020 8430 2000 or by a Newham council online account. • In emergency situations dial 999. 				
Covid-19 infection	<p>Potentially all runners, particularly older runners pregnant runners runners with underlying health conditions.</p> <p>Members of the public who encounter the group.</p>	<ul style="list-style-type: none"> • Size of group (including the leader) must not exceed that permitted by the Government or England Athletics guidance. • Runners keep to the social distancing rule (as clearly set out in EERR's Covid Policy on the Club website here: https://eerr.org.uk/code-conduct-and-policies). • Runners must stay at home and not join runs if they have Covid or any of the symptoms of Covid. This will be made clear in communications posted by club management. • All leaders must be fully aware of this Risk Assessment and of EERR's Covid Policy on the Club website here: https://eerr.org.uk/code-conduct-and-policies 	M	<ul style="list-style-type: none"> • Runners are encouraged to wash their hands before and after a run. • Use elbow or clothing (not fingers) to touch traffic signal buttons. • Runners must not share water bottles, clothing or any other apparatus/equipment. • Runners run with awareness of other road users and take appropriate action to maintain social distancing when passing others. • Runners to be altered via pre-run comms to EERR's Covid Policy on the Club website here: https://eerr.org.uk/code-conduct-and-policies. 	L	Run Leaders, individual runners and Club mngt.	Date of run	Ongoing
Spread of Covid when providing first aid.	All runners	<ul style="list-style-type: none"> • Leader carries gloves and mask and hand sanitiser and disposal bag with first aid kit and if necessary gives first aid 	H	<ul style="list-style-type: none"> • All leaders and runners are aware of protocol in case of accident. 	M	Run Leader, individual runners and	Date of run	Ongoing



		<p>removing and discarding gloves afterwards in disposal bag and then using hand sanitiser.</p> <ul style="list-style-type: none">• Where possible injured runner applies first aid themselves – e.g. using mediwipe, plaster.• First aider spends as little time as possible in the injured runner's air zone.• If CPR is necessary first aider only attempts compressions first covering injured runner's mouth and nose with a cloth that still allows breathing.(see HSE guidelines)		<ul style="list-style-type: none">• Leader carries charged mobile phone to contact emergency support if required.• Leaders or first aiders who are high risk should not give first aid at this time but another runner should be delegated.		welfare officer.		
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NB Copy and paste rows as required