

## **General Risk Assessment for Norwich Road Runners Club Training Runs**

- Members agree that they take part in running sessions organised by the club entirely at their own risk and will not hold the run leader, coach, or the club responsible for any accidents, injury or illness experienced because of participation.
- Members and those taking part in 'taster sessions ' must take responsibility for their own fitness to run the distance and at the pace they choose on the day.
- Routes are published on Facebook and at [Club Members Training \(norwichroadrunners.co.uk\)](http://norwichroadrunners.co.uk) as well as being emailed out to members. This is normally done a day or more before the event.
- Remember other users of pavements and roads (motor vehicles, pedestrians, cars, cyclist and scooter users) In some cases the law gives you rights of way but do not take this for granted. Please consider other using the same pavements.
- When available use pedestrian lights or zebra crossings
- Where possible avoid running near to the kerbside of the pavement. The reason being that if you should trip and fall you avoid falling into traffic.
- Take care on uneven pavements particularly slabbed areas.
- In areas where there are established trees look out for raised or broken areas where roots have pushed through.
- Look out for raised utility covers such as water, BT etc cable boxes, bus Stops and other fixtures.
- When running in areas where roadworks are being undertaken look out for temporary warning signs in pavements. Please obey temporary instructions for pedestrian users
- Take into consideration weather conditions. Rain, snow and high winds will leave pavements potentially dangerous