



## **LFR Thursday Run Risk Assessment**

### **Important Notes**

**The present LFR Thursday Run Risk Assessment is relative to the 5K route, which goes from the Clapham Leisure Centre to Clapham Common, around the Common and back.**

**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 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 kit, to accessorise themselves with high-visibility gear, to carry torches and/or wear breast/head-torches, and in general to remain alert at all times.**

**Lighting in Clapham Common is concentrated along the main pathways, so please stick to running on the pavement around the Common. In addition, the Clapham Leisure Centre has a very strict no-shoes policy and muddy trainers are frowned upon.**

**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 in the Common please be aware of uneven surfaces and potholes.**

**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 Common. Please be also kind and accepting of all flora and fauna living in the area.**

### **Route**

**London Frontrunners is suggesting one specific but very simple route for the Clapham Common Thursday Run and all runners are kindly requested to please follow the suggested route, which is the best illuminated and is deemed as the safest.**

<b>Date</b>	<b>Assessed by</b>	<b>Location</b>	<b>Date of next review</b>
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February 2024	LFR Secretary (CBP)	Clapham Leisure Centre to Clapham Common and back	March 2025 (or whenever deemed as necessary prior to this date)
Link to full map: <a href="https://gb.mapometer.com/running/route_5501171">https://gb.mapometer.com/running/route_5501171</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>Clapham Leisure Centre</b> The venue is surrounded by a wide pavement and is located on a side street of Clapham High Street with rather limited traffic	Runners could potentially come into contact with a vehicle driving in Clapham Manor Street	A map indicating the location of the venue 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 Voltaire Road, Cresset Street &amp; Clapham Manor Street</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	
<b>Intersection of Cresset, Venn &amp; Stonehouse Street</b>	Runners could potentially come into contact with a moving vehicle	A map indicating this specific intersection has been published	Medium	A Health and Safety Policy has been developed and published on the Club website noting the need to take caution when	Completed	



There are no traffic lights		alongside the present Risk Assessment on the Club website.		crossing roads and to always comply with rules provided by the Highway Code		
<b>Intersection of Brommell's Road &amp; Venn Street</b>  Absence of 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	Completed	
<b>Intersection of Brommell's Road &amp; The Pavement (B224)</b>  The crossing onto the Common is facilitated by a pedestrian/zebra crossing and the presence of Belisha beacons	Runners crossing on the zebra crossing 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.	Low	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	Completed	
<b>Intersection of B224 &amp; Long Road (A3)</b>  The crossing is facilitated by the existence of traffic	Runners crossing could potentially come into contact with a moving vehicle	A map indicating this specific intersection has been published alongside the present Risk	Low	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	Completed	

lights and by a traffic island in the middle of Long Road		Assessment on the Club website.		to always comply with the Highway Code		
<b>Intersection of Clapham Common South Side (A24) &amp; Rookery Road</b>  Absence of traffic lights and incoming traffic	Runners will need to cross the road and 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	Completed	
<b>Intersection of Clapham Common South Side (A24) &amp; Windmill Drive</b>  Please be aware that the A24 intersects with Windmill Drive on three different points, out of which two are on pedestrian crossings  Absence of traffic lights with incoming and outgoing traffic of vehicles	Runners will need to cross all three of the intersections and 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.  In addition to the above, Windmill Drive is a very limited traffic road and there is excellent visibility	Completed	

<p><b>Triangular Intersection of A205</b></p> <p>Please be aware that in case you are interested in including into your route this section of the Common (far south side), there are three intersections all of which are on pedestrian crossings. Your crossing is also facilitated by the presence of a traffic island.</p> <p>Absence of traffic lights with incoming and outgoing traffic of vehicles</p>	<p>Runners will need to cross all three of the intersections 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>I</p>	<p>Completed</p>	
<p><b>Nightingale Walk Crossing</b></p> <p>There are no traffic lights but the crossing is facilitated through the presence of a pedestrian crossing</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 &amp; 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 the rules provided by the Highway Code, especially when crossing roads</p>	<p>Completed</p>	

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