



Irvine Running Club - Generic Risk Assessment

Date of Assessment: 07 April 2019	Review date: 07 April 2020
Activity: Tuesday/ Thursday night club runs	Persons affected: Club members: Jog leaders & runners

Hazardous Situation	Harm	Existing control measures	Severity	Probability	Risk Rating	Additional Control Measures
<p>Running surfaces: It is possible that runners may trip or fall when running on different surfaces.</p> <p>It is possible that runners may slip & fall on a slippery surface.</p>	Strained muscle, bruising, cut/scrape	<ul style="list-style-type: none"> ● Run 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. ● Runners should be advised of any additional risks arising in the event of off-road running. ● The Club should have available in the changing rooms First Aid kits so any injuries can be attended to. ● Runners should wear adequately supported footwear, which is suitable for the running surface. 	Harmful	Highly Unlikely	Low Risk	Not applicable
<p>Traffic when crossing roads or running on road surfaces: It is possible that runners may collide with traffic when crossing roads or running on road surfaces (in the event of there being</p>	Broken bones, head injury, cut/scrape, bruising	<ul style="list-style-type: none"> ● Run routes should be chosen which have low amounts of traffic and are well lit in winter months. ● Runners should wear bright/ fluorescent colours so that they can be easily seen by other road users. Head torches shall be worn if running on road surfaces or in 	Extremely Harmful	Highly Unlikely	Medium Risk	Not applicable; probability reduced as far as possible.



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no available footpaths).		<p>badly light areas at night.</p> <ul style="list-style-type: none"> • 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. • Runners must not wear headphones. • In summer, preference should be given to runs using the beach/Beach Park/Race Course, thereby minimizing exposure to traffic. 				
<p>Adverse weather conditions: It is possible that winter runs may take place in adverse weather conditions, which may affect a runner's durability.</p> <p>It is possible summer runs may take place in hot/humid conditions, which may affect a runner's durability.</p>	<p>Chills, frostbite</p> <p>Dehydration, fatigue</p>	<ul style="list-style-type: none"> • Runners should wear clothing/ footwear appropriate to the conditions; i.e. waterproof jacket, thermal under layers, hat, gloves and long leggings or tracksuit bottoms in winter months and light, wicking fabrics in summer months. • The weather forecast (e.g. via the BBC website) should be checked to determine if the local conditions are suitable for running. • Runners should consider 	Slightly Harmful	Unlikely	Low Risk	Not applicable



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		<p>alternative activities, such as using the track, in the event of icy/snowy conditions.</p> <ul style="list-style-type: none"> • Water/juice should be carried on hot days if the risk of dehydration is likely. • Runners should bring a change of clothing with them for after their run, to minimize the length of time they are wearing damp clothing. 				
<p>Fatigue: It is possible that novice runners may find the conditions arduous and be out running for longer than expected</p>	Strain/ sprain, exhaustion	<ul style="list-style-type: none"> • Novice runners should be in a group accompanied by at least one experienced runner/ trained jog leader, who shall ensure that a pace and distance appropriate for the slowest runner is undertaken and that no one becomes detached from the group. • Sessions are limited to approx. 1 hour-long runs. 	Harmful	Highly Unlikely	Low Risk	Not applicable.
<p>Adult with known ill-health problems: It is possible that someone may take ill during a session</p>	Various; including but not limited	<ul style="list-style-type: none"> • Members shall complete a Physical activity readiness questionnaire (PARQ) at the time of enrolment. • Any issues identified from the 	Harmful	Unlikely	Medium Risk	<ul style="list-style-type: none"> • Runners should check in with jog leader(s) or other runners at the start of each



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	to: asthma, diabetes, heart disease, migraine.	<p>PARQ's are discussed with the member and a trained jog leader will add discussion notes.</p> <ul style="list-style-type: none"> • Runners should have a full GP check-up if they are unsure of their suitability to take part in the sessions. • PARQ records will be stored securely at the club for reference in case of emergency. 				session if they feel that their current health condition is likely to affect their running performance.
<p>Aggression/Violence: It is possible that a participant could sustain an injury as a result of an encounter with a hostile person(s) or a dog.</p>	Animal bite, cut/bruising, stress.	<ul style="list-style-type: none"> • Routes will be selected that avoid situations with aggressive person(s) where practically possible. • Groups will take all possible precautions to avoid encounters with dogs and other animals. 	Harmful	Highly Unlikely	Low Risk	Not applicable



Risk Matrix:



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Likely	Medium Risk	High Risk	High Risk
Unlikely	Low Risk	Medium Risk	High Risk
Highly Unlikely	Low Risk	Low Risk	Medium Risk
	Slightly Harmful	Harmful	Extremely Harmful

High Risk = Further control measures must be implemented to reduce risk level.
 Medium Risk = Further control measures should be considered to reduce risk levels.
 Low Risk = No further action is required.

Function	Name	Signature	Date
Author	Layna Thompson		08 APR 2019
Approver	Mike Flinn		8 Apr '19