

Risk assessment

Lingfield Running Club

Last update: 2/07/2024

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
Health - runner collapse on road run	Runners. Possible heart attack	<p>Ensure you/your group have a mobile phone.</p> <p>Carry an ID tag of some sort with emergency (ICE) contact details.</p> <p>Give other runners at the club a rough idea of the route you expect to run and return time.</p> <p>Get defib if possible/call 999.</p> <p>Individuals to take responsibility for their ability/health. Check with www.runnersmedicalresource.com</p> <p>Recommending 'what three words' location app to members.</p> <p>Ran Basic Life Support training for members 2023</p>				

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Health - runner collapse on off road run	Runners. Possible heart attack	<p>Ensure you/your group have a mobile phone.</p> <p>Carry an ID tag of some sort with emergency (ICE) contact details.</p> <p>Give other runners at the club a rough idea of the route you expect to run and return time.</p> <p>Get defib if possible/call 999.</p> <p>Individuals to take responsibility for their ability/health. Check with www.runnersmedicalresource.com</p> <p>Recommending 'what three words' location app to members.</p> <p>Ran Basic Life Support training for members 2023</p>				
Runner collapse at cross country race	Runners. Possible heart attack or injured in fall	<p>If the event has First Aid cover alert them. Club to take defib to race (races don't normally provide) Call 999</p> <p>Ran Basic Life Support training for members 2023</p>	<p>Take a club First aid kit/ nominate a First aider.</p> <ul style="list-style-type: none"> • If a defib arrives switch it on and follow the instructions • Minimize interruptions to CPR when attaching the pads to the victim 			
Runner collapse or injury at road race	Runners. Possible heart attack or injured in fall	<p>Road races all provide medical cover</p> <p>Ran Basic Life Support training for members 2023</p>				

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Runner collapse or injury at club race	Runners. Possible heart attack or injured in fall	Club to take defib to race finish. Call 999. Club to be able to take defib to collapsed runner Ran Basic Life Support training for members 2023	Take a club First aid kit/ nominate a First aider. <ul style="list-style-type: none"> If a defib arrives switch it on and follow the instructions Minimize interruptions to CPR when attaching the pads to the victim 			
Runner collapse or injury on club training session - track	Runners. Possible heart attack or injured in fall	Club to take defib to venue. Call 999. Club to be able to take defib to collapsed runner. Ran Basic Life Support training for members 2023	Take a club First aid kit/ nominate a First aider. <ul style="list-style-type: none"> If a defib arrives switch it on and follow the instructions Minimize interruptions to CPR when attaching the pads to the victim 			
Runner collapse or injury on club training session - road	Runners. Possible heart attack or injured in fall	Club to take defib to venue. Call 999. Club to be able to take defib to collapsed runner. Ran Basic Life Support training for members 2023	Take a club First aid kit/ nominate a First aider. <ul style="list-style-type: none"> If a defib arrives switch it on and follow the instructions Minimize interruptions to CPR when attaching the pads to the victim 			

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Club member collapses/is injured at the club	Club member	Call 999 Access club defib/or get defib from Community Centre Ran Basic Life Support training for members 2023	Use Victoria club First aid kit. <ul style="list-style-type: none"> If a defib arrives switch it on and follow the instructions Minimize interruptions to CPR when attaching the pads to the victim 			
Runner fall	Runners. Injury through slip/trip	Runners to wear suitable footwear for the conditions. If icy runners to be cautious. Runners to be on the lookout for potential slip/trip hazards. Runners individually responsible for having the right footwear. Recommending 'what three words' location app to members	n/a			
Runner collides with fixed object: tree, post	Runners. Injured by collision.	Runners to be on the lookout for potential collision hazards especially at dusk/darkness Recommending 'what three words' location app to members	n/a			
Runner collides with pedestrian	Runners. Collision leading to fall. Pedestrian. Injured by collision.	Pedestrians have priority. Runners to give pedestrians a wide berth, especially at nighttime. Runners give an approach/passing warning to pedestrians. Recommending 'what three words' location app to members	n/a			

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Runner collides with horse	Runners. Harmed by impact or resulting fall. Horse. Harmed by rearing up, scaring, bolting. Rider. Harmed by fall from horse	Horses to be given a wide berth, walk past if space is restricted Recommending 'what three words' location app to members	n/a			
Runner collides with road traffic/car/bike	Runners. Harmed by crash resulting crash. Bike rider, harmed by resulting crash	Day time - avoid dark dull coloured clothing. Run on pavement where possible. If wearing headphones they must be bone headphones. Be very aware of possibly not hearing approaching vehicles. Chose safe road crossing points and if in a group coordinate the crossing. Recommending 'what three words' location app to members	n/a.			
Cows in fields	Runners injured by stampeding cattle	If any concern walk quietly (NOT RUN) through fields with cows. Cows will chase somebody running. Or don't enter the field at all. If still worried have an escape plan in mind. Recommending 'what three words' location app to members	n/a			
Running in poor visibility/nighttime	Runners. Injured by not being able to see obstacles or being injured by others e.g. cars, not able to see them	At night/dusk Hi Viz/reflective clothing to be worn. All runners to have suitable torch. Be considerate of other pedestrians. Recommending 'what three words' location app to members	n/a			

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Extreme weather: High/low temps Rain/wind	Runners. Harmed by dehydration, sunburn, hypothermia/hyperthermia	Carry water if very hot and run distance requires. Use sun cream. Consider wearing a cap. Wear suitable clothing to cope with wind/rain/cold taking into account run distance and run location (eg low level or on the Downs). Recommending 'what three words' location app to members	n/a			