



Generic Risk Assessment for Road Running

Hazard: Running on pavements, country footpaths, cycle paths, bridle paths and roads.

Who/How affected: General public, runners, cyclists, horse and road traffic. Tripping on holes, uneven pavements or footpaths, collisions with road furniture and interaction with pedestrians or road traffic causing accidents resulting in abrasions, strains, sprains or fatal injuries.

Control Measures: Official crossing points (Zebra/ Pelican/Underpasses/Bridges) of roads should be used together with running on the pavement where available.

The runner must be aware of the potential hazards likely to be encountered. Particular hazards of the route to be taken should be reminded to runners but ultimately when using pavements, bridle paths or roads the runner is governed by the '[Highway Code](#)'.

Self-awareness is required.

Club Meeting Point: Hawkinge Hurricanes Running Club (HHRC) have kindly been given permission by Hawkinge Community Centre, Hawkinge for HHRC members to park their vehicles within the carpark. Cars are left at own risk and the council cannot be held responsible for any theft or damage.

HHRC members are to use designated footpaths provided to make their way to club warm up point where coach and leaders will be in attendance.

Club Warm-up Point: HHRC meet for warm up on the public grass area outside the Community Centre. This is a public area and courtesy must be given to other members of the public. Warm-up to be led by qualified Coach or Leader.

Health and Safety Issues for:

Adult road running groups from Hawkinge Hurricanes Running Club, using public highways and Track session provided at Julie Rose Stadium, Ashford. These sessions are to enable people to train with likeminded individuals and due to the nature of the training a runner may not be supervised for 100% of the time.

Hawkinge Hurricanes Running Club does not support membership applications from under 18's.

Training apparel must be appropriate for the task.

During periods of poor visibility, it is the runners' responsibility to be seen by wearing high visibility clothing or a high visibility tabard or band. Tabards are available from the club coach free of charge if needed.

recommended - Do not wear headphones. The use of MP3 players can create a danger to the wearer and those around them. People wearing them cannot hear vehicles or other road or footpath users.

Due to the potential hazards given above, Hawkinge Hurricanes Running Club cannot be held responsible for injuries sustained while attending one of these sessions as conditions are outside our control. We recommend runners obtain insurance if concerned.

Hawkinge Hurricanes Running Club is insured independently.

An independent Risk Assessment for Hawkinge Community Centre is available upon request.