

Sandbach Striders

Club Routes Risk Assessment - March 2025

Assessed by Louise Dawson

Hazards identified	Activity (i.e training, club run, Summer Series)	Persons at risk	Current risk factor (low, medium, high)	Actions taken to minimise risk
Not knowing runners in group/losing runners	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	Spond app is used to record runners taking part in all club activities. Different pace groups are listed on Spond, so runners can allocate themselves to the appropriate group. Group leaders are assigned to each pace group. Welfare Officer/committee gives regular reminders to all members to use Spond so we know who is taking part and when. Members secretary/committee ensures all new runners are assigned a group/person responsible on first runs.
Large running groups: causing hazards for other roads users, i.e. blocking footpaths/roads, bumping into members of the public.	Monday training, Wednesday club runs, Sunday socials	Club members, members of the public	Medium	Different pace groups are listed on Spond, so runners can allocate themselves to the appropriate group. Group leaders are assigned to each pace group. Group leader will assess participant numbers and suggest splitting group into smaller groups if needed. Group leaders to encourage single file running where necessary to allow space for all road users.
No warm up/warm down undertaken leading to injury	Monday training, Wednesday club runs, Sunday socials	Club members	High	Monday training and Wednesday club runs: LIRF trained run leaders to lead group warm up at rugby club/training venue before all runs. Sunday socials: run leader to ensure all runners are appropriately warmed up or lead warm up if necessary. Group leaders to be responsible for the warm down of their individual pace groups.

Distance is too far for some runners, leading to runners being left behind	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	Distance to be decided upon by each pace group before the start of the run, to ensure all participants are comfortable with the distance. Group stays together at all times and/or musters. Group leader/all participants to ensure no runner is left behind.
Runners getting lost	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	Route to be decided upon by each pace group before the start of the run. Maps of routes to be provided, where possible, ahead of time, or group leader ensures all participants know where they are going. Group stays together at all times and/or musters. Group leader/all participants to ensure no runner is left behind.
Collisions with other road users or cause feelings of intimidation to members of the public - i.e. pedestrians, cyclists, wheelchair users, horses	Monday training, Wednesday club runs, Sunday socials	Club members, members of the public	Medium	All runners to be aware of surroundings and other road users. Small group numbers. Different routes to be taken by different pace groups, where possible, to avoid too many runners passing through the same areas at the same time. Runners to run in single file when passing other road users. Runners to alert others in the group of other road users. No headphones to be used on club nights, to ensure runners can be alert to, or be alerted by fellow runners to other road users. Runners to stay on footpaths at all times, or run the right on country lanes.

Uneven ground and pot holes causing trips, slips and falls, leading to injury.	Monday training, Wednesday club runs, Sunday socials	Club members	High	Routes to be decided upon by each pace group before the start of the run, so all runners are aware of the terrain to be run/potential hazards. Front runners to alert group of uneven surfaces and make them aware of pot holes. Runners to run spaced apart, so all runners can see the path ahead and avoid potential hazards.
Bollards, posts etc, which runners may run into/trip over, causing injury.	Monday training, Wednesday club runs, Sunday socials	Club members	High	Routes to be decided upon by each pace group before the start of the run, so all runners are aware of the terrain to be run/potential hazards. Front runners to alert group of bollards and posts, so that they can be avoided. Runners to run spaced apart, so all runners can see the path ahead and avoid potential hazards.
Overgrown pathways, potentially causing trip hazards and hiding uneven ground, leading to runners falling and injuring themselves.	Monday training, Wednesday club runs, Sunday socials	Club members	High	Routes to be decided upon by each pace group before the start of the run, so all runners are aware of the terrain to be run/potential hazards. Front runners to alert group of overgrown paths and any hidden uneven ground, so that the group can slow down and safely navigate the area. Runners to run spaced apart, so all runners can see the path ahead and avoid potential hazards.
Potential collisions with other road users when crossing roads.	Monday training, Wednesday club runs, Sunday socials	Club members, other road users	Medium	All runners to use official road crossings/traffic islands where possible. All runners to cross where they are clearly visible to other road users (not on blind bends) All runners to wear bright/high vis clothing when running. All runners to ensure roads are sufficiently clear before crossing, ensuring the safety of everyone.

Potential collisions with other road users when passing driveways and junctions	Monday training, Wednesday club runs, Sunday socials	Club members, other road users	Medium	<p>All runners to be alert to emerging traffic and inform other members of approaching hazards.</p> <p>All runners to ensure junctions are clear and safe to cross before proceeding.</p> <p>All runners to cross where they are clearly visible to other road users (not on blind bends)</p> <p>All runners to wear bright/high vis clothing when running.</p>
Narrow footpaths, leading to potential collisions with other road users and vehicles.	Monday training, Wednesday club runs, Sunday socials	Club members, other road users	Medium	<p>Where possible, run routes are to avoid narrow paths.</p> <p>Runners to run in single file when passing other road users and to avoid stepping into the road.</p> <p>Where needed, runners to stop and step to the side to allow other road users to pass by.</p>
Country lanes - no footpaths and blind bends leading runners to run in the road and potential collisions with cyclists/vehicles	Monday training, Wednesday club runs, Sunday socials	Club members, other road users	High	<p>All runners to wear bright/high vis clothing when running.</p> <p>All runners to run on the right hand side, facing oncoming traffic.</p> <p>Runners to cross over to the other side of the road on blind bends, so they are still visible to all road users.</p> <p>Runners to run in single file when passing other road users.</p> <p>No headphones to be worn so that all runners are aware of traffic approaching from behind.</p>
Risk from animals/pets causing trip hazards or bites	Monday training, Wednesday club runs, Sunday socials	Club members and members of the public	Medium	<p>All runners to be aware of and give space to dog walkers, to avoid tripping over the dogs and leads.</p> <p>Space also given to dogs and owners to ensure they are not aggravated by runners passing by.</p> <p>All runners to be aware of and alert other runners to other animals on paths, including cats and birds, so they can avoid the hazard safely.</p>

Dark nights leading to runners not being visible and/or tripping over uneven ground.	Monday training, Wednesday club runs, Sunday socials	Club members, members of the public	High	<p>All runners to wear bright/high vis clothing and lights when running, so they are visible to other road users and pedestrians.</p> <p>All runners to wear lights, so they can see the path ahead and avoid potential hazards.</p> <p>All runners to use official road crossings/traffic islands where available.</p> <p>Welfare officer/committee to regularly encourage all runners to ensure they are visible and wearing lights.</p>
Hot weather/exposure to the sun, causing runners to overheat, leading to dehydration and potential heat exhaustion, as well as sunburn.	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	<p>All runners to ensure they are sufficiently hydrated, wearing sunscreen and appropriate clothing/hats as necessary.</p> <p>All groups to adjust their pace and slow down, to ensure all runners are well and able to keep up.</p> <p>Welfare officer/committee to remind/encourage all runners of the above, when hot weather forecast.</p> <p>In extreme heat, the committee will cancel runs if unsafe.</p>
Ice/snow/surface water, causing slips and falls, leading to injury.	Monday training, Wednesday club runs, Sunday socials	Club members	High	<p>All runners to slow down and be aware of slippery surfaces.</p> <p>All runners to be aware that potential uneven surfaces, trip hazards and pot holes may be covered by snow/surface water and puddles.</p> <p>Front runners to alert other members of upcoming hazards.</p> <p>In extreme cold weather and icy conditions, the committee will cancel runs if unsafe.</p>

Medical events/emergency, i.e. sprained ankles, broken bones, cardiac arrest	Monday training, Wednesday club runs, Sunday socials	Club members	High	<p>Qualified LIRF's are trained in first aid and at least one is always present at all club activities.</p> <p>General members are offered access to and training in basic life saving skills, CPR and defibrillator use, at least every two years by a qualified instructor.</p> <p>Welfare officer to regularly post location of defibrillators in nearby areas on group FB page.</p> <p>All runners to ensure no one is left behind and if an injury occurs, a fellow member will walk back with the injured party or stay with them until help arrives.</p> <p>Runners to carry charged mobile phones with them to call for help if needed.</p> <p>All runners encouraged to fill in the medical information on their phones if not already.</p>
Additional risks assessed for off-road routes:				
Uneven ground when running along fields, tracks and canal towpaths, causing trips and falls, risking injury to runners and falling into the canal, potentially drowning.	Monday training, Wednesday club runs, Sunday socials	Club members	High	<p>Routes to be decided upon by each pace group before the start of the run, so all runners are aware of the terrain to be run/potential hazards.</p> <p>Routes are to be run across sign posted public rights of way only, to ensure they are as clear/maintained as possible.</p> <p>Runners to run spaced apart, so all runners can see the path ahead and avoid potential trip hazards.</p> <p>Pace should be slowed down to allow all runners to keep up and minimise risk of trips and falls.</p> <p>Group leader to alert runners about uneven ground in ploughed fields and on tracks.</p> <p>Runners to run away from the water's edge when by the canal.</p>
Risk of slips and falls when crossing stiles, causing injury to runners; risk of injury caused by trapping limbs/fingers in gates when passing through.	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	<p>Stiles and gates are to be navigated one at a time, to ensure sufficient space and time for each runner to cross.</p> <p>Runners to hold on to stiles when crossing to avoid tripping and falling.</p> <p>Gates to be held for each runner passing through to avoid gates hitting and causing injury to runners.</p>

Risk of falling and injury to runners when passing through water crossings, due to unseen hazards below the water line.	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	All runners to slow down and pass through the water slowly to minimise risk of tripping/falling over. Runners to pass through official/sign posted water crossings only.
Livestock in the fields - risk of injury caused by being charged at/trampled, injury risk from touching electric fences.	Monday training, Wednesday club runs, Sunday socials	Club members	Medium	Where possible, runners to avoid running through fields with livestock in. When passing through a field with livestock, runners will slow down and walk if required to avoid spooking the animals. Runners to pay attention to signs and directions to avoid coming into contact with electric fences.
Tractors/farm machinery on routes, potentially blocking routes, passing close to runners	Monday training, Wednesday club runs, Sunday socials	Club members, members of the public	Low	Runners will stick to public rights of way only when running through fields/tracks. If required, routes will be amended to avoid fields with active farm machinery in them. All runners to wear bright/high vis clothing to ensure they are visible.



Action by whom	Action date	New risk factor (low, medium, high)
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Medium

Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low

Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Low

Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Low

Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Medium

Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Medium
Club members, committee	Ongoing	Low

Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low
Club members, committee	Ongoing	Low