



Annex iii: Approved Routes and Risk Assessment

1. Routes

- Bitton Road Runners hold a portfolio of approved routes for summer and winter. These routes have been risk assessed in accordance with the UKA Approved Code of Practice.

2. Risk Assessments

- Risk assessment has been carried out for the following:
 1. From Oldland Abbotonians FC Clubhouse. Winter Routes setting out in the hours of darkness;
 2. From Oldland Abbotonians FC Clubhouse. Summer Routes setting out in daylight to return in daylight;
 3. Winter Hill training;
 4. Summer track training (along the Bath / Bristol Cycle Track)
 5. Summer Hill Training (land next to Warmley Station)
 6. Juniors track training

Assessment Coverage

- Races organised by Bitton Road Runners are covered under their own specific risk assessments. Training runs undertaken by individuals or groups of club members are not covered by this assessment. Members are expected to consider the risks of taking any particular route before setting out.
- Bitton Road Runners hold and use a portfolio of approved routes for summer and winter club night runs. These are updated as required with current information. A key safety requirement when choosing winter routes is the need for the route to be reasonably well lit and to have pavements. The use of some summer routes will be dependent on the weather conditions and state of undergrowth (i.e. in late summer).
- Normally all activities will have a coach present (or a senior member of the club), but this is not a mandatory requirement. The lead coach or club member for each training session will decide which route to use and determine its suitability based on the weather conditions or any other relevant

factors. Safety announcements as required are made to participating members before each activity.

- It is assumed that all club members will have clothing and footwear appropriate for the training conditions. Hi-Visibility/Reflective garments are not provided by the club but can be purchased or borrowed during club nights from the Club Secretary.

3. Assessment

- This Risk Assessment has been carried out using guidance provide by UK Athletics Approved Code of Practice. The assessment covers only persons who are taking part in the above club activities and covers any potential physical injury only. Each activity will be subject to a risk assessment reviewed annually, or as required if there has been significant change to the routes or locations of that activity.
- Risk Categories are:
 - Severity
 1. Minor injury, immediate first aid only.
 2. Moderate injury/illness requiring >3days.
 3. Death/serious injury/high losses.
 - Likelihood
 1. Unlikely, very low probability.
 2. Fair chance/probable.
 3. Very likely almost.
 - Risk
 - L - Low risk – Coaches must ensure control measures are adhered to and in place.
 - M - Medium risk – Coaches must ensure control measures are adhered to and in place.
 - H - High-risk - Coach or club member to review activity if they consider personnel to be at high risk.
- The risk assessment is currently at Issue 2, November 2009 and shall be reviewed annually.

Accepted/reviewed by the Committee: Sept 2010



- South Gloucestershire Council has developed the following risk assessment procedure for the Yate Outdoor Sports Centre.
- Bitton Road Runners “lead coach” will assess whether the track and training conditions are acceptable prior to the commencement of the training session using the following process.

YOSC RISK ASSESSMENT

<p>WORKPLACE: YOSC</p> <p>LOCATION : ATHLETIC ARENA ; TRACK</p>

HAZARDS	RISKS IDENTIFIED	RISK (Likelihood x Severity)
1) Inclement weather - icy / wet / snow covered surface	Slipping/falling – personal injury	2 x 2 = 4
2) Throwing areas not marked off or restricted using rope	Serious injury or death from throwing object	1 x 5 = 5
3) Track edging damaged / loose	Trip / fall at pace	1 x 3 = 3

4) Damage to track surface causing holes uneven running surfaces	Trip / fall at pace causing personal injury – cuts etc	1 x 3 = 3
5) Line markings unclear / worn	Participant collision	1 x 3 = 3
6) Growth of foreign bodies / flora	Slip / trip at pace	1 x 3 = 3
7) Equipment not removed from track, or adjacent to the side of the track.	Trip / serious injury	1 x 3 = 3
8) Debris / litter on track	Slip / trip at pace	1 x 3 = 3

UNACCEPTABLE RISKS IDENTIFIED : N/A

0-8 = LOW RISK (MONITOR ONLY)

9-12 = MEDIUM RISK (REDUCE RISK IF POSSIBLE)

12 - 25 = HIGH RISK (IMMEDIATE REMEDIAL ACTION)

PERSONS AT RISK: ATHLETES / PUBLIC /MEMBER CLUBS / YOSC STAFF

HOW TO UNDERTAKE THE TASK:

- Track checked prior to use by staff / coaches
- Unfavourable weather conditions – prohibit use
- Grounds maintenance contract in place enforced by Streetcare Inspector and site manager
- Maintenance of track is formally monitored;
 - a) Health and Safety Audit (annual)
 - b) Certification Process (Bi-annual)
 - c) Staff Incident and Defect Reporting Procedures (ongoing)
 - d) Clubs to report all defects to operational staff
- Grounds maintenance contractor to identify throwing areas at start of season (physical barrier)
- Lines re-marked at 36 monthly intervals
- Surface damage repaired ad-hoc by specialist contractor
- Specialist athletic footwear to be used at all times
- Prevention of use for non-athletic events
- Club encourage to use lanes 3-8 for training
- Use of lane-inhibitors for club training
- All heavy track equipment moved using trolley with inflatable tyres
- All grounds maintenance activity to follow specification for access to and from the central arena ie. adherence to guidelines for vehicular access and use of bridging where necessary
- Staff to remove any windswept debris / litter immediately
- Access to central arena for football clubs via bridge

LIST OF PERSONAL PROTECTIVE EQUIPMENT/CLOTHING REQUIRED:

- N/a

ADDITIONAL INFORMATION TO BE PROVIDED TO EMPLOYEES / USERS:

- Supervisor to check track for damage at regular intervals
- Any defects to be noted on daily checklist for action
- Copy of UKA Approved Code of Practice Document (2000) available to all operational staff

FURTHER ACTION REQUIRED:

- User always provided with information regarding safe use of track
- Operational staff trained in equipment set-up / de-rigging (itemised on induction)

IS MONITORING AND REVIEW REQUIRED? (State dates):

- R A to be reviewed every 6 months or following accident or incident
- Certification issued May 2004

SIGNED (SUPERVISOR):ROB STIRZAKER DATE:23/11/04.....

BRR Risk Assessment				
No	Hazard Description	Consequences	Control Measures to Reduce Risk	Risk Rating
1	Hard physical effort – overdoing it	Leads to physical exhaustion, symptoms are feeling or being sick and faint.	Coaches to control activity to within group's abilities / limitations. All coaches have UKA qualifications.	L
2	Extreme weather such as: Rain Ice Snow Cold Heat Lightening Sun exposure	Slips Trips Falls Hypothermia Heat stress Dehydration Lightening strikes Sunburn	In extreme conditions coaches or committee members to make a decision on abandoning activity. Apply guidance in Club 'Running Safety' documents.	M
3	The possible presence of road vehicles, cyclists, and pedestrians.	Collisions leading to impact injuries, quick changes of direction causing falls and muscle twists.	Winter routes are chosen because they have footpaths and lighting, the use of high visibility/reflective clothing is recommended. Summer routes may include the above and also include country lanes public footpaths and bridleways. First Aiders list on club notice board and First Aid at clubhouse.	M
4	Unevenness of road, trails and footpaths	Slips, trips and falls.	Advising runners; to wear suitable footwear, be aware of risks during safety brief. First Aiders list on club notice board and First Aid at clubhouse.	M
5	Badly lit areas of the route	Slips, trips and falls, impact with structures i.e. bollards, bins foliage etc.	Coaches ensure no routes go through badly lit areas, in the event of sudden changes in weather conditions which reduce visibility it is the coach's responsibility to ensure the safe passage of the group through the area.	L
6	Physical or verbal abuse	Physical injury and distress.	Run in groups, no one is to run alone or be left behind. Run only on approved club routes unless redirected by a coach or group leader. Ensure new members are paired with a senior member of club. Apply guidance in Club 'Running Safety' documents.	L
7	Getting lost	Causes stress to runner and could lead to consequences as detailed in 2 and 6 above.	Run in groups, no one is to run alone or be left behind. Run only on approved club routes. Ensure new runners are paired with a senior member of club. Apply guidance in Club 'Running Safety' documents.	L
8	Deviating from the designated club routes	Getting lost, BRR unaware of the member's whereabouts could lead to consequences leading to any of the above.	If members wish to shorten a club route for whatever reason it is their responsibility to bring it to the attention of the club route organiser before commencing the route who will if possible assign a coach or competent person for the route. If the club route has commenced and the members then wish to deviate from the club route it is their responsibility to make the group leader aware of their intentions. Members advised never to deviate from the club route alone.	M
9	Using track facilities	As described in the documents referred to under control measures	Refer to the YOSC Risk Assessment document for detailed measures Refer to the UKA Code of Practice for track and field www.uka.org.uk	L