

RISK ASSESSMENT: THURSDAY [WINTER ROUTE 3]

Date:	Assessed by:	Location:	Review next due:
05 th January 2026	Michael J. Bailey	Manchester Aquatics centre returning via Upper Brook Street and Oxford Road	Annual – January 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 roads if approached with little care for traffic	All runners at warm up briefing are advised to watch out for vehicles, and use official pedestrian crossings. Runners advised not to wear earphones and reminded to wear high visibility. Runners are encouraged to run with pacer groups [60 / 55 / 50 / Sub-50 minutes].	H	Ensure reminders are provided at each briefing	M	Group leader at each run	Ongoing	No further actions required
Risk of trips and falls	There are a lot of lowered driveway entrances and tree routes along both routes with potential for falls	Advise runners 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, and not knowing the route	Any runner may get lost if not used to the route, or unable to keep up with pacing groups and buddies	The club offers pacer groups for its Thursday run [60 / 55 / 50 / Sub-50 minutes]. The ability of all runners is established prior to their participation to ensure they are able to complete the distance. A couch to 5 km course is run twice a year by the club to help new runners be able to run at least 5km before attempting the Thursday route. A register is taken before the run commences and runners are checked back in as they return so any lost runners are quickly identified. All routes are on the club's website and are 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 Facebook. Consideration must be given to late August / Beginning of September as the nights get darker	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 8:10pm	Ongoing	Ongoing action to ensure any potential runners know of their capability
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	No further actions required