



Risk Assessment

The below risks are specific to Darlo Runners, their leaders, volunteers, and participants. Each issue will be given a rating of risk and controls in place to reduce the risk category.

The risk categories are as follows:

HIGH – There is a high risk of this specific hazard, which is unacceptable.

MEDIUM- There is a moderate risk of this specific hazard, which is adequate.

LOW- There is a low risk of this specific hazard, which acceptable and favorable.

The below risk assessment was completed by Founder/Leader Chloë Louise Turner

Hazard	Risk	Controls in place	New Risk
Participant could fall and injure their selves.	HIGH	Participants will be advised to wear high visibility and lights when running in the dark. All runs will aim to be in well-lit areas, on public footpaths lit by Darlington Council Street Lights to ensure best visibility when possible. Participants will be advised to wear appropriate footwear. Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Walk if conditions are particularly difficult.	LOW
Getting Lost/ Losing Runner	HIGH	Participants advised to stick together, appointed leaders/volunteers to encourage mustering where front runners run back to collect stragglers. Remind runners we will be dictating pace by the slowest runners. Group Leader to be familiar with area and have plotted route beforehand.	LOW
Adverse Weather Conditions	HIGH	Advise runners to wear kit appropriate to the conditions. If conditions are extreme, run to be postponed/cancelled at discretion of Group Leader. Remind runners to use high factor sun cream and stay hydrated if extremely hot.	LOW

Hazard	Risk	Controls in place	New Risk
Participants with Asthma	MED	Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.	LOW
Participants with medical conditions that could effect their running	MED	Must inform Group leader. Any appropriate medication to be carried on the run. The decision whether to run is left to the discretion of the individual but they run at their own risk.	LOW
Running in the Dark	HIGH	Runners always encouraged to wear light or reflective clothing. Strongly Advised to wear lighting to ensure full visibility. Wherever possible stay on routes with street lighting, and encourage care when crossing roads.	LOW
Traffic	HIGH	Wear reflective clothing and lights - be seen. Stay on pavement as far as possible. If forced to run on the road stay to the right (facing traffic). When crossing road use pedestrian crossing if possible. Everybody to check for traffic, don't just follow the crowd. Leader/Lead runners to shout warning to following group if traffic approaches unexpectedly.	LOW
Injuries caused by bumping, jostling or sudden stopping	MED	Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Runners to always be aware of the people in front of them.	LOW
Unexpected Obstacles on public pathway	HIGH	Leader/Lead runners to advise following group of any unexpected hazards which he/she may come across e.g. roadworks, cyclists, bollards, street furniture, broken slabs, wheelchairs, overhanging foliage, dog mess, road signs, holes, kerbs and slippery surfaces by shouting a clear warning.	LOW
Running with Dogs	MED	Participant running with their dog to be advised to keep dog on a short leash and to run at either the front or rear of the group to prevent tripping hazards. Participants running with their dogs, do so at their own (and their dogs) risk.	LOW
Running with Children	MED	All children to be accompanied by an adult participant. Adult supervising must be within 2 Metres of their child. Adult is solely responsible for their child and allows their child to run at their own risk.	LOW
Participant falling unwell on run	HIGH	Participants advised not to run if they are feeling unwell before the run. Participants must run with a phone or an emergency contact to ensure their own safety. Participant to advise the Leader if, at any point on the run, they become unwell. Participants to be reminded at the beginning of each run- that they run at their own risk	LOW