

PRESTATYN RUNNING CLUB – RISK ASSESSMENT

Generic risk assessment applicable to all club members, run leaders and guests

REF	RISK CLASS	TASK/ACTIVITY/ ENVIRONMENT	HAZARDS THAT MAY BE PRESENT OR BE GENERATED	WHO MAY BE HARMED BY THE HAZARD	ACTION TO MITIGATE THE HAZARDS & REDUCE RISKS	ADDITIONAL INFORMATION AND/OR PRECAUTIONS
1	Group Safety	Venue/location issues	Poor or no street lighting in certain areas (especially on trails)	PRC & guests	Use head torches/body lights. Run leaders to advise on 'dark' routes & advise use of torches & hi-vis clothing	Dark routes should be advertised on the event page beforehand to make sure runners have lights with them
2	Group Safety	Venue/location issues	Potholes, tree roots, slip & trip hazards	PRC & guests	New routes to be assessed before taking a group on a run. Extra care required to avoid the potholes/tree roots, etc. Where necessary, Run Leaders to pause the run & point out obstacles to runners. Walk if unsure of foot stability	All new routes should be risk assessed beforehand. The route should be explained to runners before the start of the session & hazards called out during the run. When running between the TA & Nova, using the pavement on the TA side of the road avoids the worst of the tree roots on that section
3	Group Safety	Venue/location issues	Traffic & other road users	PRC & guests. Public/road users	Be aware of vehicles using car parks at Ffrith & High School. Wait/meet away from the main traffic flows. Look out for turning vehicles in carpark & at entrance	Busy roads with no street lighting must be avoided during winter months. Busy roads with no pavements should be avoided & thought should be given to this when arranging social runs.

4	Group Safety	Participant ability	Participant ability related to known medical issues & fitness levels	PRC & guests	<p>All participants should be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual & they run at their own risk.</p> <p>Those with on-going conditions (eg asthma or diabetes) must advise their run leader of their condition & carry their medication during each session. Asthmatics should not run if they are suffering badly or fear an attack is imminent.</p> <p>Expectant mothers should seek doctors advice prior to running with the group.</p>	<p>A list of individuals contact details and medical conditions is to be collected and retained by run leaders in case of emergency at club sessions/social runs.</p> <p>Individuals should be referred to their GP if there is any doubt about fitness. Participants must include a next of kin contact on registration form.</p>
5	Group Run Safety	Individual Safety	Injury/illness unreported by participant	PRC & guests	Carry out visual check & health/injury enquiry before every session	
6	Group Run Safety	Individual Safety	Inappropriate clothing. Visibility of individuals & group. Footwear	PRC & guests	<p>Clothing should suit conditions. Hi-vis/reflective tops should be worn especially in low light conditions. A visual check should be carried out before the session. Run leaders to carry spare hi-vis vests</p>	<p>Suggested clothing should be advertised on events page on facebook before the run starts</p>

7	Group Run Safety	Individual Safety	Possible dehydration or low energy	PRC & guests	During hot weather, runners should be advised to carry water/rehydration powders on runs.	Run leaders to have mobile phones with them and emergency contact list
8	Group Run Safety	Individual Safety	Injury through inappropriate mobilisation & warm up for the session	PRC & guests	Leaders to encourage runners to warm up before the session starts	Suggest on all run events that runners arrive 15 mins early in order to warm up before the session starts
9	Group Run Safety	Individual Safety	Injury & Illness during session	PRC & guests	Next of kin details should be available. First aid must only be given if currently qualified. Injured or ill runners will be accompanied back to base by a responsible participant or accompanied until assistance arrives. Group leader to advise next of kin if hospitalisation is required	Be aware of Defibrillator locations around Prestatyn. A location list can be found below for 24/7 defibs - . Scala Cinema (High Street) . Prestatyn Butchers (High Street) . Tiny Tots Day Nursery (Meliden Road) . Boots the Chemist (Retail Park) . Prestatyn Railway Station (High Street) . And Now To Bed (High Street) . Prestatyn Fire Station (Marine Road) . Tennis Club (Gronant Road) . Pendyffryn Club (Victoria Road) . Festival Church (Victoria Road) . Prestatyn Sailing Club (Barkby Beach)
10	Group Run Safety	Individual Safety	Getting Lost	PRC & guests	Run Leader to have a map of route (mobile device, GPX, watch, etc where possible)	Route maps to be available on facebook events page
11	Group Run Safety	Individual Safety	Losing a runner	PRC & guests	Running groups to stick together, appointed run leader to encourage looping back where front runners run	Where possible and depending on group numbers, an experienced runner

					back to collect those at the back. Remind runners to select a paced group that is consistent with their ability	will be designated 'tail runner' to support the back of the group
12	Environment	Traffic and road crossings	All traffic, including other runners, members of the public, cyclists. Crossing roads and non paved roads	PRC & guests. Public/road users	Use any and all crossings provided as a prudent pedestrian. Cross as a group where practical to minimise disruption to other traffic, and maximise runners' safety. Take personal responsibility. Respect all other road users. Follow the Highway Code. HEAD PHONES & IN EAR DEVICES INCLUDING BONE CONDUCTION WILL NOT BE USED DURING PRC SESSIONS – EXEMPTION ONLY FOR HEARING IMPAIRMENT DEVICES	Busy roads, with no pavements or street lighting, should not be used, especially during winter months. eg the road down from Saints to the One Stop shop. When risk assessing social runs, busy, bendy, country lanes should be avoided where no pavement is available. Leaders to make sure groups do not use headphones, in-ear devices and bone conducting devices during sessions.
13	Environment	Weather	Variation in weather conditions, making it too hot, cold, wet or slippery	PRC & guests. Public/road users	Run Leaders to decide if conditions are not conducive to run. Emphasis to be placed on hydration in hot conditions. In cold, slippery conditions advise that foot, leg or other injuries could occur and that falls are likely. Ensure that hi-vis is not obscured by outer layers. Route changes to be considered if the weather is particularly rough along the coastline.	

14	Environment		Littering or disruption to the local eco system /infrastructure	PRC & guests	The club has zero tolerance and investigation would be required	
15	Under 18s	Safeguarding	Run Leaders must have undergone DBS check where a group includes anyone under the age of 18	PRC under 18 years old		
16	Group Runs	Livestock and Animals	Risk of injury, harm or threat from livestock or animals	PRC & guests	Pre-run briefing to raise awareness of any livestock on the route. Where livestock has young with them (e.g. a field of cows with calves), a route variation should be made	If any animals are encountered on the route, a change to the route may be necessary to avoid panicking the animals
17	Safeguarding	Under 18s	Risk that under 18s may overexert themselves on a senior session	Under 18s	Route, distance and pace to be shared in advance. Run leaders to check in at the start of the run to establish ability. Limit distance of runs for under 18s joining to 10k	
18	Inclusion and Diversity	Club members participating in club runs	Group Run Dynamics	PRC & guests	The club will try all means possible to include any diverse members of the community. Members should feel comfortable contacting the welfare officers or chairman. A Mental Health Champion is also available for guidance	Members should be aware of method of contacting chairman, welfare officers and mental health champion
19	Accident/ Incident/ Fatality	Club night sessions	Potential for an accident/incident/ fatality	PRC & guests	In the event of an accident/incident/fatality, the run leader will complete the accident	https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/?fbclid=IwAR0PlpBd0-RxhPHf6hflQLHy7-D893le47f-

					form available from the UKA website – link attached	vUMDpjovLNNwSl6XCvRBnBA&mibext id=xfxF2i
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Reviews Jan 2025 (next review due Jan 2026)