

## EVENT RISK ASSESSMENT

|                                |   |
|--------------------------------|---|
| Location & Date of Event       | <b>Within the usual running area of any member of Ilkeston Running club, Usual Start Time 19:00</b> |
| Event Organiser Name & Address | <b>Ilkeston Running Club. C/o Mr A Bower 12 Park Avenue, Ilkeston, Derbys, DE7 5DH</b>              |
| Description of Event           | <b>Club Training Night</b>  |

### Step 1

**Hazards** – Are anything that you could reasonably expect to harm people under the conditions of the event. Consider the examples listed below and if in your opinion any of them could result in significant harm place a tick in the adjacent box. If you consider that additional hazards (not listed) may be present and cause significant harm, write these into the spaces at the end of the list and tick the boxes.

**General Hazards:**

- Vehicle hazards (reversing, manoeuvring, loading/unloading)
- Slipping hazards (wet, slippery, unclean or badly surfaced floors)
- Tripping hazards (trailing cables & any object/article that could cause trips/falls)
- Environment Hazards (poor lighting, noise, low/high temperature, weather conditions, sunburn)
- Falls from height and being struck by objects falling, thrown/flying or moving
- Electric shock (faulty or inappropriate electrical equipment or working near to exposed live conductors)
- Hazardous chemicals (exposure to dusts, fumes, flammable, toxic, irritant, corrosive)
- Biological Hazards (from Animals/Insects)
- Fire/Explosion/Burns (Flammable liquids/gases, gas cylinders, ignition/heat sources)
- Lifting/Moving/Handling (Lifting, carrying, storage, stacking, mechanical aids)
- Moving parts of Machinery
- Lack of appropriate or well maintained equipment
- Lack of appropriate or well maintained protective wear
- Inadequate information/instruction/training
- Unsafe systems of work
- Violence/abuse/harassment

**Specific Hazards**

- Startling horses/riders , walkers & cyclists**
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### Step 2

## Who Might be Harmed?

Any Participants  
Other personal coming into contact with Participants

## Step 3

**Estimate the Risk** – for the hazards present, and taking account of any precautions already in place to prevent harm, estimate the risk of anyone being harmed. (Do the precautions; meet the standard set by legal requirement, represent good practice, reduce the risk as far as is reasonably practicable?) Use the table below to rate most likely harm and how likely it is to occur.

| <b>Hazard</b> – write the significant hazards identified in Step 1 below, then rate harm, likelihood and risk | <b>Harm (A)</b><br>e.g. 2 | <b>Likelihood (B)</b><br>e.g. 2 | <b>Risk (A x B)</b><br>e.g. 4 |
|---|---------------------------|---------------------------------|-------------------------------|
| <b>1 Interaction with vehicular traffic - collisions</b>  | 2                         | 2                               | 4                             |
| <b>2 Startling dogs, horses or people</b>   | 1                         | 2                               | 2                             |
| <b>3 Slips, trips and falls</b>   | 2                         | 1                               | 2                             |
| <b>4 Dehydration &amp; heat stroke</b>  | 2                         | 1                               | 2                             |
| <b>5 Exposure - Cold, Wet and Wind</b>  | 2                         | 1                               | 2                             |
| <b>6 An injury occurring to an athlete and the need to support that athlete</b>                               | 2                         | 1                               | 2                             |
| <b>7</b>  |                           |                                 |                               |
| <b>8</b>  |                           |                                 |                               |
| <b>9</b>  |                           |                                 |                               |
| <b>10</b>   |                           |                                 |                               |

### Table - Risk = Harm (A) x Likelihood (B)

| <b>Harm</b>                               | <b>Likelihood (of harm occurring)</b> |
|---|---------------------------------------|
| 1. Minor Injury/illness (No Lost Time)    | 1. Highly Unlikely                    |
| 2. Injury/illness (up to 2 days off work) | 2. Unlikely                           |
| 3. Injury/illness (over 3 days off work)  | 3. Probable (may or may not happen)   |
| 4. Major Injury/illness                   | 4. Likely                             |
| 5. Fatality                               | 5. Highly Likely/Certain              |

## Step 4

### Are the Risks Adequately Controlled?

An agreed car parking area will be advised to the Participants

A safety briefing will be held before the start of a session. Details of the course and any specific hazards will be advised by the appointed "Leader" of the event. All runs should be well known/familiar or have been recently reconnoitred by the "Leader".

Particularly in the darker winter months all runners should wear bright clothing and or Hi-vis and head torches.

The "Leader" should ask if anyone has any injuries or health issues that he/she should be made aware of before the session begins. I

Try to avoid busy trails and narrow paths. If meeting pedestrians, runners, horse riders and cyclists the group should move to the side to let them pass.

At least one member of the group must have access to a well charged mobile phone to summon help in the event of an emergency.

The "Leader" is responsible for a head count at the start and at the end of the session.

## Step 5

**Further Action Necessary to Control Risk.** If in your judgement any of the numbered risks in Step 3 are not adequately controlled what could you reasonably do to prevent harm occurring to anyone. Priority goes to risks affecting large numbers or those risks highly likely to occur and result in serious harm. Apply the principles of risk reduction in the following order. Can the risk be **Eliminated**, **Substituted** (with something less harmful), **Separated** (from people using a barrier), **Following a Safe System of Work and/or using Personal Protective Equipment or Clothing**. Don't overlook training or facilities. List below the risks not adequately controlled and the action you will take to prevent harm. If action is required from other agencies/people list these below.

All risks adequately controlled by the measures taken above

**Assessor Name (Please Print) Alan Bower**

**Role Ilkeston Running Club Secretary**

**Signature A J Bower**

**Date 3rd Jan 2023**