



## **RISK ASSESSMENT**

### **Club Training Runs**

Assessment completed by: Martin Ward

Date: 25<sup>th</sup> November 2021

Reviewed by: TBN

Date: By October 2022

#### **Hazards identified:**

Tripping on uneven surfaces including kerbs. \*

Slipping on wet, muddy, icy or other slippery surfaces. \*

Running into obstructions (eg road signs, bollards, trees, fences, rocks etc). \*

Collision with other runners, other pedestrians, dogs (on or off a lead), cyclists or traffic. \*

Horses being startled.

Dehydration.

Heat exhaustion.

Cold stress or hypothermia.

Runners left behind or lost. \*

Illness or injury enroute,

Trampling by livestock.

Aggressive dogs.

Note \*: These hazards increase with reduced visibility in darkness.

**Who can be harmed:**

Club runners and or members of the public.

**Nature of harm:**

Ranges from cuts, grazes, bruising etc, to broken limbs, exhaustion, thermal stress or running injury.

In the case of traffic or cyclist collision, death could result.

**Risk Rating:**

**Severity**

HIGH for traffic collision,

MEDIUM remainder.

**Likelihood**

MEDIUM

**Controlling the risk:**

By preparing and circulating to club members this Risk Assessment, as well as a Health & Safety statement and policy.

Having Incident and Accident Reports, as well as the respective action procedure in place.

Reviewing the above documents on an annual basis, or earlier if required, and immediately following an incident/accident.

Club members are made aware that they should:

Be aware of weather conditions and consult the latest forecast.

Be aware of the variation in running surfaces.

Carry In Case of Emergency (ICE) details on the run.

Be aware of road traffic – observe best practice and make sure they can be seen. Wherever possible, use pavements.

Wear colours easily noticed. In darkness hi-viz clothing is required to be worn and personal lights strongly recommended.

Dress appropriately for the weather and terrain, including sun protection as necessary and carry drinks as required. Wear the appropriate footwear for the terrain. Runners should also have suitable clothing and hydration for pre and post run use.

Be aware that conditions in the open and at altitude can be very exposed and quite different from a low level start place. In these conditions, if the run stops, runners will cool down very quickly. Therefore planning the correct adaptive clothing is essential.

Slow down or walk when in the close vicinity of horses or livestock on the same road or path.

Advise the Group Leader if they will separate from the group before the end of the session to take an alternative route.

Group Leaders (with the co-operation of members) need to:

Be aware and record the total number and names within their group.

Do their best to ensure the group remains together, eg encouraging “fish hooking”.

In the event of an accident or incident, stop the run and, along with the group, help the runner concerned. Ensure the rest of the group are safe and in good health. Carry out the Emergency, Accident and Incident Procedure.

Be aware, on all parts of the training run route, of the shortest and easiest route to a safe, and preferably sheltered, location where the appropriate assistance can be met.

Carry a mobile phone within the group.