

## Risk Assessment: LCMW 2 West heath Loop 4.28 miles -Monday Winter.

Date:	Assessed by:	Location :	Review :
3 /10 /2023 Issue 2	Francis Nigel Poole	Congleton Leisure Centre	When any route changes or new advice occur or annually.

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
Before event, safe location, numbers attending, management of numbers.	<i>Runners going to wrong locations and number of run leaders needed to provide a lead in each group.</i>	<i>All runners to register in Heja app once event listed.</i>	L	<i>Remind members periodically to ensure they register.</i>	L	<i>Person in charge of Monday club runs</i>	<i>On going</i>	<i>On going</i>
Runners being clearly visible to others and vehicles - collisions.	<i>Runners colliding with other pedestrian's or vehicles</i>	<i>All runners to wear high visibility club bib or similar.</i>	L	<i>Remind members periodically to wear high visibility bib and clothing.</i>	L	<i>Person in charge of Monday club runs</i>	<i>On going</i>	<i>On going</i>
Injuries from not warming up.	<i>Runner's risk injuries due to lack of sufficient warm up</i>	<i>RAMP Warm up routine undertaken by one of run leaders before start. Runners asked if they have any injuries at start, relevant action taken.</i>	M	<i>This is to be undertaken in designated traffic and hazard free areas around the Leisure centre. Also leaders to start run at slower speed for first 5/10 mins.</i>	L	<i>Run leaders</i>	<i>On going</i>	<i>On going</i>
Using Correct route, losing a runner(s).	<i>Runners taking wrong route into dangerous, or none accessed areas</i>	<i>Route published on Heja app with link to good run guide where routes are stored. Also on web site under run schedule, same link.</i>	M	<i>Run leaders for each group who know the route and keep tabs on their group. Encourage participants to learn routes on social media etc.</i>	L	<i>Designated leaders and /or all runners</i>	<i>2/10/2023</i>	<i>On going</i>
Collisions with vehicles	<i>Runners by vehicle collision</i>	<i>Runners to stay on pavement's at all times.</i>	L	<i>Run leaders to encourage all runners to do this.</i>	L	<i>All participants</i>	<i>On going</i>	<i>On going</i>
Crossing Mountbatten way (out and back) – collision	<i>Runners by vehicle collision</i>	<i>Cross at Traffic lights on Mountbatten way at designated point.</i>	L	<i>Run leaders to encourage all runners to do this</i>	L	<i>All participants</i>	<i>On going</i>	<i>On going</i>

Crossing A34–collision	Runners by vehicle collision	All runners to use crossing point at end of Sandy lane (Mere entrance)	L	Run leaders to encourage all runners to do this	L	All participants	On going	On going
Crossing Sandbach Road–collision	Runners by vehicle collision	Cross at Traffic Lights at designated point	L	Run leaders to encourage all runners to do this	L	All participants	On going	On going
Crossing Homes Chapel road and West Road. – collision	Runners by vehicle collision	Use pelican crossing opposite west heath shopping centre for Homes chapel road and Cycle store on west road.	L	Remind members periodically to ensure they do this		All participants	On going	On going
Crossing side roads – collision with vehicles	Runners by vehicle collision	All runners to check for traffic before crossing	L	Remind members periodically to ensure they do this		All participants	On going	On going
Pavements, slips and trip injuries	Runners tripping on pot holes or raised tarmac (i.e near trees), kerbs.	Runners taking care	L	Run leaders to warn of any hazards seen	L	Run leaders and all participants	On going	On going
Unforeseen general Injuries/strains during runs	Runners		L	Run leaders to carry phone in case of need of assistance		Run leaders and all participants	On going	On going
Falls due to poor lighting	Runners falling due to not seeing a hazard	Runner recommended to use head torches	L	Periodic awareness programmes	L	Social media team	On Going	On going
Medical Emergency	Runners		L	Run leaders to carry mobile phones and be aware of where Local AED's are kept.	L	Run leaders and all participants	On going	On going
Inclement weather	Runners	Monitor weather forecast.	L	Monday Run Manager / Run leaders to monitor forecasts and call run off if below 0 C and Ice exists on route.	L	Monday Run manager / Run leaders is his or her absence	On going	On gong
Person Specific risk e.g. Need to carry medication - Antidote pens	Runners		M	Periodic awareness programmes, add to Q and A on web site	L	Social Media team	On going	On going