

Bellahouston Road Runners

Risk Assessment policy

- The club seeks to identify, and use where practical, the best advice and guidance for running safe training sessions.
- All routes/areas used are reviewed and assessed in advance, and a risk assessment agreed to cover it, in advance of a training session.
- Individual risk assessments:
 - Are reviewed at least yearly, and the date recorded of the most recent assessment.
 - Are updated when incidents occur, and prior to next applicable session
 - Are made available to all coaches, committee and club members, and feedback encouraged.
 - Stored in physical form, together with a map of applicable routes/loops, and available to lead coach.
- All coaches:
 - Ensure they are appropriately licensed and insured to lead sessions
 - Ensure they can access and review risk assessments
 - Familiarise themselves with risk assessments for sessions, and risk assessment policy
 - Should cancel or alter a planned session if necessary through weather, conditions, available support, or any other reason in their best consideration
- Lead coach for session:
 - Ensures coaches only lead sessions they are licensed and familiar with session/route they are, leading.
 - Reviews risk assessment prior to leading training on route. Ensures pre-training briefing covers appropriate detail on identified risks.
 - Records acceptance of risk assessment in coaching/incident log
 - Records all incidents, reported problems or concerns that occur during training within session, and reports as appropriate.
- Coaching sub-committee, and committee
 - Monitors completion of coaching/incident log
 - Ensure risk assessments are updated following incidents or problems
 - Ensures incidents are appropriately reported.
 - Ensures risk assessments are reviewed at least annually
 - Ensure risk assessments are produced/updated for new sessions.
 - Regularly review this policy
- Runners participating in a trained session
 - Should listen to all pre-run briefings, and follow instructions when given
 - Adhere to the club code of conduct
 - Take responsibility for their own conduct and actions, particularly when not complying with guidance, instructions or the specifically organised session.