



LFR Thursday Run Risk Assessment (Summer Version)



Important Notes

The present LFR Thursday Risk Assessment is valid during the summer months, from around the middle/end of April until roughly the end of September/beginning of October.

For the remaining months of the year, please refer to the LFR Risk Assessment Thursday Run (Winter Version)

LFR would strongly advise all members and new runners to please familiarise themselves with all Club routes before each run, to preferably run together with another LFR runner or in a group, to carry their cell-phones on their person, to avoid listening to any loud music while running, to wear brightly coloured and/or reflective running kit, to accessorise with high-visibility gear, to carry torches and/or wear breast/head-torches, and in general to remain alert at all times.

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.

Please bear in mind that rain, mud and tree-leaves on the ground can make surfaces very slippery. In addition to the eventual hazards of running within a park that can be very busy during daytime, when running inside Hyde Park please be aware of uneven surfaces and potholes.

Hyde Park happens to be preferred for a number of races, thus please be aware of other runners during such running events. When running around the Serpentine please be aware of the numerous waterfowl that populate certain areas close to the edge of the lake.

Finally, please be mindful that from around the second half of November to more or less the 10th of January, parts of Hyde Park may become extremely busy, due to the annual event of Winter Wonderland.

The Route

The Serpentine

Starting down the path parallel to the North Carriage Drive, then cross carefully at the height of Victoria Gate using the traffic island in the middle and continue running towards the Italian Gardens.

The Italian Gardens are always an extremely busy section of the park, so kindly please be aware of all other park-users around you.

Passing the Cafe and Marlborough Gate, please turn to the left, keeping at all times The Serpentine at your left-hand side.



Date	Assessed by	Location	Date of next review
November 2021	LFR Secretary (CBP)	Seymour Leisure Centre to Hyde Park and back, via Seymour Place	December 2023 (or whenever deemed as necessary prior to this date)
Link to full map: www.mapometer.com/running/route_4788115.html			

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)
Seymour Place Along Seymour Place there are various junctions with side roads where vehicles may drive in or out.	Runners could potentially come into contact with a vehicle driving in or out of these side roads.	A map indicating all the side roads has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and published on the Club website noting the need to take caution when crossing roads and to always follow the Highway Code	Completed
Intersection of Seymour Place and Bryanston Place	Runners could potentially come into contact with a moving vehicle	A map indicating this specific intersection has been published alongside the present Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and published on the Club website noting the need to take caution when crossing roads and to always follow the Highway Code	Completed

<p>Intersection of Seymour Place and Harrowby Street</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always follow the Highway Code</p>	<p>Completed</p>
<p>Intersection of Seymour Place and Nutford Place</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always follow the Highway Code</p>	<p>Completed</p>
<p>Intersection of Seymour Place and George Street</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always follow the Highway Code</p>	<p>Completed</p>

<p>The intersection at Seymour Place and Upper Berkeley Street</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>
<p>The intersection at Seymour Place and Hampden Gurney Street Hampden Gurney Street is rather narrow and very easy to miss but often used by vehicles</p>	<p>Runners will need to cross the road and could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>
<p>Seymour Place turning into Seymour Street There are traffic lights for crossing from the right-hand side pavement to the left-hand side pavement of Seymour Street</p>	<p>Runners could come into contact with a moving vehicle</p>	<p>A map indicating the site of Connaught Street 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 of LFR runners to be aware when crossing roads and to always comply with the Highway Code</p>	<p>Completed</p>

<p>Crossing of Edgware Road The crossing is facilitated by the existence of traffic lights and by a traffic island in the middle of Edgware Road</p>	<p>Runners will need to cross the road and could potentially come into contact with a moving vehicle.</p>	<p>A map indicating this crossing has been made public 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 take caution when crossing roads and to follow the existing pedestrian regulations</p>	<p>Completed</p>
<p>Seymour Street (section between Edgware Road and Connaught Square) This short section becomes quite busy both by cars and bicycles</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific intersection 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 caution when crossing roads and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>
<p>Junction of Stanhope Place and Connaught Place This is on the left hand-side of Stanhope Place and although small and easily missed, vehicles do use it from time to time</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating these intersections 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 take caution when crossing roads and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>

<p>Crossing Bayswater Road (provided with traffic lights and a traffic island)</p>	<p>Runners could potentially come into contact with a moving vehicle</p>	<p>A map indicating this specific crossing 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 take caution when crossing roads and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>
<p>Section between Bayswater Road and North Carriage Drive. The path is shared by pedestrians and is parallel to the cycle lane, thus making runners vulnerable to passing cyclists</p>	<p>Runners could come into collision with pedestrians, other runners and cyclists, as this is a busy cycle crossing</p>	<p>A map indicating this section of Hyde 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 be aware of pedestrians and other runners when running in paths shared by others</p>	<p>Completed</p>
<p>Crossing of North Carriage Drive There is normally very limited traffic and an appropriate amount of visibility on both sides</p>	<p>Runners could come into contact with a coming vehicle</p>	<p>A map indicating this specific crossing 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 take caution when crossing roads.</p>	<p>Completed</p>

<p>Crossing at the intersection of North Carriage Drive and West Carriage Drive, into the Italian Gardens (no traffic lights provided but there is ample visibility and a traffic island)</p>	<p>Runners could potentially come into contact with a vehicle</p>	<p>A map indicating this crossing 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 caution when crossing roads. LFR would strongly recommend an alternative route, using the path to the left, which crosses over the West Carriage Drive and offers better visibility on both sides of the road</p>	<p>Completed</p>
<p>Crossing at the intersection of West Carriage Drive and South Carriage Drive, shortly after the Albert Memorial (crossing provided by traffic lights)</p>	<p>Runners could potentially come into contact with a vehicle</p>	<p>A map indicating this crossing 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 take caution when crossing roads and to always follow the Highway Code</p>	<p>Completed</p>

<p>South Carriage Drive corner Access into the gardens is provided by a narrow passage, enclosed by shrubbery on either sides; this passage then immediately opens out into the adjacent cycle lane, which has hitherto remained completely obscured by the hedges</p>	<p>While running runners could come into collision with pedestrians or other runners and with oncoming cyclists</p>	<p>A map indicating this section of Hyde Park 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 take caution when running and to always follow the Highway Code</p>	<p>Completed</p>
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