



**Risk Assessment: LFR Wednesday Run (Summer Version)**

**The present LFR Wednesday Run Risk Assessment is following the Summer Day Time from around the end of March until the end of October. For the remaining winter months, please refer to LFR Risk Assessment Wednesday Run (Winter Version)**

**LFR strongly advises all current members and new runners to familiarise themselves with all Club routes before each run, to preferably run together with another LFR member or in a small group together with other runners, to carry their mobile-phones on their person, to avoid any loud music while running, to wear running kit appropriate for the weather, including cap/headgear, sun shades and sunblock if necessary. There are relatively few public fountains scattered around Regent's Park and we would certainly advise carrying some water and whatever you may feel is necessary for enhancing your running experience on a warm and sunny day.**

Date of assessment/review	Assessed/reviewed by	Location	Date of next review
June 2022	Club Secretary (CBP)	Kentish Town Sports Centre to Regent's Park and back, via Primrose Hill	June 2024

**Link to full map:**

<https://www.google.co.uk/maps/dir/Kentish+Town+Sports+Centre,+Grafton+Rd,+Kentish+Town,+London+NW5+3DU/Regent's+Park,+London/@51.5356959,-0.169786,14z/data=!4m15!4m14!1m5!1m1!1s0x48761afcea07b501:0xef89affaa8ce145b!2m2!1d-0.1443687!2d51.5470905!1m5!1m1!1s0x48761adf71d3c473:0xf52841716e371e73!2m2!1d-0.1608797!2d51.5247543!3e2!5i1>

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
<p><b>Crossing at the corner of Grafton Road and Prince of Wales Road</b> (provided with traffic lights)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>Besides making runners verbally aware at the beginning of the run when leaving the Kentish Town Sports Centre, a map indicating this precise spot has been created and been made public on the Club website, alongside the present Risk Assessment</p>	<p>Low</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to take caution when crossing roads and to follow the indications provided by the existing traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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<p><b>Prince of Wales Road</b> Along the Prince Of Wales Road are various junctions with side roads with vehicles driving in or out. In addition there is a bicycle lane on the left and all along the length of the pavement.</p>	<p>Runners could potentially come into contact with a vehicle driving in or out of these side roads. In addition, runners could potentially come in contact with a cyclist if they happen to accidentally trespass into the cycling lane.</p>	<p>A map indicating the route of this run and the various side roads has been created and been made public on the Club website, additionally to this Risk Assessment</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to take caution when running along roads which intersect with side roads.</p>	<p>Club Secretary and other available LFR Committee members</p>
<p><b>The intersection at Prince Of Wales Road and Ryland Road</b> (no traffic lights provided)</p>	<p>Runners will need to cross the road without the assistance of traffic lights and could thus potentially come into contact with a vehicle</p>	<p>A map indicating this precise spot on the route of this run has been created and been made public on the Club website, in addition to this Risk Assessment</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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<p><b>Kentish Town West Overground Station</b> The area in the immediate vicinity of the Overground Station is normally busy and there is limited space to move around.</p>	<p>Runners could potentially come into collision with other runners or pedestrians</p>	<p>A map indicating this precise spot on the route of this run has been created and been made public on the Club website, in addition to this Risk Assessment</p>	<p>Low</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when running in busy areas</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Intersection of Prince of Wales Road and Dalby Road</b> (tiny road, immediately after the Overground bridge)</p>	<p>Runners will need to cross this road without the assistance of traffic lights and could thus potentially come into contact with a vehicle</p>	<p>A map indicating this precise spot on the route of this run has been created and been made public on the Club website, in addition to this Risk Assessment</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>The intersection at Prince Of Wales Road and Talacre Road</b> (no existing traffic lights)</p>	<p>Runners will need to cross the road and could potentially come into contact with a vehicle.</p>	<p>A detailed map indicating this spot 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 made available to all LFR members through the Club website, noting the need to take caution when crossing roads, especially when there are no traffic lights.</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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<b>Intersection of Prince Of Wales Road and Malden Road</b> (provided with traffic lights)	Runners could potentially come into contact with a vehicle when crossing the road	A detailed map indicating this spot has been published alongside the present Risk Assessment on the Club website.	Low	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 indications provided by the existing traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Crossing over to the southside of Prince of Wales Road</b> (provided with traffic lights)	Runners could potentially come into contact with a vehicle when crossing the road	A detailed map indicating this spot has been published alongside the present Risk Assessment on the Club website.	Low	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 indications provided by the existing traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Blind spot at the corner of Prince of Wales Road turning into Crogsland Road</b>	Runners could come into collisions with pedestrians or other runners.	A map indicating the blind spot has been published alongside this Risk Assessment on the Club website.	Low	A Health and Safety Policy has been developed and published on the Club website noting the need to be aware when running and turning into tight corners, as well as of pedestrians and runners.	LFR Club Secretary and other available LFR Committee members

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<p><b>The intersection at Crogsland Road and Chalk Farm Road</b> (provided with traffic lights)</p>	<p>Runners will need to cross the road and could potentially come into contact with a 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 indications provided by the existing traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Narrow pavement on the first section of Regent Park Road</b> (there are usually cars parked all along the pavement's side of the road. In addition, there is a bicycle lane at the first section of this road)</p>	<p>The pavement along Regent's Park Road is narrow and runners could come into collision with other runners and pedestrians. In addition, they could also collide with a cyclist</p>	<p>A map indicating the area has been published alongside this 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 in confined spaces, such as this narrow pavement</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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<p><b>A tight blind spot just after the corner of Regent's Park Road turning into the Rail Bridge</b></p>	<p>Runners could come into collisions with pedestrians or other runners.</p>	<p>A map indicating this blind spot and the available narrow section has been published alongside this 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 pedestrians and other runners, especially when running into blind spots around corners, as runners need to be compliant to existing pedestrian regulations</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Cycle lane on Rail Bridge</b> The existing cycle lane is parallel to the pedestrian path all along the Rail Bridge</p>	<p>Runners are in the risk of coming into collision with a cyclist</p>	<p>A map indicating the cycle lane on the Rail Bridge has been published alongside this Risk Assessment on the Club website.</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and made public on the Club website, noting the need to take caution when running along cycle lanes</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Intersection of Regent's park Road and Gloucester Avenue</b> (no traffic lights available)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>A map indicating this specific spot has been published alongside this Risk Assessment on the Club website.</p>	<p>Medium</p>	<p>A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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<b>Intersection of Regent's Park Road and Erskine Road</b> (no traffic lights available)	Runners could potentially come into contact with a vehicle while crossing the road.	A map indicating this specific spot has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Intersection of Regent's Park Road and Chamberlain Street</b> (no traffic lights available)	Runners could potentially come into contact with a vehicle while crossing the road.	A map indicating this specific spot has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Intersection of Regent's Park Road and St. George's Mews</b> (no traffic lights available)	Runners could potentially come into contact with a vehicle while crossing the road.	A map indicating this specific spot has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members



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<b>Intersection of Regent's Park Road and St. George's Terrace</b> (no traffic lights available)	Runners could potentially come into contact with a vehicle while crossing the road.	A map indicating this specific spot has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Crossing into at the corner of Regent's Park Road and Primrose Hill Road</b> (no traffic lights provided)	Runners could potentially come into contact with a vehicle while crossing the road.	A map indicating the narrow pavement along the bridge has been published alongside this Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members
<b>Pedestrian Crossing at Prince Albert Road</b>	Regardless of the Zebra-type crossing and the Belisha Lights, runners could potentially come into contact with a vehicle while crossing this road.	A map indicating this pedestrian crossing has been published alongside this Risk Assessment on the Club website.	Low	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads	LFR Club Secretary and other available LFR Committee members

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<p><b>Cast iron bridge leading to and from Primrose Hill</b> This is a relatively narrow bridge over Regent’s Canal, provided with two metal bollards in the middle of either side</p>	Runners could come into collisions with pedestrians or other runners	A map specifically indicating Macclesfield Bridge has been made public alongside the present Risk Assessment on the Club website.	Low	A Health and Safety Policy has been developed and made public on the Club website, noting the need to take caution when running in confined spaces, such as this bridge, as runners need to be compliant to existing pedestrian regulations	LFR Club Secretary and other available LFR Committee members
<p><b>Crossing the Regent’s Park Outer Circle into Regent’s Park</b> (no traffic lights available)</p>	Runners could potentially come into contact with a vehicle while crossing the road.	A map specifically indicating this cycle lane has been made public alongside the present Risk Assessment on the Club website.	Medium	A Health and Safety Policy has been developed and made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights	LFR Club Secretary and other available LFR Committee members
<p><b>Tight blind spot corner Bridge I over the Regent’s Park boating lake, on the right just after the loos</b> (this is a relatively narrow bridge provided with two metal bollards in the middle of either side)</p>	There is a blind corner before reaching this bridge, which in itself is quite narrow. Runners could come into collision with other runners or pedestrians	A map indicating this bridge has been published alongside this Risk Assessment on the Club website.	Low	A Health and Safety Policy has been developed and published on the Club website noting the need to take caution when running into blind spots around corners in relatively confined spaces, such as this bridge, as runners need to be compliant to existing pedestrian regulations	LFR Club Secretary and other available LFR Committee members

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<p><b>Tight blind spot corner Bridge II over the Regent's Park boating lake</b> (this is a relatively narrow bridge provided with two metal bollards in the middle of either side)</p>	<p>There is a blind corner before reaching the bridge, which in itself is quite narrow. Runners could come into collision with other runners or pedestrians</p>	<p>A map indicating this bridge has been published alongside this Risk Assessment on the Club website.</p>	<p>Low</p>	<p>A Health and Safety Policy has been developed and made public on the Club website, noting the need to take caution when running into blind spots around corners, in relatively confined spaces, such as this bridge, as runners need to be compliant to existing pedestrian regulations</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Crossing of York Bridge Road</b> (two-way road and no traffic lights available)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>A map specifically indicating this section of the 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 made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>
<p><b>Crossing of Chester Road</b> (two-way road and no traffic lights available)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>A map specifically indicating this section of the 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 made available to all LFR members through the Club website, noting the need to individually and collectively take caution when crossing roads, especially when there are no traffic lights</p>	<p>LFR Club Secretary and other available LFR Committee members</p>

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