

CASTLE NEWNHAM SCHOOL – RISK ASSESSMENT

ACTIVITY: Community run/ride using the Strava app

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The Strava logo, consisting of the word "STRAVA" in a bold, orange, sans-serif font.

Signing up control measures:

Pupils to sign up using school emails only

Video guide on safety and advice on using social media sent out by PE department

Parental consent required before acceptance to CNS Club

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Running and walking risk assessments:

What are the hazards?	Who might be harmed?	Control measures	Actions for staff	Risk rating after measures (High/Medium/Low)
Inclement weather – making it too hot/wet or slippery to run	Pupils and staff	<ul style="list-style-type: none"> ● Parents to give appropriate advice to participants dependent on weather conditions, e.g. use of hat and sun cream in the heat and plan sessions accordingly ● Cancellation of sessions to be considered if weather conditions make it unsafe to run ● Alternative activity provided 	<ul style="list-style-type: none"> ● Staff to remind pupils to check weather and discuss with parents ● Staff to check weather and communicate/change plans if necessary ● Prepare alternatives sessions 	Medium
Traffic/road crossings on route	Pupils and staff	<ul style="list-style-type: none"> ● Participants at the start of the activity should remember to use crossings provided. Look both ways before crossing the road - you should stop and look before you cross any ● Try avoid using headphones so you can hear any traffic ● Cross as a group where possible (if running with a member of your household) ● Participants to take personal responsibility within their activity ● Pupils advised to go for a run with an adult so they can learn how to safely run 	<ul style="list-style-type: none"> ● Include safety reminders in pre run communication 	High

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		<ul style="list-style-type: none"> ● If possible run in parks where you do not have to encounter any traffic and the dangers that come with them ● Pupils to still remember pedestrians and bikes are also still a hazard to consider 		
Ground conditions – uneven/changing ground conditions	Pupils and staff	<ul style="list-style-type: none"> ● Plan your route before your run - discuss with parent/carer if necessary ● Plan and be aware of any uneven or changing grounds. ● Muddy conditions can make for uneven ground ● Ideally run somewhere with a route - parks are ideal for this 	<ul style="list-style-type: none"> ● Include preparation reminders in pre run communication ● Consider setting a pre run task to plan route 	Low
Injuries/illness through participation/medical conditions	Pupils and staff	<ul style="list-style-type: none"> ● Pupils to check with parents about any medical conditions which could prevent them from running ● Pupils to self-assess for any injuries they may have. Do not run if you are going to worsen an injury ● Pupils to complete an appropriate warm up and cool down activity ● If possible, pupils carry a phone to call for help from parents or carers should they encounter a problem or to be able to ring the emergency services 	<ul style="list-style-type: none"> ● Include medical safety reminders in pre run communication 	Low

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		<ul style="list-style-type: none"> ● Pupils to carry any medical kit they may need such as inhalers 		
Participants getting lost	Pupils and staff	<ul style="list-style-type: none"> ● Pupils plan and share route with the parents/cares before each run and explain the route at the start of the session ● Run with an adult or member of your household 	<ul style="list-style-type: none"> ● Include preparation reminders in pre run communication ● Consider setting a pre run task to plan route 	Medium
Inappropriate running kit/equipment	Pupils and staff	<ul style="list-style-type: none"> ● Participants should wear high vis/bright clothing particularly when running in the dark ● Appropriate footwear suitable to running ● Clothing which is weather appropriate ● Pupils to check with an adult that what they are wearing is appropriate to run in 	<ul style="list-style-type: none"> ● Include safety reminders in pre run communication 	Low
Other members of the public getting in the way of runners	Pupils and staff	<ul style="list-style-type: none"> ● Pupils need to be considerate of road users and stay off the road unless crossing safely ● In a park or pavement setting pupils need to stick to one side and always be looking to keep to the side to safely pass anyone who crosses your path ● Pupils to be aware that they may be overtaken by cyclists or other runners ● Pupils should avoid using headphones to be fully aware of 	<ul style="list-style-type: none"> ● Include safety reminders in pre run communication 	High

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		<p>their surroundings</p> <ul style="list-style-type: none"> ● Run with a trusted older member of your household before you are ready to run on your own ● Be considerate of other and plan for any potential problems react quickly to any potentially dangerous situation to avoid collisions 		
Covid restrictions	Pupils, staff and members of the public	<ul style="list-style-type: none"> ● Pupils should minimise time spent outside your home, but you can leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area ● You can exercise in a public outdoor place: <ul style="list-style-type: none"> ○ by yourself ○ with the people you live with ○ with your support bubble (if you are legally permitted to form one) ● in a childcare bubble where providing childcare ● or, when on your own, with 1 person from another household ● This includes but is not limited to running, cycling, walking ● Follow government guidelines ● of 1 run per day 	<ul style="list-style-type: none"> ● Include C-19 guideline reminders in pre run communication 	High

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		<ul style="list-style-type: none"> ● with the stated groups of people allowed by the government ● Check the latest guidelines: ● https://www.gov.uk/guidance/national-lockdown-stay-at-home#exercising ● Staff to make guidelines very clear in all instructions 		
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Cycling Risk assessment:

What are the hazards?	Who might be harmed	Control Measures	Actions for staff	Risk rating after measures (High/Medium/Low)
Inclement weather – making it too hot/wet or slippery to cycle	Pupils and staff	<ul style="list-style-type: none"> ● Parents to give appropriate advice to participants dependent on weather conditions, e.g. riding in heavy rain or icy conditions should be avoided where possible ● Avoid session if weather conditions make it unsafe to cycle ● Pupils to use common sense on weather and if it is safe to ride ● Check with a parent that the conditions are safe to cycle ● Check for the weather report to 	<ul style="list-style-type: none"> ● Staff to remind pupils to check weather and discuss with parents ● Staff to check weather and communicate/change plans if necessary ● Prepare alternatives sessions 	Medium

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		make sure you don't get caught out in poor conditions		
Traffic/road crossings on route	Pupils and staff	<ul style="list-style-type: none"> ● Participants should follow the rules of the Highway Code. ● Pupils will need to have the Bike-ability Program to be able to ride on the road: <p style="text-align: center;"><u>Essential Cycling Skills For Families</u></p> <ul style="list-style-type: none"> ● Staff to include reference to Bike-ability in instructions ● Avoid using headphones so you can hear any traffic ● Participants to take personal responsibility within their activity ● Pupils advised to go for a cycle with an adult so they can learn how to safely cycle - staff to make reference to this in instructions ● If possible ride in parks where you do not have to encounter any traffic and the dangers that come with them ● Pupils to still remember pedestrians and bikes are also still a hazard to consider 	<ul style="list-style-type: none"> ● Include safety reminders in pre ride communication ● Refer to cycling skills link in tasks set if necessary 	High
Ground conditions – uneven/changing ground conditions	Pupils and staff	<ul style="list-style-type: none"> ● Plan the route before your cycle and share with parents/carers if necessary 	<ul style="list-style-type: none"> ● Include preparation reminders in pre ride communication 	Low

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		<ul style="list-style-type: none"> ● Plan and be aware of any uneven or changing grounds. ● Muddy conditions can make for uneven ground 	<ul style="list-style-type: none"> ● Consider setting a pre ride task to plan route 	
Injuries through participation/medical conditions	Pupils and staff	<ul style="list-style-type: none"> ● Pupils to check with parents about any medical conditions which could prevent them from riding ● Pupils to self-assess for any injuries they may have ● Do not cycle if you are going to worsen an injury ● Pupils to complete an appropriate warm up and cool down activity ● If possible, pupils should carry a phone to call for help from parents or carers should they encounter a problem or to be able to ring the emergency services 	<ul style="list-style-type: none"> ● Include medical safety reminders in pre ride communication 	Low
Participants getting lost	Pupils and staff	<ul style="list-style-type: none"> ● Pupils plan and share route with the parents/cares before each cycle and explain the route at the start of the session 	<ul style="list-style-type: none"> ● Include preparation reminders in pre ride communication ● Consider setting a pre ride task to plan route 	Medium
Inappropriate cycling kit/equipment	Pupils and staff	<ul style="list-style-type: none"> ● Participants should wear high vis/bright clothing particularly when cycling in low light. Winter means even day hours can have poor visibility 	<ul style="list-style-type: none"> ● Include safety reminders in pre run communication ● Staff to include reminders of 	Low

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		<ul style="list-style-type: none"> • Appropriate footwear suitable to cycling • Clothing which is weather appropriate • Pupils check with an adult that what they are wearing is appropriate to cycle in 	appropriate PPE in all instructions	
Other members of the public getting in the way of cyclists	Pupils and staff	<ul style="list-style-type: none"> • Pupils need to be considerate of road users and ride safely following the highway code • In a park or pavement setting, pupils need to stick to one side and always be looking to keep to the side to safely pass anyone who crosses their path • Pupils to be aware that they may be overtaken by cyclists or other runners • Cycle with a trusted older member of your household before you are ready to cycle on your own • Be considerate of other and plan for any potential problems • React quickly to any potentially dangerous situation to avoid collisions • Pupils should not use headphones to be fully aware of their surroundings 	<ul style="list-style-type: none"> • Include safety reminders in pre run communication • 	High
Covid restrictions	Pupils, staff and members of the public	<ul style="list-style-type: none"> • You should minimise time spent outside your home, but you can 	<ul style="list-style-type: none"> • Follow government guidelines of 1 cycle per 	High

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		<p>leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area</p> <ul style="list-style-type: none">● You can exercise in a public outdoor place:<ul style="list-style-type: none">○ by yourself○ with the people you live with○ with your support bubble (if you are legally permitted to form one)○ in a childcare bubble where providing childcare○ or, when on your own, with 1 person from another household○ This includes but is not limited to running, cycling, walking	<p>day with the stated groups of people allowed by the government</p> <ul style="list-style-type: none">● check the latest guidelines● https://www.gov.uk/guidance/national-lockdown-stay-at-home#exercising	
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