

RISK ASSESSMENT: THURSDAY [SUMMER ROUTE 1]

Date:	Assessed by:	Location:	Review next due:
16th May 2026	Joe Jarvis	Sugden Sports Centre to Manchester United along the Bridgewater Canal	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
Vehicles at the crossing at Sackville Street, leading to the canal	Runners injured if they don't observe correct traffic regulations	Pedestrian crossings are available. Advise all members to observe traffic regulations.	H	Ensure reminders are given at each run briefing	M	Group Leader at each run briefing	Ongoing	No further actions required
Slips and trips along the canal paths	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	Advise members with disabilities the canal route can present challenging conditions for them to navigate. This information should be confirmed as a member joins and on the website	L	Action required by committee members if a new runner joins us	Ongoing	No further actions required
Pedestrians / dogs / cyclists along the canal paths	Advice given to new runners about the number of other users on the canal paths	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 busy times	L	N/A	N/A	No further actions required
Weather conditions affecting the condition of the paths	Potential for runners to slip, and fall into the canal	Always switch to summer route 2 route if weather conditions are particularly poor, ensuring wider pavements, and avoiding any risk of falling into the canal.	L	Advise members with disabilities the canal route can present challenging conditions for them to navigate. This information should be confirmed as a member joins and on the website	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] 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 before the run commences and runners are checked back in as they return so any lost runners are quickly identified. Both 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, Spont 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	Ongoing	Ongoing action to ensure any potential runners know of their capability
Runners falling into canal	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/slippery surfaces 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		Individual runners and run lead	N/A	No further action required
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
Large volumes of shared users using canals for events (e.g. Man Utd matches)	Runners and pedestrians liable to colliding/ tripping	Avoiding scheduling route when Manchester United football matches occur, higher risk of incidents due to larger volume of crowds	M	Scheduling route to avoid potential crowd issues	L	Run rota co-ordinator [Jono Guidford] and checked by LIRF group within club	N/A	Ongoing action when creating rota