



Challenge Central Running Club (CCRC) offer an approachable path into the world of running for adults. The group can accommodate casual runners and beginners who are just looking to get off the couch through to more experienced runners with a specific goal or target in mind.

So whether you are just looking to burn a few extra calories or want to achieve that lifelong goal of completing a marathon or anything in between, ask the Running Leader about Challenge Central Runners.

To the best of the knowledge of CCRC, the information presented on this website is believed to be correct. The group does not accept responsibility for any actions taken on the basis of this information, neither does it accept any liability for omissions or errors of facts contained within.

Please note, runners must be over 17 or run with a parent / guardian.

## **Challenge Central** **RISK ASSESSMENT and HEALTH and SAFETY**

### **INTRODUCTION**

To ensure that the CCRC minimise risk to it's members and to the general public, it is necessary all sessions take place in a safe environment.

With a running club, it is difficult to alleviate every area of risk and therefore the Group Leaders will do their best to provide a 'Duty of Care' for all members in the group.

Whilst the group leader will do everything within their control to assist in the management of risk, by being a member of the group it is essential to acknowledge that you are ultimately responsible for your own safety and property.

Any member who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP, or a suitably qualified health professional before considering participation.

Runners have a responsibility to do their best to prevent harm to themselves, their running partners and members of the public. As individuals, it should be acknowledged by all group members that they owe a duty of care to not wilfully injure themselves or others by their negligent acts or omissions.

### **RISK ASSESSMENT**

Running carries a certain amount of risk and those taking part in any running or associated activity (e.g. cross training) need to be aware of those risks in order to minimise and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated with increased fitness, health, well-being and longevity just to mention a few.

Risk assessment does not only serve to protect the members, we also have a responsibility to ensure that non-participants, property and animals are not harmed by any of our members.

Personal risk management during running needs to be a dynamic process. Due to the ever changing environment which makes running exciting and enjoyable, much can be done in preparation before running to ensure that risks that are foreseeable are appropriately managed. For example when running at night on or near roadways wearing something white or reflective and looking left / right and left again before crossing a road.

All of our sessions are carried out on the road or cross country and therefore the risk assessments below are to be used in conjunction with an ongoing risk assessment conducted by the Group Leader carrying out the session.

### COMMON RISKS

The following guidance is intended to help members assess and to control risk and form part of CCRC's terms and conditions.

There are some factors common to all CCRC's activity regardless of the type of area we are running in.

CCRC's policy is:-

- Members are to not wear headphones or listen to personal players during sessions.
- Members will dress appropriately during sessions to ensure they can be seen at all times by members of the public and other group members.
- Members are to wear appropriate running footwear.
- Members will follow the Highway Code and be aware of other road users, cyclists, pedestrians and animals.
- When running at night every effort will be taken to run in well-lit areas.

### Road Running

Where possible, CCRC will avoid running routes that cause us to cross roads. Where crossing is necessary, a safe route to cross roads using bridges or underpasses, or use crossings or traffic islands will be used.

We cannot assume that car drivers can see us. Members should wear something visible when running on or across traffic routes. At night white clothes or clothes with reflective strips or a head torch will help you be seen. On roads with no path, run towards oncoming traffic so you can take evasive measures if necessary.

### Off Road Running

Members should be aware of uneven ground; potholes; loose stones; slippery surfaces; debris; ditches and streams. Be aware of tree roots; animals; overhanging branches and off-road vehicles.

### RUNNING SESSION

Group Leader Responsibilities:

- Remind members that they should have warmed up prior to the session.
- Ensure that a first aid kit is available.
- Ensure that you have a mobile phone.
- Check reflective / hi-visibility tops during darkness.
- Clearly outline route where possible by reference to a map, outlining any particular hazards.
- Break the group into manageable units and ensure that unit leaders know that the group must stay together. Runners should be split into ability groups. Where the group includes a session leader or nominated person they should be aware of the numbers in their group, keep watch for back markers and check all are coping with the session. Members are expected to look out for each other at all times.
- Ensure that all runners are accompanied or in reasonably close proximity of other members.
- During the session you will maintain an ongoing assessment and if necessary change the route or terminate the session.
- Ensure runners cool down and debrief regarding any hazards or difficulties.

#### Members Responsibilities:

At CCRC, all members are expected to take responsibility for their own actions and safety. They should follow the following guidelines:

- Ensure properly warmed up.
- Ensure suitably dressed.
- Ensure you clearly know the route and are happy with the proposed distance.
- Experienced runners will already be aware of many of the possible risks and should play their role in looking out for newer members of the group.
- Inform the group leader if you notice any hazards or incidents that may have an impact on yourself or other members during the session.
- Seek medical advice from your Doctor if you have a pre-existing medical condition that you think may place you at increased risk when running.
- Notify your group leader of any specific medical condition(s) or when returning from long term injury or a debilitating illness.
- Carry inhalers or any other treatments you might need and ensure your running partner and group leader are aware.
- Following illness or injury, take a conservative approach to resuming training.
- Members are responsible for knowing your own limitations and bringing them to the attention of the group leader.