

UNIVERSITY CLUB			
OXFORD UNIVERSITY CLUB – RUNNING SECTION 2010/ 2011 Date: 01/ Aug/2010			
<i>Activities usually carried out by the Running Section starting and finishing at the University Club. (Road and Cross-Country)</i> <i>This Risk Assessment will be reviewed on an annual basis and advertised on the webpage.</i>			
HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Running Alone. Possibility of assault, personal injury with no other members to assist.	Organized sessions to encourage runners to train with fellow members. Club sessions are 1.00pm on a Tuesday and 7.00pm on a Thursday. All sessions depart from the University Club.	High Severity x Low likelihood	The University Club provide central changing and social facilities to encourage participation in organized sessions.
Runners becoming lost.	Routes are discussed in detail prior to starting. New members unfamiliar with the area can be partnered with an experienced member.	Low severity x medium likelihood.	Route maps are circulated in advance of the run.
Running in the Dark. Runners face the danger of being in collision with vehicles or simply from not being able to see the road surface/kerb etc.	Runners are encouraged to wear light coloured or reflective clothing, or to avoid running in the dark. The University Section should run on routes which are well lit areas during the hours of darkness.	Med Severity x Med likelihood	None.
Crossing Roads. Runners	When crossing roads members should cross	High Severity x Low	None.

could be involved in a road traffic accident.	where possible in well lit areas. Routes should avoid crossing major roads at rush hour. Subways and footbridges should be used wherever possible.	likelihood	
Cold/Hot weather. Runners can suffer from dehydration on long runs.	Advice should be given by section members on the correct clothing to wear in the specified conditions. Regular intakes of water during warm conditions should be considered. Hand bottles could be used.	Med Severity x Low likelihood	The length of route is chosen to be appropriate to the weather conditions.
<u>Uneven Ground</u> leading to injuries ranging from shin splints to sprained ankles etc	Correct footwear should be used and routes should consider the ground conditions and weather conditions.	Med Severity x Med likelihood	None.
<u>‘Known medical Conditions’</u> e.g. Asthma, Epilepsy etc	Members are required to let Committee members know if they have a medical condition e.g. asthmatic and as a result need to carry suitable medication.	High Severity x Low likelihood	Membership Forms are completed.
<u>Inexperienced Runners.</u> Inexperienced runners will have a greater chance of injury due to the lack of knowledge about the Sport and knowing their limitations.	Advice should be given on good warm-up (stretching and light jogging) and routes and distances should be considered when new members join. More Experienced runners should run alongside inexperienced runners during runs to check they are coping with the run. Suitable cool downs should be in place. Those on a run should ensure that all runners return after a run.	Med Severity x Low likelihood	All runs from the University Club will be led by a nominated ‘Activity Leader’ who will be responsible for the safety and welfare of the whole group and who will make decisions if an accident/injury takes place.
<u>Injury through insufficient warm-up.</u>	Allow time for warm-up before the start of an organized run.	Low Severity x High likelihood	
<u>Someone sustaining an Injury whilst on a training run with no medical attention or assistance at hand.</u>	The University Club provide First Aid Cover at the club but when out on a run in the event of an injury being sustained or a section member feeling unwell the club should either a . Find the nearest phone and call 999 (if it is that serious) b . A member of the club remains with the injured party whilst a club member goes for help.	High Severity x Low likelihood	<ul style="list-style-type: none"> • Upon an incident occurring, the activity leader should be informed at the earliest possibility to allow him/her to decide an appropriate course of action. Additionally, a qualified first-aider should also be informed if possible. • Where possible, a member of the club should stay with the injured party whilst help is requested. • If it is possible for the injured party to walk back to the Club building, a member of the club should go with them. • If it is not possible to walk the injured person back to the club, help should be requested from the Club

			Reception, or from an ambulance if the injury is deemed severe enough. Where practical, the activity leader should carry change to call the Club from a public telephone box (999 calls are free): Tel: Ox. 271044
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