

St Anne's Fulshaw PTA- Road to Tokyo Running Activities Risk Assessment

Completed by:

Date of Risk Assessment:

What are the hazards?	Who might be harmed?	What are you already doing?	Any further actions required?	Risk Rating after measures (High/Medium/Low)
Increment weather – making it too hot/wet or slippy to run.	Participants and organisers	<ul style="list-style-type: none"> Organisers to give appropriate advice to participants dependent on weather conditions, e.g. use of hat and sun cream in the heat and plan sessions accordingly Cancellation of sessions to be considered if weather conditions make it unsafe to run 		
Traffic/road crossings on route	Participants/organisers taking part in the session. Other members of club	<ul style="list-style-type: none"> Organisers to remind participants at the start of the session to use crossings provided and reinforce this weekly Cross as a group where possible Organisers to remind participants to take personal responsibility within the session 		
Ground conditions – uneven/changing ground conditions.	Participants and organisers	<ul style="list-style-type: none"> Organisers to ensure the route is safe before taking the group out on the run Organisers to advise participants of any changing/uneven ground conditions at the start of the session 		
Injuries through participation/medical conditions	Participants and organisers	<ul style="list-style-type: none"> Organiser to remind participants at the start of each activity that they should only take part if they are physically fit enough to do so and participants are responsible for managing any existing injuries while taking part. Organiser to remind participants that they are responsible for their own warm up and warm down. Inform participants if there is a first aider present (or not) and any first aid kit available (if available). Organiser to carry a mobile phone in case of emergencies 		

Risk Assessment continued

What are the hazards?	Who might be harmed?	What are you already doing?	Any further actions required?	Risk Rating after measures (High/Medium/Low)
Participants getting lost	Participants at session	<ul style="list-style-type: none"> • Organisers to share route with the group before each run and explain the route at the start of the session • Organisers to consider group management strategies such as loop backs and out and back routes to help keep group together • Organisers situated at the front and back of groups 		
Inappropriate running kit/equipment	Participants	<ul style="list-style-type: none"> • Organisers to share a 'kit list' when publicising activities . 		
Other members of the public getting in the way of runners	Participants and members of public	<ul style="list-style-type: none"> • Organisers to plan appropriate routes for the group • Organisers to remind participants to be respectful to other road users. 		
Enter as appropriate				