

RISK ASSESSMENT: THURSDAY [SUMMER ROUTE- Salford Quays]

Date:	Assessed by:	Location:	Review next due:
24 th March 2026	Niall McInnes	Manchester Aquatic Centre to Bridgewater canal, Ordsall river path, Ordsall park then looping back to Manchester aquatic 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 roads if approached with little care for traffic	All runners at warm up briefing are advised to watch out for vehicles, and to use traffic lights or official pedestrian crossings . Runners are advised not to wear earphones and reminded to wear high visibility clothing. Runners are encouraged to run with pacer groups [e.g., 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 multiple road to pavement transitions and there is a risk (albeit rare) for ice. Possibility of tripping on smaller canalside items (e.g. mooring rings, flagstones if wet)	Advise runners to be careful, especially in adverse weather conditions, ensure appropriate footwear is worn and to watch their footing as best they can as they run. If roads conditions are too poor then the run will be cancelled	L	N/A	L	N/A	N/A	No further actions required
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 [70/ 60 / 55 / 50 / Sub-50 minutes and shorter distances]. On initial runs of new routes runners who are confident to navigate this new route will be chosen to lead pace groups. 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 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 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 social media.. 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 8:10 pm	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
Pedestrians / dogs / cyclists sharing the pavement	Runners and fellow users of pavements on the route chosen	Ongoing reminders to runners to be mindful of other pavement/ canal/ river path users. Particularly on warm days as the canal and river path are both popular cycling routes. Give way to bikes when passing on narrow bridges	L	Ongoing reminders of appropriate use of pavements especially during	M	Group leader at each run	N/A	No further actions required

				busy times on oxford road				
Runners falling into canal/ river	Any runner unaware of their surroundings or attempting to overtake on narrower stretches of the paths	Reminder to runners to be aware of their surroundings. The route will not be ran in the winter to ensure maximal visibility and to reduce the risk of ice to a minimum making this a very unlikely event	L	Pace group leaders accounting for members of their group. Large sections of the path are wide and/or have railings	L	Individual runners and run lead	N/A	No further action required