

Lancaster Runners

Health & Safety statement and Risk Assessment

Health & Safety Statement

Lancaster Runner's health & safety policy is to protect club members and members of the public at club events by following the Lancaster Runner's Risk Assessment

Club night Risk Assessment

Risk Area	Hazard / Risk	L/M/H Risk	Who is at risk	Measures to be taken to reduce risk	L/M/H Risk after measures
Route to training location	Athletes leaving club HQ to go to the start location for training & getting lost.	Low	athletes	Regular Announcements	Low
Training Start	Large numbers of athletes standing in start area.	Low	Athletes Members of the public	Holding time is kept to a minimum.	Low
Start	Slips, Trips, Falls	MediumLow	Athletes Members of the public	Safety brief made on the start line.	Low
Route	Athletes getting lost	Low	Athletes	The routes are clearly designated. Lead bike may be available.	Low
Route	Obstructions & the Public	Low	Members of the public.	Warning signs around the course. Lead Bikes to inform members of the public of the event and duration.	Low
Route	Traffic	Medium	Athletes Members of the public	Verbal safety briefing at the start.	Medium

Route	Traffic	Medium	Athletes Members of the	Verbal safety briefing at the start.	Medium
New / inexperienced participants	Illness Injury Getting lost	Low	New athletes	Clear briefing, group members aware , lead bike	
Weather	Dehydration Hyperthermia Cramps Sickness	Medium	Athletes	Athletes advised to carry water, and dress suitably for the weather & light conditions	Low

Venue Risk Assessment

Risk Area	Hazard / Risk	L/M/H Risk	Who is at risk	Measures to be taken to reduce risk	L/M/H Risk after measures
Entering & leaving club HQ	Slips, Trips, Falls	Low	Athletes Members of the public	Advise of any hazards on the day	Low

Medical Risk Assessment

Provision has been made for the treatment on the most common foreseeable injuries including;

- Abrasions, cuts and sprain
- Head injuries from trips and falls
- Aggravation of pre-existing medical conditions eg. Asthma, Cardio-Vascular Disease, Diabetes
- Cardiac Arrest

Associated Tasks	Measures
Assessment of appropriate medical cover required for the event.	Medical service coverage assessed in accordance with UKA Good Practice Guide to Medical Services, exceeding where possible.