



Risk Assessment: LFR Wednesday Run (Winter Version)

Important Notes

The present LFR Wednesday Run Risk Assessment is mostly valid during the winter months, from around the end of September/ beginning of October, until the middle/end of April.

For the remaining summer months, please refer to LFR Risk Assessment Wednesday Run (Summer Version)

During the winter months it becomes very dark and there is poor visibility, in general.

LFR would strongly advise all current members and new runners to familiarise themselves with all Club routes before each run, to preferably run together with another LFR runner 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 brightly coloured and/or reflective running gear, to accessorise with high visibility kit, to carry torches and/or wear chest/head-lights, and in general to remain alert at all times.

In addition to running in the dark, when running in Primrose Hill and around the outer perimeter of Regent's Park please be aware of low-hanging tree-branches and thorny bushes sticking out through the metal fencing, of uneven surfaces on the pavement surface and road, tree roots and potholes throughout the whole perimeter of Regent's Park and of any black parking meters on the pavement, as they are barely visible.

Please keep in mind that the space to run provided by the pavement around Regent's Park is limited and that there are other runners and members of the public using this space as well.

As groups of cyclists gather to cycle around the Park's Outer Circle at any given time, please categorically avoid running over the kerb at all times. If you really have to, please remember to take a look at your back, before doing so.

	Assessed by	Location	Date of next review
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November 2021	Club Secretary (CBP)	Kentish Town Sports Centre to Regent's Park and back, via Primrose Hill	November 2023 (or whenever deemed as necessary prior to this date)
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 and by when? (Tick when complete)
Crossing at the corner of Grafton Road and Prince of Wales Road (provided with traffic lights)	Runners could potentially come into contact with a vehicle while crossing the road.	Besides verbally making runners aware of this at the beginning of each run, a map indicating this precise spot has been created and been made public on the Club website, alongside the present Risk Assessment	Low	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	Completed

<p>Prince of Wales Road Along the Prince of Wales Road there are numerous 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, Cyclists on the adjacent cycling lane are cycling in direction opposite to the direction of the runners, so they are both able to see each other promptly.</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>Completed</p>
<p>The intersection at Prince Of Wales Road and Ryland Road (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>Completed</p>

<p>Kentish Town West Overground Station The area in the direct vicinity of the Overground Station is habitually very 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 great caution when running in busy areas</p>	<p>Completed</p>
<p>Intersection of Prince of Wales Road and Dalby Road (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>Completed</p>
<p>The intersection at Prince Of Wales Road and Talacre Road (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>Completed</p>

<p>Intersection of Prince Of Wales Road and Malden Road (provided with traffic lights)</p>	<p>Runners could potentially come into contact with a vehicle when crossing the road</p>	<p>A detailed map indicating this spot 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 follow the indications provided by the existing traffic lights</p>	<p>Completed</p>
<p>Crossing over to the southside of Prince of Wales Road (provided with traffic lights)</p>	<p>Runners could potentially come into contact with a vehicle when crossing the road</p>	<p>A detailed map indicating this spot 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 follow the indications provided by the existing traffic lights</p>	<p>Completed</p>
<p>Blind spot at the corner of Prince of Wales Road turning into Crogsland Road</p>	<p>Runners could come into collisions with pedestrians or other runners.</p>	<p>A map indicating the blind spot 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 when running and turning into tight corners, as well as of pedestrians and runners.</p>	<p>Completed</p>

<p>The intersection at Crogsland Road and Chalk Farm Road (provided with traffic lights and a traffic island)</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 great caution when crossing roads and to follow the indications provided by the existing traffic lights</p>	<p>Completed</p>
<p>Narrow pavement on the first section of Regent Park Road (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 to coming into collision with a cyclist.</p>	<p>A map indicating the area has been published alongside this Risk Assessment on the Club website. Cyclists are also cycling in direction opposite to the one taken by the runners, so they may promptly take notice of each other</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>Completed</p>

<p>A tight blind spot just after the corner of Regent's Park Road turning into the Rail Bridge</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>Completed</p>
<p>Cycle lane on Rail Bridge 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 great caution when running next to cycle lanes</p>	<p>Completed</p>
<p>Intersection of Regent's Park Road and Gloucester Avenue (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>Completed</p>

<p>Intersection of Regent's Park Road and Erskine Road (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>Completed</p>
<p>Intersection of Regent's Park Road and Chamberlain Street (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>Completed</p>
<p>Intersection of Regent's Park Road and St. George's Mews (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>Completed</p>

<p>Intersection of Regent's Park Road and St. George's Terrace (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>Completed</p>
<p>Crossing into at the corner of Regent's Park Road and Primrose Hill Road (no traffic lights provided)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>A map indicating the narrow pavement along the 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 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>Completed</p>
<p>Pedestrian Crossing at Prince Albert Road</p>	<p>Regardless of the Zebra-type crossing and the Belisha Lights, runners could potentially come into contact with a vehicle while crossing this road.</p>	<p>A map indicating this pedestrian crossing 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</p>	<p>Completed</p>

<p>Cast iron bridge leading to and from Primrose Hill This is a relatively narrow bridge over Regent's Canal, provided with two metal bollards in the middle of either side</p>	<p>Runners could come into collisions with pedestrians or other runners</p>	<p>A map specifically indicating this bridge 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 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</p>	<p>Completed</p>
<p>Crossing the Regent's Park Outer Circle into Regent's Park and back (no traffic lights available though the spot is lit and there is a traffic island)</p>	<p>Runners could potentially come into contact with a vehicle while crossing the road.</p>	<p>A map specifically indicating this cycle lane has been made public 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>Completed</p>
<p>First 200 m. section of Regent's Park Outer Circle, existence of low hanging tree branches</p>	<p>Runners could come into collision with one of the low hanging tree branches</p>	<p>A map indicating this 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 the dark, especially along fences with overgrown hedges and trees</p>	<p>Completed</p>

<p>Entrance and Exit of Winfield House (American Ambassador's residence)</p>	<p>Runners could come into collision with vehicles entering or exiting the grounds of Winfield House</p>	<p>A map indicating these two separate spots has been published alongside this Risk Assessment on the Club website. Both spots happen to also be adequately lit.</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 crossing such spots</p>	<p>Completed</p>
<p>Crossing of York Bridge Road (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>Completed</p>
<p>Crossing of Chester Road (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 available</p>	<p>Completed</p>

<p>Last 500m of the Regent's Park Outer Circle become very dark due to the limited existence of street lights (section from Cumberland Terrace/Saint Catherine's Church to the Primrose Hill Bridge crossing)</p>	<p>This is a section in the outer perimeter of Regent's Park which happens to be extremely dark during the winter months, due to a lack of sufficient street lights. There are several uneven spots on the pavement and runners could trip over and fell</p>	<p>A map specifically indicating this section of the route 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 made available to all LFR members through the Club website, noting the need to individually and collectively take caution when running in the dark. Torches and chest/head torches are advisable and have been recommended.</p>	<p>Completed</p>
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London  **FRONTRUNNERS**