| **RISK ASSESSMENT: SATURDAY ROUTE** |
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| **Date:** | **Assessed by:** | **Location:** | **Review next due:** |
| 11th November 2016 | Sarah Rickard | Start at Longford Park Athletics Stadium with various routes in Chorlton and Sale water parkRoute: http://manchesterfrontrunners.org.uk/saturday/ | Annually – November 2017 |

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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** |
| Roads to cross, especially Edge Lane at start and finish | Runners may be injured, as they cross roads if approached with little care for traffic | Group sets off and crosses Edge Lane together at start to ensure safe passage across the main road. Runners advised not to wear earphones. Run buddies are paired with new runners or those unsure of the route. | H | Ensure reminders are provided at each briefing | M | Group leader at each run | Ongoing | N/A |
| Risk of trips and falls | The routes are off road and often wet, muddy and slippery | 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 | N/A |
| Inexperienced / slow runners getting lost | Any runner may get lost if not used to the route and unable to keep up with others | All new runners are paired with a buddy until they know the route and slower runners or those doing shorter distances usually run in 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 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 taking 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. | M | N/A | L | N/A | N/A | N/A |
| 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 now asks if potential member has disability so support or adjustments can be offered. | L | Monitor disability via club survey | L | Sarah Rickard (Welfare Officer) | May 2017 |  |