**Risk Assessment and Action plan for Somerset RC tri “branded” runs**

**These are NOT coached sessions**

**Club “branded” sessions refers to any session posted on the club website or club members only Facebook group.**

As of March 2022 BTF guidance specifies that clubs can organise sessions with no coach or activator under the following remit.

*“Typically bike or run sessions (but could be any activity under the club’s operation) which are organised by clubs for club members, but they are not led by a coach or activator. They have no technical coaching or session plan in place. Coaches and activators may be involved as a club member participant only. Session ownership is taken on by the club and therefore it is included in the club’s risk assessment and action plan. There is no formal maximum number of participants, this should be determined by the club’s risk assessment and safety planning. Clubs must take account of both safety and public perception when allowing club sessions of this type, particularly when cycling on the open road. More care than usual should be taken to consider routes, weather, ability, confidence levels and space around members whilst training. Clubs should consider the group size according to these (and other) factors when completing their risk assessment and action plans. This type of session cannot be delivered to under 18s in any discipline, as they do not provide adequate supervision and safeguarding.”*

The following Risk Assessment is based on giving more detail about how the above can be followed and takes precedent over any other previously published document on the club website or Facebook group.

All club branded runs are to be sociable and inclusive.

Guest/taster runners are allowed for a maximum of two runs and these guests must also follow the guidance below.

**To successfully mitigate all risks all participants must**

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| **Risk identified** | **Level of risk** | **Risk mitigated by** |
| **All runners to always follow the laws of the road** |
| Injury/accident | Medium | All runners must* Be paid up club members.
* Be aware of the advertised nature of the run (distance, pace, route type).
* Be 18+ in age.
* Run in a group so as to have regard for pedestrians
* Follow the instructions of the nominated run leader at all times.
* In the event of serious injury, emergency services should be contacted. Only qualified and confident first aiders should attempt to help with a serious injury.
* Be aware that contact details are not always available (GDPR) and should let someone else on the ride know their emergency contact details.
* Share any injury that occurs during the run with the run leader.
* Run with due care for the weather conditions, road surface and traffic conditions.
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| Runner gets lost/dropped | High | * Average speed/pace is agreed to allow runners to join a group that suits their level of fitness.
* It is understood and accepted that at certain times the group may split up. Those at the front should slow down or stop to wait for the rest of the group when junction is reached. These runners are encouraged to turn around to pick up the slower runners as they approach. The slower runners should then be given time to recover from their efforts.
* Ensure that they know the proposed route and/or destination. This will be posted on club FB group prior to the run.
* Be aware of any runner that drop back in case of fitness or injury problem occurring.
* Run at a pace that is appropriate for all members of the group.
* Take personal responsibility to only join a run that they are capable of fitting in with – the nature of the run (distance, pace etc.) will have been available via the website/FB group.
* All the group should stop and assist if needed if someone has an injury/accident issue.
* Anyone needing a “comfort break” should inform others that they are having one.
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| New member/guest rider | Medium | * Other participants to share knowledge of routes, pace, usual faster /slower sections.
* New runner to inform group/leader of any issues that might affect involvement.
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| Group size too large | Medium | * Whilst gauging this is difficult given varying routes, traffic conditions and weather conditions, once the group reaches 15 consideration should be given to splitting up into two or more smaller groups, not necessarily based on fitness levels. Each group needs to have a leader (someone who knows the route/agreed destination).
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*Dated June 2022*