

Risk Assessment: Club Training Runs

Date:	Assessed by:	Location :	Review :
01/09/21	Andy Hill	Start / Finish – Garforth Squash & Leisure Centre. Occasional Away Run Location	01/09/22

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
Severe weather – wet, cold, windy or hot – may lead to hypothermia. Dehydration, heat exhaustion	Members participating in run session	Members to be advised of appropriate kit requirements for planned route, prior to the session. Activity postponed if extreme conditions forecast	M	<ul style="list-style-type: none"> Assess conditions immediately before the session Verbally advise members of kit requirement prior to commencing the session 	L	Andy Hill	1/9/21	Yes 1/9/21
Terrain – may result in a slip, trip or fall	Members participating in run session	Members briefed of the proposed routes prior to the session by group Facebook. Suitable footwear (eg trail shoes) recommended	M	<ul style="list-style-type: none"> Members advised to pay attention to their surroundings whilst running. Advised not to run too close to each other – shadow running 	M	Andy Hill	1/9/21	Yes 1/9/21
Distance, elevation and / or pace – may exceed individual fitness leading to retiral	Members participating in run session	Members are briefed of the proposed routes prior to the session by group Facebook.	L	<ul style="list-style-type: none"> Captains & run leaders establish groups prior to commencing session. A Leader & tail runner assigned to each running group Mobile phone number of leader distributed to group participants 	L	Andy Hill	1/9/21	Yes 1/9/21

				<ul style="list-style-type: none"> Inform run leader or tail runner if leaving group before returning to pre-agreed finish location 				
Navigation Errors – may result in getting lost	Members participating in session	<p>Members are advised to steady the route, posted on Facebook, prior to session to familiarise themselves.</p> <p>Run leaders to verbally brief other members of route prior to commencement</p> <p>Employ a buddy system for new or inexperienced members</p> <p>Tail runner to monitor all participants</p>	M	<ul style="list-style-type: none"> Periodic head count during the session. 	L	Andy Hill	1/9/21	Yes 1/9/21
Remoteness – may lead to delays in assistance	Members participating in session	Participant briefed. Run leader to carry a fully charged mobile phone	L	<ul style="list-style-type: none"> Advise group to remain together should an indecent occur 	L	Andy Hill	1/9/21	Yes 1/9/21
Vehicle collision – at road crossing	Members participating in session	<p>Participants advised of routes prior to session.</p> <p>Hi-viz clothing encouraged at all times & head torch required during reduced light conditions</p>	H	<ul style="list-style-type: none"> Advise group to remain together should an incident occur Leader to have a fully charged mobile phone Leader to supervise road crossings 	M	Andy Hill	1/9/21	Yes 1/9/21
Animal encounter – in farm stock grazings	Members participating in session	Run leader to be aware of livestock on planned routes & include diversions if necessary	M	<ul style="list-style-type: none"> Advise group prior to commencement of session 	L	Andy Hill	1/9/21	Yes 1/9/21
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NB Copy and paste rows as required