

Risk Assessment: WLCT 3 BUGLAWTON 6 MILE LOOP.

| Date: | Assessed by: | Location : | Review : |
|-------------------------|--------------|--------------------------|--|
| 11 /10 /2023 Issue 1 | Dean Windsor | Congleton Leisure Centre | When any route changes or new advice occurs or annually. |

| What are the Hazards? | Who might be harmed and how? | What are you already doing? | Risk Rating | What else can you do to control this risk? | Resultant Risk Rating | Action by whom | Target date | Complete |
|--|---|---|-------------|---|-----------------------|---|------------------|-----------------|
| Before event, safe location, numbers attending, management of numbers. | <i>Runners going to wrong locations and number of run leaders needed to provide a lead in each group.</i> | <i>All runners to register in Heja app once event listed.</i> | L | <i>Remind members periodically to ensure they register.</i> | L | <i>Person in charge of Thursday club runs</i> | <i>On going</i> | <i>On going</i> |
| Runners being clearly visible to others and vehicles - collisions. | <i>Runners colliding with other pedestrian's or vehicles</i> | <i>All runners to wear high visibility club bib or similar.</i> | L | <i>Remind members periodically to wear high visibility bib and clothing.</i> | L | <i>Person in charge of Thursday club runs</i> | <i>On going</i> | <i>On going</i> |
| Injuries from not warming up. | <i>Runner's risk injuries due to lack of sufficient warm up</i> | <i>RAMP Warm up routine undertaken by one of run leaders before start. Runners asked if they have any injuries at start, relevant action taken.</i> | M | <i>This is to be undertaken in designated traffic and hazard free areas around the Leisure centre. Also leaders to start run at slower speed for first 5/10 mins.</i> | L | <i>Run leaders</i> | <i>On going</i> | <i>On going</i> |
| Using Correct route, loosing a runner(s). | <i>Runners taking wrong route into dangerous, or none accessed areas</i> | <i>Route published on Heja app with link to good run guide where routes are stored. Also on web site under run schedule, same link.</i> | M | <i>Run leaders for each group who know the route and keep tabs on their group. Encourage participants to learn routes on social media etc.</i> | L | <i>Designated leaders and /or all runners</i> | <i>2/10/2023</i> | <i>On going</i> |
| Collisions with vehicles | <i>Runners by vehicle collision</i> | <i>Runners to stay on pavement's at all times.</i> | L | <i>Run leaders to encourage all runners to do this.</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |



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| Crossing Mountbatten way – collision | <i>Runners by vehicle collision</i> | <i>Cross at the pelican crossings on the lights Mountbatten way at designated point</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Davenport street,-collision | <i>Runners by vehicle collision</i> | <i>All runners to check for traffic before crossing</i> | L | <i>Remind members periodically to ensure they do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing West Road, A34-collision | <i>Runners by vehicle collision</i> | <i>All runners to use traffic light crossing on A34, Just past St Mary's church</i> | L | <i>Remind members periodically to ensure they do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Barn road, collision | <i>Runners by vehicle collision</i> | <i>All runners to check for traffic before crossing</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Manchester Road, A34,-collision | <i>Runners by vehicle collision</i> | <i>All runners to use the path that goes under the A34 and comes out opposite Moss Lane</i> | L | <i>Remind members periodically to ensure they do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Macclesfield road,- collision | <i>Runners by vehicle collision</i> | <i>All runners to use traffic light crossing on Macclesfield road opposite Jackson junction.</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Brook Street, A54 collision | <i>Runners by vehicle collision</i> | <i>Runners to opposite Brunswick Street junction</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Bromeley Road, - collision | <i>Runners by vehicle collision</i> | <i>Runners to use traffic light crossing to cross Bromley Road</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing Moor Street.- collision | <i>Runners by vehicle collision</i> | <i>All runners to check for traffic before crossing</i> | L | <i>Run leaders to encourage all runners to do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Crossing side roads – collision with vehicles | <i>Runners by vehicle collision</i> | <i>All runners to check for traffic before crossing</i> | L | <i>Remind members periodically to ensure they do this</i> | L | <i>All participants</i> | <i>On going</i> | <i>On going</i> |
| Pavements, slips and trip injuries | <i>Runners tripping on pot holes or raised tarmac (i.e near trees), kerbs.</i> | <i>Runners taking care</i> | L | <i>Run leaders to warn of any hazards seen</i> | L | <i>Run leaders and all participants</i> | <i>On going</i> | <i>On going</i> |
| Unforeseen general Injuries/strains during runs | <i>Runners</i> | | L | <i>Run leaders to carry phone in case of need of assistance</i> | L | <i>Run leaders and all participants</i> | <i>On going</i> | <i>On going</i> |

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| Falls due to poor lighting | <i>Runners falling due to not seeing a hazard</i> | <i>Runner recommended to use head torches</i> | L | <i>Periodic awareness programmes</i> | L | <i>Social media team</i> | <i>On Going</i> | <i>On going</i> |
| Medical Emergency | <i>Runners</i> | | L | <i>Run leaders to carry mobile phones and be aware of where Local AED's are kept.</i> | L | <i>Run leaders and all participants</i> | <i>On going</i> | <i>On going</i> |
| Inclement weather | <i>Runners</i> | <i>Monitor weather forecast.</i> | L | <i>Monday Run Manager / Run leaders to monitor forecasts and call run off if below 0 C and Ice exists on route.</i> | L | <i>Monday Run manager / Run leaders is his or her absence</i> | <i>On going</i> | <i>On gong</i> |
| Person Specific risk e.g. Need to carry medication -Antidote pens | <i>Runners</i> | | M | <i>Periodic awareness programmes, add to Q and A on web site</i> | L | <i>Social Media team</i> | <i>On going</i> | <i>On going</i> |