



LFR Saturday Hyde Park Run Risk Assessment



Important Notes

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

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 within a park that can be very busy during daytime, such as only Hyde Park can be on a Saturday morning, please be also aware of all uneven surfaces and potholes.

Hyde Park happens to be the preferred venue 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.

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 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.

Brief synopsis of the route with landmarks to memorise

Little Venice Sports Centre, St Mary's Churchyard, Paddington Green, underpassage (down the stairs, up the ramp), Hilton Metropole, Merchant Square, exit from Merchant Square through the space between the corners of Superdrug & Post office, Sale Place, Norfolk Crescent, Porchester Place, Connaught Street, Connaught Square, Hyde Park

Date	Assessed by	Location	Date of next review
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March 2024	LFR Club Secretary (CBP)	Little Venice Sports Centre to Hyde Park and back	February 2026 (or whenever deemed as necessary prior to this date)
Link to full map: www.mapometer.com/running/route_4788115.html			

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St Mary's churchyard concrete path	Runners could potentially trip due to unevenness on the ground or due to a slippery surface	A map indicating the path 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 remain alert at all times when running, especially on surfaces that don't seem to be regularly and/or properly maintained	Completed

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<p>Exiting St Mary's churchyard and entering Paddington Green</p>	<p>Runners could potentially come into contact with a moving vehicle driving along Paddington Green, which is a low traffic road around the actual Green</p>	<p>A map indicating this specific 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 and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>
<p>Exiting Paddington Green, intersection of Newcastle Place and Paddington Green</p>	<p>Runners could potentially come into contact with a moving vehicle turning from Harrow Road onto Paddington Green, or from Newcastle Place turning onto Harrow Road</p>	<p>A map indicating this specific 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 and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>

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<p>Pedestrian Passage under Westway and Harrow Road</p>	<p>Runners could potentially trip down the flight of stairs and the interconnecting landing to carelessness and slippery surfaces.</p> <p>In addition we would recommend being considerate of others, as the under passage is not particularly broad</p>	<p>A map indicating the staircase 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 remain alert at all times when running, especially on surfaces that can become slippery and to be considerate of other pedestrians</p>	<p>Completed</p>

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<p>Crossing of Harbet Road, at the end of the ramp</p>	<p>Runners could potentially come into contact with a moving vehicle turning from the left onto Harbet Road.</p> <p>It is advised that runners should be careful while crossing and preferably continue running on the left-hand side pavement along Harbet Road</p>	<p>A map indicating this specific 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 and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>

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<p>Crossing of Harbet Road, direction Merchant Square</p>	<p>Runners could potentially come into contact with a vehicle driving along Harbet Road.</p> <p>Please be aware of the Hilton Metropole loading bays along Harbet Road, with large lorries parked at various moments that can often reduce visibility</p>	<p>A map indicating this specific 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 and to always comply with rules provided by the Highway Code</p>	<p>Completed</p>

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<p>Merchant Square</p>	<p>Runners could potentially trip due to a slippery surface.</p> <p>It is recommended that runners should maintain a certain distance from the large fountain in the middle of the square and also be aware of all bystanders</p>	<p>A map indicating this location 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 remain alert at all times when running, especially on surfaces that could become slippery</p>	<p>Completed</p>

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<p>Intersection of Praed Street and Sale Place There are no traffic lights and traffic is coming both from the right-hand side of Praed Street and from Sale Place. Runners are advised to cross Praed Street onto Sale Place carefully and keep running on the right-hand side pavement of Sale Place</p>	<p>Runners could 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>

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<p>Intersection of Sale Place and St Michael's Street There are no traffic lights and traffic is coming from the right-hand side of St Michael's Street Runners are advised to cross carefully and keep running on the right-hand side pavement of Sale Place</p>	<p>Runners could 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>

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<p>Intersection of Sale Place and Star Street There are no traffic lights. Runners are advised to cross carefully and keep running on the right-hand side pavement of Sale Place</p>	<p>Runners could 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>Intersection of Sale Place and Rainsford Street There are no traffic lights. Runners are advised to cross carefully and keep running on the right-hand side pavement of Sale Place</p>	<p>Runners could 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>

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<p>Intersection of Sale Place and Sussex Gardens The crossing is provided by traffic lights</p>	<p>Runners could come into contact with a moving vehicle only if the road is crossed without complying to the Highway Code</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>Intersection of Norfolk Crescent and Cambridge Square There are no traffic lights and due to the shape of Cambridge Square there are two different crossing points. Runners are advised to cross carefully.</p>	<p>Although this is a very low traffic zone, runners could nevertheless 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>

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<p>The intersection of Norfolk Crescent and Oxford Square There are no traffic lights and due to the shape of Oxford Square there are two different crossing points. Runners are advised to cross carefully.</p>	<p>Although this is a very low traffic zone, runners could nevertheless 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>

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<p>The intersection of Porchester Place and Kendal Street This particular crossing point offers great visibility overall, to both runners and moving vehicles but needs to be crossed with great attention</p>	<p>Runners will need to cross from the right-hand side pavement of Porchester Place to the left-hand side pavement of Porchester Place across and could thus 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>

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<p>Connaught Street Pedestrian Crossing This is a zebra crossing provided by Belisha lights</p>	<p>Runners could come into contact with a moving vehicle only if vehicles do not stop before the crossing, thus runners are advised to look either ways before crossing</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>The intersection of Stanhope Place and Frederick Close This particular crossing point does not offer great visibility and thus needs to be crossed with great attention</p>	<p>Frederick Close is an extremely low traffic zone hence any moving vehicles driving out of the Close could catch runners completely off guard.</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>

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<p>Bayswater Road Crossing (provided by 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>Path between Bayswater Road and North Carriage Drive. The path is shared by pedestrians and is parallel to the cycle lane</p>	<p>Runners could come into collision with pedestrians or other runners, and with cyclists as well, as this is a busy path</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>

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<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 or a cyclist</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>Running along the North Carriage Drive This part becomes quite busy and in addition sections of this route may accumulate mud, leaves and puddles after rain.</p>	<p>While running runners could come into collision with pedestrians or other runners. Due to the nature of the terrain, parts of the route could be muddy and/or slippery</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 remain alert while running and to always be mindful of pedestrians and other runners.</p>	<p>Completed</p>

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<p>Crossing at the intersection of North Carriage Drive and West Carriage Drive, onto the Italian Gardens (crossing not 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>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.</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>

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<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>

London FRONTRUNNERS

