SGR RISK ASSESSMENT FOR SCHEDULED CLUB GROUP RUNS

RA Owner: SGR Club Coach, Stubbington Green Runners

Date of Risk Assessment: 06th December 2022

Training Venues: Pavements, paths and quiet well-lit roads

Date of Approval (By SGR Committee): 06th December 2022

Date of Last Review (By RA Owner): 22 April 2026

OVERALL DESCRIPTION:

Club group runs take place on a number of routes in and around; Whiteley, Locks Heath, Park Gate, Stubbington, Hill Head and Lee on the Solent. The risks associated which these venues are sufficiently common to be covered by this single RA. Athletes and run leaders meet up at a number of meet up points where cars can be parked, (including: The car park near M&S in Whiteley, Locks Heath Sports Ground and Crofton Community Centre). A number of different pace groups are set up and attending athletes are able to join the group which is most appropriate to their own abilities. After initial warm up exercises, groups are led on pre-planned routes by the club's qualified run leaders. The groups return to the meet point where stretching is carried out before dispersal.

(The club normally maintains a maximum athlete to coach (or leader) ratio of 10:1, although for group runs, this ratio cannot always be guaranteed depending on the number of people attending. The club's group runs are not normally suitable for junior members due to UKA distance guidelines.)

	Hazards Identified	**Location / persons at risk**	**Likelihood/ severity**	**Risk rating (pre/post mitigation)**	**Action to mitigate**	**Owner**	**When to complete**

1	Collisions, Slips and Trips	During run/ All those present plus members of the public	High/low	Med/ Low	Brief everyone clearly about the following or any other slip and trip hazards (as appropriate): • Wet damp ground (according to the weather) • Pavement curbs • Dog walkers using long leads • Other people may be using the route • Posts or other obstructions • On trail runs groups of runners will be advised to maintain more of a gap so that they can see the ground which maybe uneven. • Advice will be given about correct footwear to use prior to trail runs. (*This will normally be via the club Facebook Group and/or face to face at a previous run*) Emphasise the need for particular care when running in a group because you may become distracted.	Coach/ leader on the night	At the meet up
3	Road Traffic	On the training route itself and the run out and back/ All those present	Low/high	High/low	• Training routes are chosen to be either traffic free or are on particularly quiet roads. • On the day of the session the coach/ leader will draw attention to any specific risks from traffic on the route. • Particular care will be taken to draw the groups attention to hazards at road crossings. • For night time running, the wearing of High Vis clothing and/or lights is strongly recommended for all club sessions.	Coach/ leader	During session planning and on day of the group run

					(Members will be reminded of this when the sessions are published on social media). • Bright clothing is also strongly advised for day time sessions too. Emphasise the need for particular care when running in a group because you may become distracted.		
4	Adverse effects from exceptional weather conditions	At meet point, during run out and back or at the session/ All present	Med/Med	High/low	The SGR Club coach in consultation with the committee will consider the predicted severity of the forecasted weather and any guidance provided by UKA, before deciding between the following potential actions: 1) Cancelling all group runs 2) Allowing runs to continue but with specific advice to leaders about how to mitigate against the weather. 3) No action needed Mitigations under 2) could include for example; for hot weather, moving to a shaded route, reducing the distance and asking athletes to bring water, for cold weather, moving to a more sheltered venue and advising athletes to wear suitable clothing.	Club Coach	Before the group run
5	Medical emergency	At meet point, during run out and back or at the session/ Athletes, coaches and leaders	Low/high	High/ low	• Leaders and coaches will have a mobile phone with them on training runs. They will be advised to install the What3words App. So that any incident location can be passed easily to the emergency services. • The incident will be handled by the leader using their first aid training and they will quicky contact emergency first responders if necessary. (They will also seek help from	Club Coach / run leaders	On-going actions/ actions on the night

					any trained first aiders or medical professionals in the group). • Run routes will be chosen such that emergency responders would normally be able to attend an incident within 30min. • All SGR leaders and coaches have undertaken suitable first aid training to meet at least the minimum mandated requirements set by UKA. In addition, leaders and coaches are encouraged to do additional more advanced, (face to face) first aid training which is also funded by the club. • The club will purchase a number of first aid kits which will be available to leaders. So minor injuries may be treated at the scene. • Leaders and coaches will be asked to make themselves aware of the locations of the nearest public defibrillation kits. (A good way of doing this is to load a suitable App on their mobile phones.) • When joining the club, SGR Members are asked to declare any disabilities and Coaches and Leaders will be made aware of any such declarations. Members are also told to declare any specific medical conditions they may have which could affect their ability to run to the Coach or Leader of a session, prior to the session commencing. • Leaders and Coaches will ask athletes at the beginning of the session if they have any injuries/illnesses that they should be aware of.		

					• The group will be managed using run backs and re-groups to make sure that nobody loses contact with the group. • The Leader will prioritise the safety of individuals over all else. If someone feels unwell or is injured, this may require the run to be terminated early so that the individual concerned can be cared for and/or escorted back safety.		