Risk Assessment: Outside Run (On Roads)

Date:	Assessed by:	Location :	Review :
24/03/2025	Julian Field	Local Roads, Warrington	As Required

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
Athlete gets lost/detached from group	Participating athletes	• All athletes aware of the course at start of run. • All athletes to be deemed fit and competent to run in a group in an outside public area.	M	• Encourage athletes to turn back to regroup at regular intervals on the run.	L	Athletes Coach(es)
Athlete goes missing	Participating athletes	• All athletes to wear hi-viz clothing and/or a reflective bib when session is in non-daylight hours. • Athletes to run in well-lit public areas • Young athletes (under 16) only to go out when coach is confident that they are strong and able, and to only go out when accompanied by senior athletes. • Headcount before session	M	• Encourage the practice among group of turning back and regrouping at regular intervals. • Remind athletes to communicate with each other if they need to cut the route short because of injury/illness/fatigue. • Remind athletes regularly of procedures detailed in risk assessment.	L	Athletes Coach(es)

Risk of injury due to underfoot conditions	Participating athletes	• Athletes running in well-lit conditions in non-daylight hours.	L		L	Athletes Coach(es)
Risk of injury due to traffic	Participating Athletes	• Athletes to run as a group • Athletes to run on pavements and footpaths and not on the road itself. • Athletes to be aware of their surroundings and not wear earphones etc.	L	• Athletes reminded to favour routes with low levels of traffic and wide footpaths wherever possible.	L	Athletes Coach(es)

NB Copy and paste rows as required