

Irvine Running Club Runs - Generic Risk Assessment

Description of Risk/Hazard	Impact	Probability	Mitigation/Control Measures
In winter, runs will be undertaken in the dark; runners could trip on kerbstones / uneven surfaces and injure themselves	Medium	Low	<ol style="list-style-type: none"> 1. Runs should be chosen which minimize changes of surfaces from roads to pavements and back, with optimum use made of those roads which are well lit. 2. The Club should have available in the changing rooms First Aid kits so any injuries can be attended to.
There is the possibility of runners colliding with traffic.	High	Low	<ol style="list-style-type: none"> 1. Runs should be chosen which have low amounts of traffic and in winter are well lit. 2. Runners should wear bright/fluorescent colours so that they can be easily seen by other road users. 3. Where there are no pavements, runners should run facing the traffic so they can see any other road users and if evasive action is required, initiate it themselves. 4. Runners must not use wear headphones. 5. In summer preference should be given to runs using the beach/Beach Park/Race Course, thereby minimizing exposure to traffic.
Runs in the winter could be done in adverse weather conditions, which could impact on runners durability.	Low	Medium	<ol style="list-style-type: none"> 1. Runners should wear clothing/footwear appropriate to the conditions, including as a minimum, waterproof jacket, thermal underlayers, hat, gloves and track suit bottoms. 2. The weather forecast(eg via the BBC website) should be checked to ascertain the local conditions. 3. Runners should consider alternatives, such as using the track, in the event of icy/snowy conditions 4. Runners should have a change of clothing with them for after the run, to minimize the length of time they could be wearing damp clothing.
Novice runners may find the conditions arduous and be out running for longer than expected	Medium	Medium	<ol style="list-style-type: none"> 1. Novice runners should be in a group accompanied by at least one experienced runner, who is to ensure that a pace and distance appropriate for the slowest runner is undertaken and that no one becomes detached from the group.

Reviewed 22 Mar 18