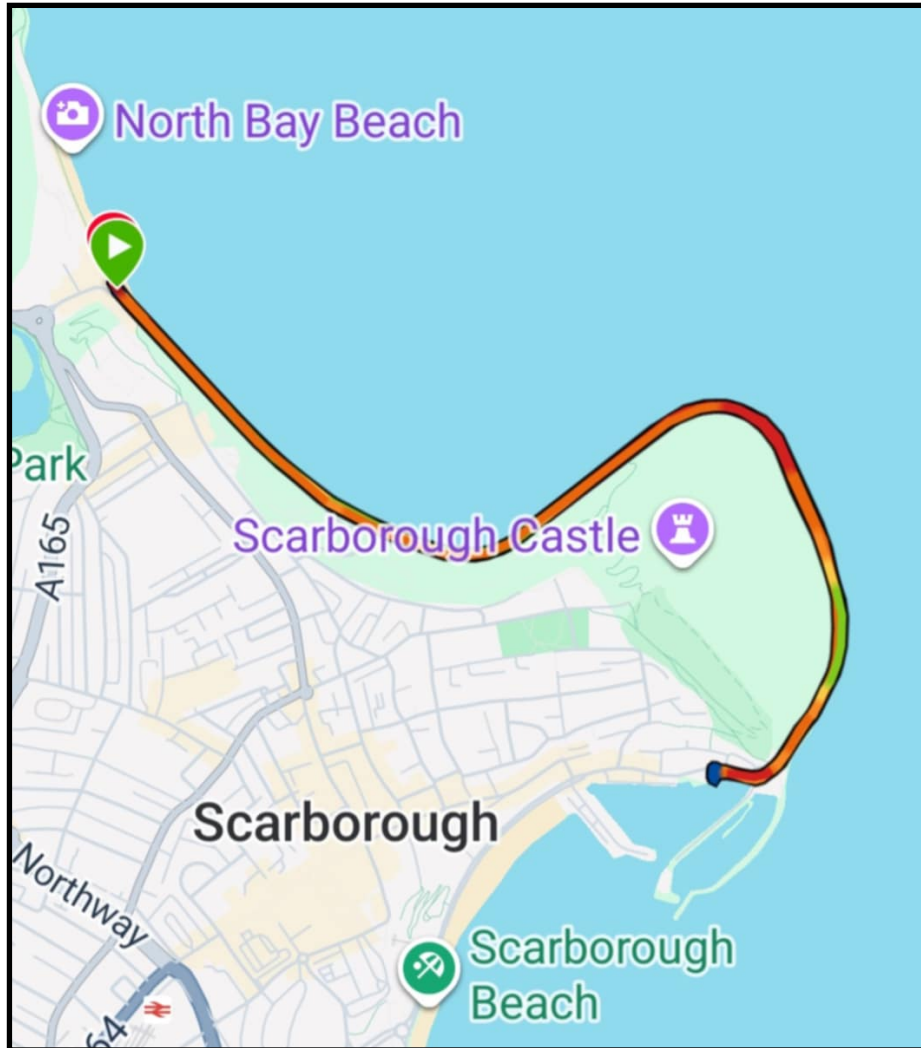
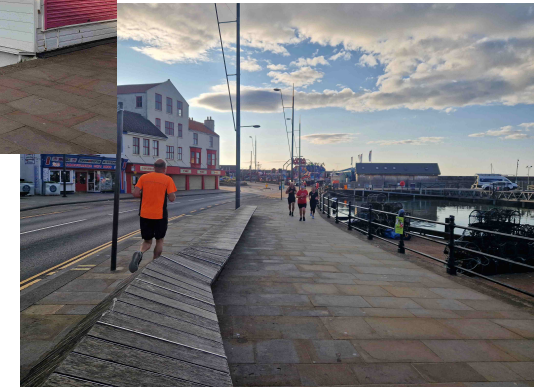


Rise and Shine Runners
Route 1



START: The Sands on Peasholm Gap

1. Head south along the sea front
2. Round the Castle Headland
3. Turn round at the long bench near the Rock Shop which is just past the East Pier (about 100 metres past the Toll House)



RISE AND SHINE RUNNERS ROUTE 1 RISK ASSESSMENT - HIGHLIGHTED YELLOW WHERE DIFFERENT TO GENERAL RISK ASSESSMENT

Hazard / Risk	Who might be harmed?	Likelihood	Severity	Existing Controls	Further Action / Notes
Slips, trips, falls (uneven ground, wet leaves, ice, mud)	All runners	Medium	Medium-High	We generally use the same route which has no road crossings - leaders assess routes in advance; reminders in briefing; regrouping; slower pace in poor conditions	Encourage suitable footwear (trail shoes in mud/ice); cancel if unsafe
Road crossings / traffic	All runners	Low	High	NO road crossings. Care if avoiding waves - don't step on the road	Use high-vis and headtorches in low light
Weather (heat, cold, wind, storms)	All runners	Medium	Medium-High	Leaders check forecasts; adapt distance/pacing; reminders about kit (layers, water, sun protection)	Cancel sessions if conditions severe (ice, storms, extreme heat)
Medical emergencies (collapse, asthma, cardiac, injury)	Individual runner	Low	High	Leaders carry phones; 999/111 guidance; regroup and never leave anyone alone	Share emergency contact info with admin; encourage runners to carry ID/ICE info

Getting lost / separated	Individuals, especially new runners	Low	Medium	Out and back route, high visibility. Tail runner always present; regrouping; leaders wait and point at junctions / turn points	Encourage all runners to bring phones
Harassment / unwanted attention (public or within group)	Individuals	Low	Medium	Group ethos: inclusive and supportive; leaders present; photos only with consent	Clear code of conduct; report and address issues quickly
Covid-19 / infectious illness	All runners	Low–Medium	Medium	Encourage not attending if unwell; outdoor activity	Update approach if guidance changes
Fatigue / overexertion	New/inexperienced runners	Medium	Medium	Ethos of 'no one left behind'; walking breaks accepted; leaders check wellbeing	Encourage gradual progression; signpost to run-walk options
Meeting point hazards (traffic, poor lighting)	All runners	Medium	Medium	Leaders arrive early to check space; gather away from roads	Choose safe, visible, well-lit start points
Data/privacy (photos, contact details)	Runners who opt out	Low	Low	Photo consent always requested; admin team handles contact info securely	Keep admin access limited; respect privacy requests