



Risk Assessment: Balsall Common Run Club Sessions

Date:	Assessed / reviewed by:	Location:	Next Review – on or before:
1 April 2025	Jill Fedeski / Michael Pennell	Club meets at the The Lant Sports & Community Centre, Meeting House Lane, Balsall Common CV7 7GE	1 April 2026

What are the Hazards?	Who might be harmed and how?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Complete
General points to control risks outlined below	<ul style="list-style-type: none"> Runners – illness or injury caused through running during a Club session 	M	<p>Health and Safety Policy</p> <ul style="list-style-type: none"> The Club maintains a Health and Safety Policy that is available to members and which members are encouraged to read and be familiar with. This includes a summary of member responsibilities <p>General Arrangements for Sessions</p> <ul style="list-style-type: none"> Members pre-book onto sessions using the Run Together website. There they are able to select a 'pace' group, and are asked to record emergency contact details which Run Leaders can access if required Runners will be 'paired up' so that they are not running alone and are encouraged to look after one another e.g. by re-grouping at intervals so no one is left behind 	L	01.04.24



			<ul style="list-style-type: none"> • Throughout the session, runners are expected to remain with the group onto which they have booked. • A warm-up will be conducted at the start of the session and runners advised to cool down / stretch at the end • A back-marker will be assigned to each group to ensure everyone returns safely and is accounted for (and / or runners will be asked to message their return on WhatsApp so that all those attending can be accounted for at the end) • Where the Run Leader is not the nominated back-marker, they will ask that runners regularly re-group by either pausing to allow slower runners to catch up or by looping back to the group at regular intervals <p>In case of incidents</p> <ul style="list-style-type: none"> • A majority of members are advised to carry an adequately charged mobile phone and as an absolute minimum one member of each running group, including the back-marker, must do so • Members are also encouraged to carry emergency contact details with them • In the event of a runner becoming injured a fellow runner will remain with the injured runner whilst help is summoned (emergency contact and/or emergency services as appropriate). The fellow runner will later 		
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			<p>confirm via WhatsApp their safe return so that they are accounted for</p> <ul style="list-style-type: none"> • The injured runner will not be moved unless their location is immediately life threatening • In the case of the Run Leader becoming ill or injured the group will stop with the Run Leader until another group joins them; or the Run Leader will summon their emergency contact and the remainder of the group will proceed carefully back to the Lant and confirm they have returned safely via WhatsApp <p>Injured Runners</p> <ul style="list-style-type: none"> • Injured runners will be advised to rest rather than run and/or seek professional medical care 		
Pre-existing or underlying medical conditions	<ul style="list-style-type: none"> • Runners - may exacerbate injuries or become ill (or more ill) due to pressure of running during a Club session 	M	<ul style="list-style-type: none"> • Runners provide medical information when joining the club and are asked to record medical conditions on Run Together so that Run Leaders are aware. Runners are expected to inform a Run Leader or member of the Committee should their health circumstances change in a way that affects their ability to participate • Runners declare themselves free of any infectious illness and fit to run by attending sessions • Runners are expected to bring any appropriate medication to sessions 	L	01.04.24



			<ul style="list-style-type: none"> Runners who present themselves at a session but appear unfit for running will be asked not to participate (or potentially the session will be tailored accordingly) 		
Inappropriate clothing	<ul style="list-style-type: none"> Runners – may become injured through wearing inappropriate clothing (particularly footwear) during a Club session 	M	<ul style="list-style-type: none"> Runners are expected to attend sessions wearing appropriate attire – notably running shoes – and will be asked not to participate if not. Run Leader setting up the session will suggest appropriate footwear e.g. trail shoes if the route is “off-road” 	L	01.04.24
Weather conditions	<ul style="list-style-type: none"> Runners – may become injured or ill during a Club session due to particular weather conditions 		<p>Snow / ice, fog</p> <ul style="list-style-type: none"> In mild conditions, runners will be asked at the start of the session to take particular care In more severe conditions the route may be altered, or the session cancelled or curtailed <p>Thunder / lightning storm</p> <ul style="list-style-type: none"> Consideration will be given to deferral, cancellation or curtailment of session <p>Extreme heat</p> <ul style="list-style-type: none"> A shorter route may be set for the running session Runners will be advised to run at an easy pace or walk if necessary 		01.04.24



			<ul style="list-style-type: none"> • Runners will be advised to keep hydrated and carry water • Runners will be advised to wear sun cream, sun caps etc. • In all cases weather warnings issued by the Met Office will be considered in determining any additional controls to be put in place. 		
Poor light conditions / running at night	<ul style="list-style-type: none"> • Runners – may become injured during a Club session through traffic accident, collision with other pedestrians or inability to see trip or other hazards • Pedestrians (general public) – may be similarly injured due to collision 		<ul style="list-style-type: none"> • All runners mandated to wear high-viz clothing and head / chest lights or equivalent in order to participate in sessions held at night • Only routes that are “paved” are selected <i>except</i> for the southern part of Meeting House Lane which is a relatively quiet road approaching the Lant, where runners are advised to run on the right (to face oncoming traffic) and can generally move onto verge 		01.04.24



Terrain e.g. poor road or pavement surfaces	<ul style="list-style-type: none"> Runners – may become injured during a Club session through trip or other hazards on road or pavement surfaces 		<ul style="list-style-type: none"> Run Leader setting the route will make participants aware of any particular issues e.g. road works If the hazard is particularly severe, that route will be avoided 		01.04.24
Traffic / collisions with vehicles	<ul style="list-style-type: none"> Runners – may become injured during a Club session through collision with motor vehicle (or bicycle) Other road users – may be similarly injured 		<ul style="list-style-type: none"> Routes set for run sessions will avoid roads that are busy or conditions inappropriate unless paved Runners expected to use due care and attention (“common sense”) when crossing roads Guidelines advise runners to run on the right to face oncoming traffic where quieter (un-paved) roads are used, or to the left where forward visibility to the right is limited Where routes are paved, runners are expected to move onto the pavement (even if it requires the runner to slow down or stop) in order to avoid vehicles or to necessitate vehicles having to slow down or stop to avoid collision. 		01.04.24
Livestock	<ul style="list-style-type: none"> Runners – may become injured during a Club session 	M	<ul style="list-style-type: none"> Routes set for run sessions will avoid fields where livestock is present – or the route may 	L	01.04.24



	through encounter with farm livestock		be amended mid-session if livestock is encountered		
Running with dogs	<ul style="list-style-type: none"> Runners - may be tripped by dogs brought to sessions Other runners may be allergic to dogs Runners may be injured by dog e.g. bites 		<ul style="list-style-type: none"> The Club does not permit members to attend with dogs or other animals. 		01.04.25
Running with children	<ul style="list-style-type: none"> Additional risks related to safeguarding / welfare matters and being responsible for runners who are aged under 18 		<ul style="list-style-type: none"> The Club does not permit members to attend with children. 		01.04.25
Runners get separated from group, become lost or go missing	<ul style="list-style-type: none"> Runners - may become ill or injured during a Club session without other 	M	<ul style="list-style-type: none"> The route is posted in advance of the session and runners expected to study The route will be explained at the start of the session and the Run Leader will seek 	L	01.04.2024



	runners or the Run Leader being aware		<p>affirmation that the route has been understood</p> <ul style="list-style-type: none"> • Runners should only leave the group mid-session due to an emergency or, at the discretion of the Run Leader, where there is a need for the runner to cut the route short and where they are an experienced runner who is familiar with the area. In all cases they must inform a fellow runner or a member of the Committee or contact the Club via WhatsApp to confirm their safe return so that they are accounted for • A back-marker will be nominated as described above 		
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