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| **RISK ASSESSMENT: WEDNESDAY/THURSDAY (SUMMER)** |
| **Date:** | **Assessed by:** | **Location:** | **Review:** |
| 12th July 2021 | Martin Dunn | Sugden sports centre to Manchester United along the Bridgewater Canal | Annually |

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| **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** |
| Vehicles at the crossing at Sackville Street, leading to the canal. | Runners injured if they don’t observe correct traffic regulations | * Pedestrian crossing is available. Advise all members to observe traffic regulations.
 | L | * N/A
 | L | N/A | N/A | No further actions required. |
| Slips and trips along the canal paths | Runners may be injured (and other path users) if they trip along a flag stone along the canal path. Risk of runner slipping on a stone, or on wet surface. | * Switch to winter route when raining, avoiding wet conditions. Regularly run along the route to ensure any issues are flagged to members.
 | L | * Advise any members with disabilities the canal route can present challenging conditions for them to navigate. Advise both as a new member joins, and on the website.
 | L | Action required by committee members if a new runner joins us. | Ongoing | No further actions required after that. |
| Pedestrians / dogs / cyclists along the canal paths | Advice given to new runners about the number of other users on the canal paths. | * No specific actions.
 | L | * N/A
 | L | N/A |  | No further actions required |

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| Weather conditions affecting the condition of the paths | Potential for runners to slip, and fall into the canal. | * Always switch to winter route if weather conditions particularly poor, ensuring wider pavements, and avoiding any risk of falling into the canal.
 | 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. | * A buddy system is in situ for runners who can either complete 5 K, or can complete a 10K in 60 minutes or less. No provision in place for runners unable to complete less than 5K, or a 10K in more than 60 minutes. We expect runners to be ale to complete a 10K in 65 minutes, or to adjust the length of their route that ensures they return to the Sugden centre by 8:10pm.
 | M | * We are working closely with any potential runners to establish their running ability, and pitch the level of ability either through e.mail, or via Facebook. All runners to ensure they

understand their ability within 1 hour.Consideration must be given to late August / Beginning of September as the nights get darker.Consider when the route switches back to the winter route. | M | 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 8:15pm. |  | Ongoing action to ensure any potential runners know of their capability. |
| Number of runners exceeding our ability to provide an | The maximum number of runners we can ideally take out on a Thursday evening is 40. This is due to limitationsat the Sugden centre, | * Continue to monitor numbers on a Thursday night. If numbers increased significantly, we would have to commence a run at

6:45pm for those runners taking 50 minutes or more, | M | * Potential future limit of membership to 150 members, ensuring numbers would rarely exceed 40 on a Thursday night.
 | L | N/A |  | Continue to identify how many members we have, and the |

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| adequate buddy system.. | the warm up outside the centre and the number of buddies we can secure to ensure all runners are adequately looked after. If we go above that number, we can’t conduct the warm up safely, and cannot guarantee we have enough buddies, which may mean too many runners running on their own. | and a second group at 7:00pm. All volunteers would be moved to the 6:45pm group, with the faster runners running with one another, and ensuring all runners return and know the route. The first volunteer to return must complete the register and ensure all runners have returned. |  | * John Lowe to consider if we have the right buddy system for Thursday nights.
 |  |  |  | number of Thursday night runners we have. |
| Runners with a disability unable to complete our Thursday night run, or place themselves in a vunerable position. | The risk may affect a runner who has any type of disability. | * Diversity survey launched, enabling us to identify whether our current members experience any kind of disability, and new members being asked to complete the survey on a voluntary basis as they join the club.
* Clear description of our runs detailed on the website, enabling potential new starters to understand the type of running we

undertake, and the distances we cover. | H | * Identify the possibility of guided running for runners with eye sight problems.
 | H |  |  | Ongoing action to be undertaken relating to the diversity policy, and survey. |