

Risk Assessment: LCMW 3 Congleton Inner Loop 3.99 miles - Monday Winter.

Date:	Assessed by:	Location :	Review :
3 /10 /2023 Issue 1	Francis Nigel Poole	Congleton Leisure Centre	When any route changes or new advice occurs 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, loosing 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 Macclesfield and West Roads, Also Mountbatten way– collision	<i>Runners by vehicle collision</i>	<i>On Macclesfield Road Cross at Top of Eaton Bank at Pelican Crossing, On West Road at pelican crossing by cycle centre. 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 Manchester Road - collision	<i>Runners by vehicle collision</i>	<i>All runners to cross at point where pavement ends just up Manchester road from triangular roundabout where there is clear view each way.</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>
Pavements, slips and trip injuries	<i>Runners tripping on pot holes or raised tarmac (i.e near trees), kerbs.</i>	<i>Runners taking care</i>	L	<i>Run leaders to warn of any hazards seen</i>	L	<i>Run leaders and all participants</i>	<i>On going</i>	<i>On going</i>
Crossing side roads and Giantswood lane – collision with vehicles	<i>Runners by vehicle collision</i>	<i>All runners to check for traffic before crossing</i>	L	<i>Remind members periodically to ensure they do this</i>	L	<i>All participants</i>	<i>On going</i>	<i>On going</i>
Unforeseen general Injuries/strains during runs	<i>Runners</i>		L	<i>Run leaders to carry phone in case of need of assistance</i>	L	<i>Run leaders and all participants</i>	<i>On going</i>	<i>On going</i>
Falls due to poor lighting	<i>Runners falling due to not seeing a hazard</i>	<i>Runner recommended to use head torches</i>	L	<i>Periodic awareness programmes</i>	L	<i>Social media team</i>	<i>On Going</i>	<i>On going</i>
Medical Emergency	<i>Runners</i>		L	<i>Run leaders to carry mobile phones and be aware of where Local AED's are kept.</i>	L	<i>Run leaders and all participants</i>	<i>On going</i>	<i>On going</i>
Inclement weather	<i>Runners</i>	<i>Monitor weather forecast.</i>	L	<i>Monday Run Manager / Run leaders to monitor forecasts and call run off if below 0 C and Ice exists on route.</i>	L	<i>Monday Run manager / Run leaders is his or her absence</i>	<i>On going</i>	<i>On gong</i>
Person Specific risk e.g. Need to carry medication -Antidote pens	<i>Runners</i>		M	<i>Periodic awareness programmes, add to Q and A on web site</i>	L	<i>Social Media team</i>	<i>On going</i>	<i>On going</i>