

APPENDIX 6: GROUP RISK ASSESSMENT Lordshill Road Runners

Group Venue and area: Southampton

Assessed by: A.
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Cook

Date of Assessment: 1 May 2022

Task/activity you are assessing?	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session	<p>Venue /location</p> <p>Ability of participants</p> <p>Participants with known health problems injury/fitness – prior to session</p>	<p>Group leader</p> <p>Participants</p>	<ul style="list-style-type: none"> • Ensure there is a safe place for belongings and that participants feel safe at the venue • The health disclaimer or organisation's own PARQ should be completed prior to the first session • The leader should retain a copy of the disclaimer/PARQ • The leader should retain contact details and a note of any medical conditions • Refer to GP if at all in doubt • Ensure medication is carried by participants where appropriate 	
General safety on every session	<p>Injury/illness unreported by participant</p> <p>Inappropriate clothing</p> <p>Visibility of group</p> <p>Possible dehydration or low energy, injury and illness during session</p> <p>Footwear</p>	<p>Group leader</p> <p>Participants</p>	<ul style="list-style-type: none"> • Perform a visual check and health/injury enquiry before every session • Clothing should suit the conditions • Reflective tops should be mandatory • Next of kin contact details should be available • A UKA qualified leader must lead all sessions • New members should be pre-advised regarding water and food carrier part of beginner pack • Participants should have been advised to have eaten no more than two hours prior to the session • A clear policy on management of injured or ill runners is required 	<ul style="list-style-type: none"> • Keep a small stock for new members • Leader to carry: mobile phone, water, sugary snack • Count your group • Encourage a group member or leader to complete First Aid training • Run Leaders to have a First Aid kit with them or nearby for participants to use should they need to

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			<ul style="list-style-type: none">• First aid must only be given if currently qualified• Advice on footwear can be given by the leader	
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APPENDIX 6: GROUP RISK ASSESSMENT (CONT...)

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Running routes	<p>Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags</p> <p>Visibility</p> <p>Ability of the group</p>	<p>Group leader</p> <p>Participants</p>	<ul style="list-style-type: none"> • Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment • Participants forewarned of route obstacles • Routes selected that have good lighting wherever possible • Rural groups must wear lights • Road safety rules must be adhered to • Session kept to appropriate time • Intermediate and advanced sessions may be longer • On-going assessment by leader, with adaptation as required • Ability of the slowest/ least able sets the session time 	<ul style="list-style-type: none"> • Pre-check the route close to the day of the session • Always have a contingency plan, as advised in UKA leaders course
Traffic/road crossings	All traffic, including other members of the public, runners, cyclists, crossing traffic	<p>Public</p> <p>Group leader</p> <p>Participants</p>	<ul style="list-style-type: none"> • Use any and all crossings provided as a prudent pedestrian • Cross as a group • Take personal responsibility • Reinforce every week • Respect all other users of the highway • Follow the Highway Code 	<ul style="list-style-type: none"> • Ensure group procedure for regrouping at crossings is reiterated weekly
Weather	Variations in weather making it too cold, wet, hot or slippery	<p>Public</p> <p>Group leader</p>	<ul style="list-style-type: none"> • Weather reports should be checked leading up to and on the day • Runners to be given advice on clothing, fluid intake and sun screen • Cancellation to be considered if ice, snow or lightning are likely • Carefully monitor participants for difficulties 	<ul style="list-style-type: none"> • Abandon run and return to centre if conditions deteriorate

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Animals	Presence of and behaviour of animals and their owners	Group leader Participants	<ul style="list-style-type: none"> • Ensure runners keep aware of and alert to things around them • Be aware of any fears and phobias in your group – and take them seriously • Respect other street users • Follow the Countryside Code when on farmland 	
Members of Public	Getting in way of runners, causing injuries or accidents	Public Group leader Participants	<ul style="list-style-type: none"> • Ensure participants are respectful of other road users • Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed 	
COVID-19	Spread of COVID-19	Participants Group leader Public	<ul style="list-style-type: none"> • Remind participants to follow government guidelines and public health advice relating to COVID-19. • Remind participants not to attend any training sessions or races when experiencing any of the following symptoms that are linked to COVID-19: <ul style="list-style-type: none"> - a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature) - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours - a loss or change to your sense of smell or taste - shortness of breath - feeling tired or exhausted - an aching body - a headache - a sore throat - a blocked or runny nose - loss of appetite 	<ul style="list-style-type: none"> • A reminder of current guidelines and good practice to be sent via email to all club members and on Social Media to all LRR groups. • If a participant tests positive for COVID-19 and has recently attended a training session, could they please let the group leader know so all participants of that group can be notified.

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			<ul style="list-style-type: none">- diarrhoea- feeling sick or being sick • Group leaders to highlight to participants that if they have any of these symptoms and they have a high temperature, or do not feel well enough to go to work or do normal activities, to please stay at home and avoid contact with other people.	
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