

Risk Assessment: Launceston Roadrunners

Date:	Assessed by:	Location :	Review :
20/07/20	Kevin Marshall	Launceston and Surrounding Areas	20/07/22

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	Target date	Complete
Slips and trips	Runners – gravel / kerbs/potholes	<ul style="list-style-type: none"> Remind runners to be aware of the possibility of slipping on uneven surfaces Leaders to carry mobile telephone to call for help if required 	L	<ul style="list-style-type: none"> Point out potholes, loose gravel etc when approaching it 	L	Group leaders / other runners		
Poor surface	All members (Twisted ankles / falls)	<ul style="list-style-type: none"> Planning of routes in advance Leaders to carry mobile telephone to call for help if required 	M	<ul style="list-style-type: none"> Check the route before and advise runners of any danger points. 	L	The Group leaders	Before every run	Before every run
Pedestrians	Pedestrians and/ or runners	Check with local press/social media sites for any other events happening	M	<ul style="list-style-type: none"> Avoid running in the vicinity of any such events 	L	Group leaders / runners	Before every run	Before every run
Motor vehicles / cyclists	All runners / cyclists / motorists	<ul style="list-style-type: none"> Plan quiet routes Run on the side of the road where you can be seen easily by the motorists Runners to be responsible for their own safety 	M	<ul style="list-style-type: none"> Remind all runners before the start to be vigilant at all times and always give way to traffic 	L	Group leaders / runners	Before every run	Before every run

Crossing a road	Runners/ cyclists/ motorists / pedestrians	<ul style="list-style-type: none"> • Crossing where visibility is good • Cross where there are pedestrian crossings / islands (in the middle of the road) if possible 		<ul style="list-style-type: none"> • Remind runners to be vigilant and take care 		Group leaders / runners		
Narrow roads and footpaths	Runners/ cyclists/ motorists / pedestrians	<ul style="list-style-type: none"> • Remind runners the road/path narrows 		<ul style="list-style-type: none"> • Stop if necessary and give way to other road users 		Group leaders / runners		
Weather conditions	All runners	<ul style="list-style-type: none"> • Runners to wear appropriate clothing for the conditions. 	M	<ul style="list-style-type: none"> • Cancel or reduce the run if weather conditions become unsafe. 	L	Committee before hand or group leaders during the run	Before every run	Before every run
Injuries/illness	All runners	<ul style="list-style-type: none"> • Advise runners not to run if feeling unwell or carrying any injuries 	M	<ul style="list-style-type: none"> • Ensure runners carry their medication (asthmatic runners carry their inhalers) and make sure group leaders have fully charged mobile phones in case of emergency 	L	Committee	Before every run	Before every run
Low light conditions	All runners	<ul style="list-style-type: none"> • Hi Viz clothing should be worn during the autumn and winter months 	H	<ul style="list-style-type: none"> • Make high viz clothing mandatory for all and make head torches also mandatory for any groups that will be running in poorly lit areas 	L	Group leaders and committee members	Before every run	Before every run