



A principal assumption in all cases is that members of **clyderunners** (& guests) are experienced joggers/runners who are aware from that experience of risks which may arise to themselves and the general public at large. Members are expected to make themselves aware of the following identified risk areas and what **clyderunners** will require of them whilst running with the club in official and social circumstances.

1. Potential Hazard: **Running in the dark**
Action Required: Runner encouraged to wear reflective clothing with arm band illumination and head torch. Wherever possible stay on roads with street lighting. Runners to be aware of increased risk to tripping on uneven surfaces
2. Potential Hazard: **Traffic**
Action Required: Wear reflective clothing with arm band illumination and head torch. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic) unless local conditions deem the opposite to apply (e.g. at the end of the gallops on Belstane Rd). When crossing road use pedestrian crossings or traffic lights where available. Everybody to check for traffic, don't just follow the crowd. Front/rear runners to shout warning to rest of group on traffic (inc cyclists) arising. At known danger spots, all are expected to actively look & listen for approaching danger.
3. Potential Hazard: **Uneven running surface**
Action Required: It is unreasonable to expect routes to be free from uneven surfaces, potholes and loose ground – even in town where uneven paving slabs offer a trip hazard. Runners are warned to take special care when changing levels e.g. at curbs or steps. Front runners to shout warning if surface unexpectedly becomes uneven or a potential trip hazard is viewed. Change pace to suit conditions. Walk if necessary.
4. Potential Hazard: **Accidents caused by bumping or jostling**
Action Required: Runners to be aware that general runs on public areas are non-competitive and therefore they must take care to position themselves carefully to avoid conflict with other runners and the general public.
5. Potential Hazard: **Unexpected Obstacles**
Action Required: Front runners to raise alarm to following runners on any unexpected hazard which may arise. e.g. potholes, uneven surfaces, cyclists, bollards, street furniture, broken slabs, wheel chairs, overhanging vegetation, dog mess, road signs, holes and kerbs.
6. Potential Hazard: **Overgrown vegetation/Brambles/ Nettles**
Action Required: Warn runners if route is expected to be particularly overgrown, give them an opportunity to opt out. If route is impassable take an alternative.



7. Potential Hazard: **Cattle grids**
Action Required: Care to be taken when walking over open cattle grids particularly in wet or icy conditions where they may be particularly slippery. Badly maintained/broken gates/stiles to be avoided if possible or climbed with care.
8. Potential Hazard: **Farm animals**
Action Required: Observe animals before entering field - if any aggressive behaviour observed choose alternative route.
9. Potential Hazard: **Dogs**
Action Required: Be aware when running near dogs particularly if they are exercising off lead. Slow to a walk if necessary. Avoid turning ones back on the dog. Seek assistance from the dog owner if appropriate.
10. Potential Hazard: **Hot weather**
Action Required: Runners to wear appropriate kit. Take fluids on the run particularly on longer runs (>45mins). Avoid running at midday; time runs for early morning or evening. Runners to use high factor sun cream, if appropriate. Should conditions become extreme, consider if run should be postponed/cancelled. Decision to be made by the Group Leader. Runners deciding to continue with a run which has been officially cancelled by the Group Leader do so at their own risk
11. Potential Hazard: **Cold Weather**
Action Required: Runners to wear appropriate kit. Members to be encouraged to warm up thoroughly, especially in cold weather. Care to be taken to avoid patches of ice. Should conditions become extreme, consider if run should be postponed/cancelled. Decision to be made by the Group Leader. Runners deciding to continue with a run which has been officially cancelled by the Group Leader do so at their own risk
12. Potential Hazard: **Getting Lost**
Action Required: Group leader to be familiar with area. Group to muster from time to time to ensure no-one gets left behind.
13. Potential Hazard: **Losing a runner**
Action Required: Running groups to stick together, runners to muster at frequent intervals and faster runners to run back to bring in slower runners. Runners to select a running group consistent with their ability. Approximate pace of group will be made clear by leader before run commences.



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RISK ASSESSMENT

14. Potential Hazard: **Asthma**

Action Required: To be advised to group leader or fellow runners in a social run. Asthmatics must always carry an inhaler. Asthmatics should not run if they are suffering badly or fear an attack is imminent. **clyderunners** cannot offer advice on whether conditions are suitable for the condition suffered. Decision to take part or not is left to the discretion of the individual but they run at their own risk

15. Potential Hazard: **Other medical conditions**

Action Required: To be advised to group leader or fellow runners in a social run. Any appropriate medication to carried on the run. The decision whether or not to run must be left to the discretion of the individual. **clyderunners** cannot offer advice on whether conditions are suitable for the condition suffered. Decision to take part or not is left to the discretion of the individual but they run at their own risk

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