



**LFR Thursday Run Risk Assessment (Winter Version)**



### **Important Notes**

**The present LFR Thursday Run Risk Assessment is mostly valid for the winter months, when Kensington Gardens closes earlier and from around the end of September/beginning of October, until the end of March (British Summer Time). For the remaining Summer Months, please refer to LFR Risk Assessment Thursday Run (Summer Version)**

**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 all Club routes before each run, to preferably run in the company of another LFR runner or in a group, to carry their cell-phones on their person, to avoid any loud music while running, to wear brightly coloured, fluorescent and/or reflective running gear, to accessorise with high-visibility kit, to carry torches and/or wear breast/head-torches, and in general to remain alert at all times.**

**Lighting in Hyde 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 Hyde Park please be aware of uneven surfaces and potholes.**

**Please bear in mind 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 Highway Code should be respected at all times and your running should not disrupt the harmony of the community life nor any of the activities taking place in the park. Please be also kind and accepting of all animals and birds living in Hyde Park.**

### **Route**

London Frontrunners is suggesting one specific route for the Winter Version of the Thursday Run and all runners are kindly requested to please follow the suggested route, which is the best illuminated and has been deemed as the safest one.

London Frontrunners would not recommend runners to run along the very dark path on the left side of the North Carriage Drive but would instead suggest that runners should choose to run on the well-lit pavement on the right side of the North Carriage Drive.

The left-side path, besides being extremely poorly lit, becomes ever so often flooded and muddy in winter, with numerous potholes and treacherous uneven surfaces.



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

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)
<b>Seymour Place</b> Along Seymour Place there are various junctions with side roads where many vehicles drive in or out.	Runners could potentially come into contact with a vehicle driving in or out of the side roads.	A map indicating 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 comply with rules provided by the Highway Code	Completed
<b>Intersection of Seymour Place and Bryanston Place</b> There are no traffic lights	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 comply with rules provided by the Highway Code, especially when crossing roads	Completed

<p><b>Intersection of Seymour Place and Harrowby Street</b> There are no traffic lights</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><b>Intersection of Seymour Place and Nutford Place</b></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><b>Intersection of Seymour Place and George Street</b></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><b>The intersection at Seymour Place and Upper Berkeley Street</b> Runners will need to turn to the right on a blind corner</p>	<p>Runners will need to turn right on a tight corner and could potentially come into contact with oncoming pedestrians or other runners</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><b>The intersection at Seymour Place and Hampden Gurney Street</b> 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 (with traffic signals, but no dedicated pedestrian signals) 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><b>Seymour Place turning into Seymour Street</b> 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><b>Crossing of Edgware Road</b> 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><b>Seymour Street (section between Edgware Road and Connaught Square)</b> 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><b>Junction of Stanhope Place and Connaught Place</b> 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><b>Crossing Bayswater Road</b> (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><b>Section between Bayswater Road and North Carriage Drive.</b> 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><b>Crossing of North Carriage Drive</b> There is normally extremely 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><b>Running on the pavement along the North Carriage Drive where there is public lighting</b> Runners should avoid using the left hand-side path as it often accumulates mud, in addition to the existence of potholes and puddles</p>	<p>When running in the dark, there is potential of harm for runners when the surface happens to be uneven</p>	<p>A map indicating this dark section of Hyde Park has been published alongside the present Risk Assessment on the Club website.</p>	<p></p>	<p>A Health and Safety Policy has been developed and published on the Club website noting the need to wear high visibility clothing and to remain alert when running in darkness. It has also been suggested to runners to carry light-torches and other type of lights during the winter months.</p>	<p>Completed</p>
<p><b>Crossing at the intersection of North Carriage Drive and West Carriage Drive, before Victoria Gate (no traffic lights provided)</b></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. The area is amply lit, offering good visibility on both sides and a traffic island.</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 following the designated route, as per above, which offers better visibility on both sides of the road</p>	<p>Completed</p>





<p><b>Crossing at the Serpentine Gallery</b> (no traffic lights are provided but the crossing point is very well lit, offering ample visibility and a traffic island)</p>	<p>Runners could potentially come into contact with a passing 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>

# London FRONTRUNNERS

