

Risk Assessment: Primrose Hill Park

Date:	Assessed by:	Location :	Review :
23 / 01 / 2026	Mairi McInnes	Primrose Hill Park	22 / 01 / 2028

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Dogs, cyclists, scooters, prams. (Bikes and scooters not allowed in park but frequently at speed and unlit.)	Runners, members of the public e.g. Runners may trip over dogs/leads, and cyclists/scooters may crash into runners. Prams and dogs can be moving obstacles.	<ul style="list-style-type: none"> Warning the runners in the safety briefing and reminding them that they do not have right of way, to be considerate of other park users and to reiterate that it's better to stop safely and get out of the way instead of getting injured. Alerting other park users to the runners. 	L	<ul style="list-style-type: none"> Continue to be alert throughout the session and give as much warning as possible of changing hazards Stop runners where there is a danger or obstacle, e.g. dogs fighting/running on paths 	L	Coach, run leader, runner	Ongoing	
Surface conditions – rain, ice, potholes, etc	Runners slipping or tripping	<ul style="list-style-type: none"> Walking the route before each session and advising the group accordingly. Altering the session if necessary. In poor weather conditions having an earlier inspection and call off if appropriate. 	L	<ul style="list-style-type: none"> Keep alert throughout the session as conditions can change. 	L	Coach, run leader	Ongoing	

Temperature	Runners may suffer exhaustion if too hot or injury if too cold	<ul style="list-style-type: none"> • Advising runners to bring water, checking on them during the session and stopping them participating if they are overheating or not coping with the session • During cold weather, ensuring a thorough warm-up and altering the session to suit the conditions, e.g. doing continuous running rather than reps with stationary recoveries 	L	<ul style="list-style-type: none"> • Constant monitoring of conditions throughout the session, use commonsense. 	L	Coach, run leader, runner	Ongoing	
Street lighting not working	Runners may experience slips and trips if unable to have clear visibility of the ground or other hazards.	<ul style="list-style-type: none"> • Walking the route before each session to identify which lights are on/off. • Re-routing the session where suitable. • Having a clear assessment of the conditions underfoot ahead of using any partially lit paths. • Advising runners to bring head torches. 	M	<ul style="list-style-type: none"> • Keep alert throughout the session as lights can go on and off. 	L	Coach, run leader, runner	Ongoing	
Unsuitable activity	Runners	<ul style="list-style-type: none"> • Ensure that the participants are fit to take part in the session. • Coaches are able to scale the activity to make it suitable. • Run leaders are provided with options to scale down the activity. 	L	<ul style="list-style-type: none"> • Observe and check in with runners during the session and make adaptations as necessary. 	L	Coach, run leader, runner	Ongoing	