

## RISK ASSESMENT CLUB NIGHT ACTIVITIES

### **HAZARD – Musculoskeletal Injury from running activities**

WHO/HOW - Risk of Injury to Club Members from slips, trips, falls or over exercising

MITIGATION – Encourage all to warm up/warm down

Plan routes according to weather conditions – avoiding dark paths, slippery paths during winter months

Plan varied routes to accommodate all fitness levels

Ensure new runners are supported by more experienced, ideally a Run Leader or Coach

First Aid trained members to make themselves known to committee members

RESPONSIBILITY FOR MITIGATION – All club members.

### **HAZARD - Club Members getting lost on route**

WHO/HOW – If members run alone and do not know the route/area

MITIGATIONS – Encourage members to run in a minimum of pairs, no-one to be left behind

Planned routes made available before setting off

Members to sign out and back on run nights

Members to carry telephone number for Brickfields Sports Centre (or Run Leader on away runs)

RESPONSIBILITY FOR MITIGATION - All club members

### **HAZARD – Club Member becoming ill on club night**

WHO/HOW – Members taking ill during a run

MITIGATIONS – Members not to attempt a run unless confident they can finish

Members run in pairs so have company to support

First Aid trained members to make themselves known to Committee Members

Members to make committee aware of any underlying health complications which may impact them so prompt support can be arranged

First aid trained members to make themselves known to committee members

RESPONSIBILITY FOR MITIGATION – All club members

### **HAZARD – Injury or harm to Young Person**

WHO/HOW – Members under the age of 18

MITIGATIONS – Under Age members must be accompanied at all times – ideally by a committee member

Club Committee to be aware of underage members