

**RISK ASSESSMENT: SATURDAY**

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review next due:</b>
05 <sup>th</sup> January 2026	Michael J. Bailey	Start at Longford Park Athletics Stadium with various routes in Chorlton and Sale water park	Annual – January 2027

<b>What are the Hazards?</b>	<b>Who might be harmed and how?</b>	<b>What is the club already doing to mitigate the risk?</b>	<b>Risk Rating</b>	<b>Other actions to mitigate the risk?</b>	<b>Resultant Risk Rating</b>	<b>Action by whom</b>	<b>Target date</b>	<b>Complete</b>
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 given at each run briefing	M	Group Leader at each run briefing	Ongoing	No further actions required
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	No further actions required
Inexperienced / slow runners getting lost	A runner might get lost if they are not used to the route	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 once a year by the club to help new runners be able to run at least 5km before attempting the Saturday 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	M	N/A	L	N/A	N/A	Ensure reminders are given at each run briefing
Pedestrians and cyclists along the route	A runner might be injured due to pedestrians or cyclists	Runners are advised to give pedestrians enough space on pavements and to not run more than two people wide. Additional care should be taken when running across or into cycle lanes.	M	Ensure reminders are given at each run briefing	L	Group Leader at each run briefing	Ongoing	Ensure reminders are given at each run briefing
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	Ensure reminders are given at each run briefing