



## LFR Greenwich Park Run Risk Assessment

### Important Notes

Please be aware that during the winter months it becomes very dark and there is poor visibility, in general. LFR would strongly advise membership and new runners to familiarise themselves with this Club route before each run, to preferably run together with another LFR runner or in a group, to carry their cell-phones, to avoid listening to loud music, to wear brightly coloured and/or reflective running gear and to accessorise with high visibility kit, to carry torches and/or wear head-torches, and in general to remain alert at all times.

Lighting in Greenwich Park is concentrated along the main pathways, so please stick to running on the LFR designated routes. Please bear in mind that rain, mud and leaves on the ground may make surfaces very slippery. In addition to the eventual hazards of running in the dark, when running inside Greenwich Park please be aware of uneven surfaces and holes.

Please bear in mind that Greenwich Park is also used by numerous other runners and cyclists as well, and it at periods may become extremely busy, so please be mindful of other members of the public.

The Highway Code should be respected at all times and your running should not disrupt the harmony of community life nor any of the activities taking place in the park.

Date	Assessed by	Location	Date of next review
April 2021	Matt Clare/Matt Hunter	Greenwich Park	April 2022 (or whenever deemed as necessary prior to this date)

**Link to full map:**

Hazard or potential hazard (including location)	Who is at risk and how might they be harmed?	What precautions has the Club taken to reduce the risk?	Risk level (High, Medium or Low)	What additional action can the Club take to control the potential hazard and reduce the risk?	Who will do this and by when? (Tick when complete)
<p><b>Meeting Point</b> This point tends to be very busy of people at all times</p>	<p>Runners could potentially come into contact with a cyclist, a pedestrian and/or another runner</p>	<p>A map and photos indicating this specific point has been published alongside the present Risk Assessment on the Club website.</p>	<p>Low</p>	<p>A Health and Safety Policy has been developed and published on the Club website noting the need to be aware of cyclists, pedestrians and other runners when running in paths shared by others.</p> <p>The location is high visibility (near St Marys Gate entrance to Greenwich Park/William IV statue) but off of paths on a large piece of flat, open green more than adequate for a circle.</p>	<p>Completed</p>

<p><b>Crossings</b> Normal traffic of vehicles (cars, buses and cycles), with an adequate amount of visibility on both sides</p>	<p>Runners could come into contact with a moving vehicle.</p>	<p>A map indicating this section Greenwich Park has been published alongside the present Risk Assessment on the Club website.</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and published on the Club website noting the need to take great caution when crossing roads, especially when running in groups and to always follow the Highway Code.</p> <p>There are no crossings outside of the park where traffic is very low speed at only one location where runners will only cross once (Blackheath Gate approx. 1.2km in.</p>	<p>Completed</p>
<p><b>Fast cycling downhill</b> Cyclists can travel fast down The Avenue</p>	<p>Runners could come into contact with a cyclist travelling fast</p>	<p>This section of Greenwich Park is avoided completely</p> <p>The route will go uphill on the western perimeter, crossing The Avenue right near the gate where movement is slow. Downhill will be on the eastern perimeter.</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and published on the Club website noting the need to take great caution when crossing roads, especially when running in groups and to always follow the Highway Code</p>	<p>Completed</p>

<p><b>Narrow Paths</b></p>	<p>Conflict with pedestrians</p>	<p>A couple of sections are wide enough for 2 runners but could be tight if a group of pedestrians were there. These are quieter sections of Greenwich Park.</p> <p>Jonathan Lissemore has very kindly provided an alternative route which uses wider and straighter paths (attached in Annexe). After the pilot run we'll consult with those who ran and choose the best of the 2 routes.</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and published on the Club website noting the need to be aware of cyclists, pedestrians and other runners when running in paths shared by others.</p>	<p>Completed</p>
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Map of Greenwich Park indicating the route used during the LFR run