Lytham St Annes Road Runners Club
Risk Assessment for Senior Handicap

Area to be assessed: Summer and Winter Handicap routes.

General description: Pavements, pathways and minimal road crossings as advised along the route.

Hazard description: Uneven surfaces, obstructions, pot holes and other general hazards along the route. Inappropriate clothing and training with an injury.

Persons at risk: Athletes, Handicap organisers and other users of the area.

Action by Handicap Organiser:

- Before Handicap commences assess the route for potential hazards.
- If possible make known to Athletes of any hazards along the route.
- Inform Athletes of safest crossing points on the route and advise to avoid unnecessary road crossings.
- Advise participants to be aware of other users of pathways to avoid situations of conflict.
- Advise on clothing, including footwear, appropriate for the session.
- Ascertain if any Athletes are injured and if so advise them from activities that could cause further injury or be unsafe because of the injury.
- Senior Athletes are advised to take personal responsibility for their own medical fitness to take part in training session.
- Organisers to keep a list of Athletes taking part.
- Mobile phone and first aid kit to be carried.
- Access to a car to search along the handicap route if the last runner from the list of participants is unaccounted for 10 minutes after the previous runner has finished the course.

Last reviewed/updated: 02/2025