



## **Bentham Beagles Running Club**

### **Approved Routes and Risk Assessment**

#### **Routes**

1. Bentham Beagles Running Club hold a portfolio of approved routes for summer and winter. These routes have been risk assessed in accordance with the UKA Approved Code of Practice.

#### **Risk Assessments**

2. Risk assessment has been carried out for the following:
  - a. From Clubhouse. Winter Routes setting out in the hours of darkness;
  - b. From Clubhouse. Summer Routes setting out in daylight to return in daylight;

#### **Assessment Coverage**

3. Any events organised by Bentham Beagles Running Club are covered under their own specific risk assessments. Training runs undertaken by individuals or groups of club members are not covered by this assessment. Members are expected to consider the risks of taking any particular route before setting out.
4. Bentham Beagles Running Club hold and use a portfolio of approved routes for summer and winter club night runs. These are updated as required with current information. A key safety requirement when choosing winter routes is the need for the route to be reasonably well lit and to have pavements wherever possible. The use of some summer routes will be dependent on the weather conditions and state of undergrowth (i.e. in late summer).
5. Normally all activities will have a coach present (or a senior member of the club), but this is not a mandatory requirement. The lead coach or club member for each training session will decide which route to use and determine its suitability based on the weather conditions or any other relevant factors. Safety announcements as required are made to participating members before each activity.
6. It is assumed that all club members will have clothing and footwear appropriate for the training conditions. Hi-Visibility/Reflective garments are not provided by the club but can be purchased or borrowed during club nights from the Club Secretary.

## Assessment

7. This Risk Assessment has been carried out using guidance provide by UK Athletics Approved Code of Practice. The assessment covers only persons who are taking part in the above club activities and covers any potential physical injury only. Each activity will be subject to a risk assessment reviewed annually, or as required if there has been significant change to the routes or locations of that activity.
8. Risk Categories are:
  - a. Severity
    - i. Minor injury, immediate first aid only.
    - ii. Moderate injury/illness requiring >3days.
    - iii. Death/serious injury/high losses.
  - b. Likelihood
    - i. Unlikely, very low probability.
    - ii. Fair chance/probable.
    - iii. Very likely almost.
  - c. Risk
    - i. L - Low risk – Coaches must ensure control measures are adhered to and in place.
    - ii. M - Medium risk – Coaches must ensure control measures are adhered to and in place.
    - iii. H - High-risk - Coach or club member to review activity if they consider personnel to be at high risk.
9. The risk assessments shall be reviewed annually or if any significant changes are made to the course our route of club runs. .

Last Reviewed by Committee: 30<sup>th</sup> October 2011