

Risk Assessment and Safety Brief for Off-Road Social Run Session.

Take account of general weather conditions. If deemed to be hazardous cancel run.

Grouping

- Runners should be pre-booked onto the group run (normally one group as social run at the speed of slowest runner).
- If restrictions are in place then separate groups will be made available to book onto. If available, runners should be pre-booked onto a group of their chosen ability.
- When in doubt they should book onto a slower group – they can't change group on the run!
- Register of attendance taken by coach/leader and checked against list of booked participants. Register retained by coach for COVID records (in case needed by NHS test and trace)
- Runners must be on time with minimal waiting, ready for a prompt start.

Prior to session

Safety brief by Coach.

This to include:-

- no injuries/illnesses
- Confirm that no-one has had contact with anyone with COVID symptoms or been instructed to self-isolate
- route to be taken
- distance
- expected running time
- likely hazards that could be en route and how to avoid them, including trip and slip hazards.
- likely risks associated with running with dogs, split group if needed.
- nominated group leaders
- no use of earphones as this renders user unable to hear directions/warnings etc
- run discipline (see below in 'during run')
- dark evenings and night runs - **safety bibs and lights/headtorches – no bib and lights/headtorches - no run!**
- adequate and serviceable clothing/off-road footwear for conditions

During run

- Observe social distancing. Remain minimum of 2m apart and be aware of the aerosol effect
-consider other users – it's their space too!! Actively avoid pedestrians, (give way/swerve) give them plenty of space and move past them as quickly as possible.
- if running on road with no pavement, always face traffic in single file
- cross roads at correct places or when told to do so by coach or group leader
- be aware of traffic from side roads
- make sure there are plenty of stops to re-group.
- Leader should ensure they keep track of all participants, by deploying a person to become the back marker. On difficult terrain split into different paced groups with group leaders and back markers and re-group later.
- Leaders to carry first aid pack for any minor injuries from trips and falls.
- Should serious medical injury occur an ambulance will be called via mobile phone, flagging down a car or going to the nearest house. Leaders to carry first aid and space blankets to keep injured person warm if necessary. Leaders to have mobile phone. Use face mask and gloves/hand sanitiser for any first aid.

After run

- To avoid injury, always gently stretch as part of cool down.
- Keep warm, body temperature drops quickly on cessation of exercise.