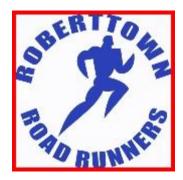
RRR Risk Assessment – 2018 (Reviewed Mar 2024)



RRR Risk Assessment – Training Runs

Activity/Task Assessing?	Identified Hazards?	Who may be harmed by the hazards?	Precautions to eliminate or reduce risk of an accident occurring?	Additional precautions to eliminate or reduce risk?
Group safety at start of every session	Location/venue/route Participants ability Any known health problems/injuries – prior to session	Runners Coach	 Ensure there is a safe place for belongings. Participants to feel safe at venue. Medication to be carried by participants where appropriate 	
General Safety for each session	Unreported Injury/Illness of participants	Coach Runners	 Injury/health inquiry before each session – carry out visual check Clothing to be appropriate to conditions. 	 Where possible keep count of group throughout session.

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	Inappropriate clothing Group Visibility Energy & hydration levels Injury & illness during session		 Bibs/ reflective tops to be worn if required. Emergency contact details to be available for each participant Instructor led sessions must be delivered by qualified person only. A qualified person ONLY to give first aid. 	
sessions	Winter Training Summer Training Off Road Hill Training Speed Sessions	Runners Coach	 Winter Training Make sure individuals dressed for weather conditions (keep warm). Check ground conditions prior to setting off running Summer Training Participants to keep hydrated. Wear cool clothing and hat Wear suncream! Off Road Make sure set off and stay in group. Make runners aware to look out for any debris underfoot and make aware that can be slippy. 	 If appropriate Instructor to advise members of public what they are doing in the session.

			 Hill Training Participants to listen to instructions at all times Make participants aware of traffic When doing HILL session make sure runners go up on one side and down on the other to avoid collisions. Speed sessions Runners to work at own ability. If not done speed training before can feel quite hard and make it hard to breathe 	
Members of public	Getting in way of participants, causing accidents/injuries	Public Instructor Participants	 Ensure participants are respectful of members of public 	 If required instructor to speak to members of public – explain what areas are being used and activities going on.
Other hazards	Weather conditions (extreme)	Instructor Participants	 Check surfaces prior to exercise If appropriate use alternative surface (i.e. grass instead of icy path) Advise participants to wear sunscreen/hats in really hot weather. 	 Instructor to re- schedule session if hazard to exercise and no alternative area/surface is available.

 Make sure all runners hydrate 	
appropriately for the weather	
conditions	