

RISK ASSESSMENT: THURSDAY [SUMMER ROUTE 2]

Date:	Assessed by:	Location:	Review next due:
16th May 2026	Joe Jarvis	Alexander Park Route: Sugden Sports Centre to Alexander Park, laps of Alexander Park and back to Sugden Sports Centre	Annual – March 2027

What are the Hazards?	Who might be harmed and how?	What is the club already doing to mitigate the risk?	Risk Rating	Other actions to mitigate the risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Multiple roads to cross	Runners may be injured, as they cross the roads if approached with little care for traffic	All runners at the warm-up briefing are advised to watch out for vehicles and use official pedestrian crossings. Runners are advised not to wear earphones and reminded to wear high visibility clothing, depending on the weather and time of year. Runners are encouraged to run with pacer groups [e.g., 60 / 55 / 50 / Sub-50 minutes].	H	Ensure reminders are given at each run briefing	M	Group Leader at each run briefing	Ongoing	No further actions required
Risk of trips and falls	Runners might be injured due to hazards along the route [roadworks / closed pavements / dropped driveways / exposed tree roots]	Runners are advised to be careful, especially in adverse weather conditions, and to watch their footing as best they can as they run.	L	N/A	L	N/A	N/A	No further actions required
Inexperienced / slow runners getting lost	A runner might get lost if they are not used to the route	The club offers pacer groups for its Thursday run [60 / 55 / 50 / Sub-50 minutes] for the 10k run, as well as a 5k and 7.5k route. The ability of all runners is established prior to their participation to ensure they can complete the distance. A couch to 5 km course is run once a year by the club to help new runners be able to run at least 5 km before attempting the Thursday route. A register is taken using Spond before the run commences and runners are checked back in as they return so any lost runners are quickly identified. The route is on the club's website and has been chosen to be simple with as few changes in direction as possible.	M	We are working closely with any potential runners to establish their running ability, and pitch the level of ability either through email, Spond or via social media. Consideration must be given to late August / Beginning of September as the nights get darker. Consider when the route switches back	L	All committee members to aid new runners with their ability, and advise how far a runner should go as a maximum to complete the run by 8:10 pm	N/A	Ensure reminders are given at each run briefing

Other park users	Runners or other people's safety might be compromised if events are also taking place in the park along the running	All runners at the warm-up briefing are advised to watch out for other people and to give pedestrians enough space when passing. Additional care should be taken to watch for dogs within the park. Where an event is taking place within the park, the route should be amended to give all park users enough space.	M	Ensure reminders are given at each run briefing	L	Group Leader at each run briefing	Ongoing	Ensure reminders are given at each run briefing
Pedestrians and cyclists along the route	A runner might be injured due to pedestrians or cyclists	Runners are advised to give pedestrians enough space on pavements and to not run more than two people wide. Additional care should be taken when running across or into cycle lanes.	M	Ensure reminders are given at each run briefing	L	Group Leader at each run briefing	Ongoing	Ensure reminders are given at each run briefing
Runners with a disability unable to run safely	Any runner who has any type of disability, especially visual impairment	Several club members have been on a course to support visual impaired runners and provide support as required. Club application form asks if potential member has disability so support or adjustments can be offered	L	Monitor disability via application forms received	L	Michael J. Bailey [Lead Welfare Officer]	N/A	Ensure reminders are given at each run briefing