



# Ackworth Road Runners

Risk Assessment and Health & Safety Policy  
*(v.1.1 November 2018)*



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## Introduction

To ensure that the Club minimises risk to its members and to the general public, it is necessary to ensure that all events and training takes place in a safe environment.

While the Ackworth Road Runners Club (ARR) has no specific legal responsibility in respect of the Health and Safety of club members, the club wishes to provide guidance to members so that they may make risk based decisions whenever they choose to take part in any club activity.

Due to the nature of the activities that ARR engage in, it is difficult to mitigate every area of risk and therefore the Club Coaches and Group Leaders must undertake individual 'Duty of Care' for the athletes under their control.

All activities entered into by members are made purely on a voluntary basis and while the club will do everything within its control to assist in the management of risk. It is essential to acknowledge that no specific members should be held responsible for any acts or omissions leading to personal injury or damage to property.

Any member who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP, or a suitably qualified health professional before considering participation

Runners have a responsibility to do their best to prevent harm to themselves, their running partners or members of the public. It should be acknowledged by all club members that they as individuals owe a duty of care to not wilfully injure themselves or others by their negligent acts or omissions.

## Risk Assessment

Risk assessment is something we carry out many times each day, for example when making a judgment about whether to cross a road. In making a risk assessment we are evaluating the chance of injury and likely severity against the likely benefit.

Running, however safely organised, carries a certain amount of risk and those taking part in any running or associated activity (e.g. cross training) need to be aware of those risks in order to minimize and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated with increased fitness, health, well-being and longevity just to mention a few.

Risk assessment does not only serve to protect the athlete, we also have a responsibility to ensure that non-participants, property and animals are not harmed by anyone carrying out activities whilst operating as a member of ARR. This responsibility only applies during ARR organised activities and does not apply to any activity outside of the Club's control.

Personal risk management during running needs to be a dynamic process. Due to the ever changing environment which makes running so exciting and enjoyable, much can be done in preparation before running to ensure that risks that are foreseeable are appropriately managed. For example, when running at night on or near roadways, wearing something white or reflective and looking left / right and left again before crossing a road.

All ARR training sessions are carried out on either roads, off-road or cross country, therefore the risk assessments below are to be used in conjunction with an ongoing dynamic risk assessment conducted by the Club Coach or Group Leader carrying out the session.

## Common Risks

The following guidance is intended to help members assess and to control.

There are some factors common to all ARR activity regardless of the type of area we are running in.

### ARR Policy:

- Members are strongly advised not wear headphones or listen to personal players during sessions.
- Members should dress appropriately to ensure their safety during sessions making sure they can be seen at all times by members of the public and other members.
- Members should wear appropriate footwear.
- Members should follow the Highway Code and be aware of other road users, cyclists, pedestrians and animals.
- When running at night every effort should be taken to run in well lit areas.

## Road Running

Where possible members should avoid running routes necessitate crossing roads. Where crossing is necessary, use a safe route using bridges or underpasses, or use crossings or traffic islands.

We cannot assume that car drivers can see us. Members should wear something visible when running on or across traffic routes.

At night, white clothes, clothes with reflective strips, a head torch or some other high visibility garment must be worn.

On roads with no path, members should run towards oncoming traffic so they can take evasive measures if necessary

## Off-Road Running

Members should be aware of uneven ground; potholes; slippery surfaces; debris; loose stones and ditches and streams. Be aware of tree roots, animals, overhanging branches and farm vehicles.

## Club Running Sessions

### Leaders Responsibilities

- Remind members that they should have warmed up prior to the session.
- Ensure that a first aid kit is available.
- Ensure that team leaders have a mobile phone.
- Check reflective / hi-visibility garments during darkness.
- Clearly outline route where possible by reference to a map, outlining any particular hazards.
- Break the group into manageable units and ensure that unit leaders know that the group must stay together. Runners should be split into ability groups.
- Where the group includes a session leader or nominated person they should be aware of the numbers in their group, keep watch for back markers and check all are coping with the session. Members are expected to look out for each other at all times
- Ensure that all runners are accompanied or in reasonably close proximity of other members.
- During the session, the group leader will maintain an ongoing assessment and if necessary, change the route or terminate the session.
- Ensure runners cool down and debrief re any hazards or difficulties.

### Members Responsibilities

All members are expected to take responsibility for their own actions and safety. They should follow the following guidelines:

- Warm up properly.
- Ensure they are suitably dressed.
- Ensure they clearly know the route and are happy with the proposed distance.
- Experienced runners will already be aware of many of the possible risks but novices may not. It falls to the more experienced runner to take on the responsibility to mentor those with less experience.
- Ensure that all runners are accompanied or in reasonably close proximity of other members.
- Inform other members if they notice any hazards or incidents that may have an impact on themselves or other athletes during the session.
- Runners must inform the session leader or other person within the group if they are taking an alternative route or leaving the group. Ideally this should be agreed in advance of the start of the run.

- Seek medical advice from your Doctor if you have a pre-existing medical condition that you think may place you at increased risk when running
- Notify coaches of any specific medical condition or when returning from long term injury or a debilitating illness
- Make others aware if you carry a SOS talisman for any specific medical condition
- Carry inhalers or any other treatments you might need, ensure your running partner is aware.
- Following illness or injury, take a conservative approach to resuming training
- Members are responsible for knowing their own limitations and bringing them to the attention of the group leader.

### For Young Athletes (aged 15-17 years) and Vulnerable Adults

- When attending ARR training sessions you must ALWAYS run with a nominated adult who runs at a similar pace to you.
- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.