

## Headington Road Runners Risk Assessment

May 2024

Many risks can be mitigated simply by - “Running Together”.

Run together in groups making sure that nobody is left behind.

If you start together, finish together. Ensure that everyone is accompanied by someone until they return safely.

Call out hazards\* to other runners. Wear high-vis clothing after dark.

		Ref	Nature of hazard	Risk	Likelihood	Impact	Mitigation
<i>Location specific</i>	OXS RAD car park	OXSRA D.1	Vehicle hazards	Moving vehicle collision with runner or cyclists	Low	High	Remind members need to maintain situational awareness when crossing or congregating in the car park.
	OXS RAD	OXSRA D.2	Theft	Theft of personal items	Medium	Low	Remind members not to leave personal items in vehicles or unsecured in the centre, but to put them in the lockers provided.
	OXS RAD distancing	OXSRA D.3	Maintaining recommended distance	Close proximity before runs start leading to COVID-19 spread	Low	Low	When social distancing is required, members should congregate on the playing fields next to OXS RAD while keeping the recommended distance apart. Face coverings should be used in OXS RAD when recommended.
	OXS RAD users	OXSRA D.4	Hazard perception	Other users of OXS RAD facility may have limited mobility or perception	Medium	Low	Runners should be aware and respectful of other users of OXS RAD.
<i>Activity specific</i>	Role of leader	Run.1	Hazard awareness	Foreseeable hazards not considered in advance	High	High (potentially)	Before leading a run, leaders should consider hazards specific to their activity and highlight these to group members before starting the run. Leaders (and preferably at least one other group member) should carry a phone, and count the members of their group to ensure that they finish with the correct number of group members.
	Collision hazards	Run.2	Hazard perception	Runners may not perceive hazards leading to collisions	High	Medium	Runners at front of group should call out hazards* to warn other runners in group.
	Dark evenings	Run.3	Hazard perception	Poor visibility in darkness leading to collision with objects or trips	High	Medium	After dark, runs should take place on well-lit roads or pavements, or with head lamps.
	Wet weather	Run.4	Slip risk	Wet weather leads to slippery conditions underfoot	High	Medium	Warn runners to take care during pre-run briefing.

	Icy weather	Run.5	Slip risk	Ice on ground causes slip risk	Medium	Medium	No running to take place if snow or ice covers ground. Warn runners to take care and to wear appropriate footwear during pre-run briefing if patchy ice or snow.
	Stormy weather	Run.6	Personal injury	Storms may cause: falling trees/branches, lightning strike, sudden downpours	Low	Medium	Warn runners of conditions, consider delaying, cancelling, or re-routing run.
	Personal safety	Run.7	Assault	Runners may be subject to assault	Low	High	Runners run together in groups ensuring that nobody is left behind. Warn runners and pay extra attention when running through high-risk areas. At least one member of each group should carry a phone.
	Personal safety	Run.8	Harassment	Runners may be subjected to verbal harassment	Medium	Low	Runners run together in groups, do not respond or acknowledge verbal harassment.
	Ill health	Run.9	Sudden ill health	Runners may experience ill health during or following running	Medium	High	Runners run together in groups, ensuring nobody runs alone. If a runner experiences an issue and stops, ensure someone stays with the person, while keeping a required distance if necessary. Call emergency assistance if required. Runners should not engage in a run if they feel unwell and should communicate any underlying health conditions (e.g. diabetes mellitus, asthma) and the treatment action to take, to at least one other group member, if they feel comfortable doing so. Run leaders and coaches should familiarize themselves with the closest source of medical aid (e.g. hospitals, defibrillators <sup>†</sup> ) Each runner should consider their fitness level prior to engaging in the activity. A <a href="#">physical activity readiness questionnaire</a> could be conducted prior to beginning any new activity.
	Running injury	Run.10	Injury incurred	Runners may become injured while running	Medium	High	Runners run together in groups, ensuring nobody runs alone. If a runner experiences an injury, ensure someone (preferably two people, at least one with a phone) stays with the person, and accompanies them back if necessary. Call emergency assistance if required. Ensure the runner is kept warm.
	Run distancing	Run.11	Maintaining recommended distance	Close proximity when running leading to COVID-19 spread	Low	Low	When distancing is required, runners should keep the required distance from each other when running. Leaders choose routes where this is achievable without losing group members. Running group size should be consistent with COVID-19 guidelines and should be appropriate for the route (i.e. large groups may be suitable for open parkland but not for narrow, city-centre streets).
	Lost runner	Run.12	Personal safety	Runner becomes separated from group and lost.	Medium	Low	Leaders count number of runners and regularly ensure everyone is present. Group ensures that nobody runs alone. Runners ensure that they join a group appropriate to their ability. New members, or those unfamiliar with the local area, should ensure that they acquaint themselves with the group. Runners joining or leaving an organized run mid-way through should make their actions known to the rest of the group.
	Dark evenings	Run.13	Hazard perception	Other road/cycle-path users do not see runners in the dark leading to collision risk	High	High	Runners should wear hi-vis clothing and/or head lights when running after dark.

							Runners should keep to pavements where possible and avoid entrenching on cycle paths or roads.
	Offroad dark runs (e.g. Shotover runs)	Run.14	Personal injury	Runners may become injured while running	Medium	High	Offroad runs in dark conditions increases the likelihood of injuries from unseen hazards. Runners should remain in a group and no runners should be separated from the group. High viz and head torches should be worn and appropriate footwear for the terrain. Run leaders should brief the group on the length and terrain of the run prior to the start of the run and warn of any observed hazards (e.g. roots, brambles, branches, holes etc ...).
	Road traffic	Run.15	Road hazard awareness	Dangers from road traffic	High	High	Cross roads together at crossing points where possible. Do not cross dual carriageways unless at a controlled crossing point. Minimise running on roads without pavements, if on such a road, keep to right side in single file.
	Road users	Run.16	Hazard awareness	Runners may cause alarm to pedestrians or animals	Medium	Medium	Take care and keep an appropriate distance when passing pedestrians and cyclists, especially children, or the elderly or frail. Give lots of space when passing animals. Avoid running through fields with livestock, slow to a walk if necessary.

Key	Likelihood	Impact
High	Frequent – would be expected to occur at least monthly without mitigation	Serious – risk to life, risk of permanent disability, or irreparable loss.
Medium	Occasional – would be expected to occur at least once a year without mitigation	Substantial – risk of injury that would take many months to recover, or the loss of difficult to replace assets.
Low	Rare – expected to occur less than once per year.	Minor – an injury that may take a few days to recover, or the loss of replaceable assets.

\* Hazards include, but are not limited to: uneven terrain (e.g. grass/mud, curbs, tree roots, uneven paving, cobbles, speed bumps, potholes, raised drains), bollards/posts obstructing the path, low-hanging undergrowth (e.g. brambles, branches), construction equipment (cones, bollards, fencing), bodies of water (canal, river, lake), busy roads and/or cycle paths, pedestrians, cyclists, road vehicles, impairment to visibility (e.g. smoke, fog, bright light, darkness), disease (including COVID-19).

Please note, hazards may change between the seasons, so run leaders should be aware that conditions may change over time.

†Map of defibrillators: [https://www.google.com/maps/d/u/0/viewer?mid=1wSGm2qldRywQb3M\\_B4I4b39i672qs4cA&ll=51.737712407395264%2C-1.1952462765785654&z=16](https://www.google.com/maps/d/u/0/viewer?mid=1wSGm2qldRywQb3M_B4I4b39i672qs4cA&ll=51.737712407395264%2C-1.1952462765785654&z=16)

Interval session location description	What Three Words	Closest defibrillator(s)
Arlington Drive	Tribune.hook.with	Old Marston Library (OX3 0PH) Northway Community Centre (OX3 9RU)
Cuttleslowe Park	Pythons.comply.finders	Bowls Pavilion (OX2 8ES) Oxford Hawks Hockey Club (OX2 8EQ) Summertown Library (OX2 7JN)
Harberton Mead	Loss.jumps.gentle	Rye St Antony Independent School Oxford (OX3 0BY) Headington School (OX3 7TD)
Headington Hill Park	Filer.soil.trio	Rye St Antony Independent School Oxford (OX3 0BY) Headington School (OX3 7TD)
Horspath track	Track.snack.water	Horspath Sports Ground (OX4 2RR) Oxford Community Support Service (OX3 7SE)
Marston Ferry Road	Bolt.truly.overnight	Old Marston Library (OX3 0PH) Northway Community Centre (OX3 9RU) Oxford City and County Bowls Club (OX2 7EE)
OXSRAD	Carbon.hero.photo	Old Marston Library (OX3 0PH) Northway Community Centre (OX3 9RU)
South Parks	Famous.skills.stow	The Leys Family Solutions Service (OX4 1JP) East Oxford Community Centre (OX4 1DD) Cheney School (OX3 7QH)
Staunton Road	Clues.hogs.plants	Old Marston Library (OX3 0PH) Northway Community Centre (OX3 9RU)
Summertown end of Marston Ferry Road	Chose.traps.heavy	Oxford City and County Bowls Club (OX2 7EE) Ferry Leisure Centre (OX2 7DP) Oakthorpe Dental Centre (OX2 7BD)

#### References.

- <https://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm>
- <https://www.uka.org.uk/governance/health-safety/risk-assessments/>
- [https://wiki.parkrun.com/index.php/Risk\\_Assessment](https://wiki.parkrun.com/index.php/Risk_Assessment)

- [https://www.google.com/maps/d/u/0/viewer?mid=1wSGm2qIdRywQb3M\\_B4I4b39i672qs4cA&ll=51.737712407395264%2C-1.1952462765785654&z=16](https://www.google.com/maps/d/u/0/viewer?mid=1wSGm2qIdRywQb3M_B4I4b39i672qs4cA&ll=51.737712407395264%2C-1.1952462765785654&z=16)