**Risk Assessment: Club runs (on and off road)**

| **Date completed:** | **Assessed by:** | **Location :** | **Last Review :** |
| --- | --- | --- | --- |
| 01 / 04 /23 | Coaches/Run Leaders | Various road and off road locations | October 2024 |

| **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** |
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| Uneven terrain or slippery conditions such as furrowed ground, tree roots, rocky terrain, wet or muddy underfoot etc | BHWRC members  Risk of injury (cuts, grazes, broken limbs, concussion etc) as a result of tripping, slipping or falling. | * Guidance provided in Club Handbook to run leaders about how to safely plan for and lead runs by reccing routes to identify any potential hazards. * Guidance provided in Club Handbook to members about safely participating in running activity including importance of correct shoes for conditions. * Alert members of the group ahead of a run to any known hazards. * Remind and alert group runners of hazards during the run. * Advise members of conditions in run description so they can arrive prepared. | L | * Continue to remind members to refer to the Club guidance. * Continue to hold regular run leading sessions. | L | Committee, , run leaders, club members | Ongoing | Y |
| Running at Night during the winter months (on & off road) | BHWRC members  Increased risk of injury as a result of poor visibility. (cuts, grazes, broken limbs, concussion etc) as a result of tripping, slipping or falling. | In addition to points above :   * For Off Road mandate running with head torch or chest torch. * For on Road running recommend use of Head or chest torches. * Issue annual reminders to members as nights draw in to use torches on evening club runs and include further reminders on weekly schedules. | M | * No additional action identified, runners partcipate in night running at their own risk. | M | Committee, run leaders, club members | Ongoing | Y |
| Traffic | Runners - injured through  collisions with cars and/or car drivers injured through taking avoiding action. | * Warn group prior to starting run of road crossings and busy stretches of road. * Re-group at road crossings to ensure the whole group crosses safely. * When crossing road use pedestrian crossing if possible. * If forced to run on the road (country lanes) stay to the right (facing traffic). * If forced to cross busy roads without crossings, cross in small groups. * Call out to fellow runners when traffic is approaching so group can stand aside to allow traffic to pass where space permits. * In dark conditions use lights/wear hi viz clothing to maximise visibility. | M | * Club Handbook contains guidance for Club Members on safe running practices including traffic hazards. Continue to review guidance regularly and refer members to the guidance on a regular basis. | M | Committee, coaches, run leaders, club members | Ongoing | Y |
| Tripping/bumping other runners when running in a group. | BHWRC members  Injury could be caused by tripping or bumping another running resulting in a fall. | * Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them especially on steep downhill stretches. | L | * No additional action identified. | L | Run leaders/club members | Ongoing | Y |
| Hot  Temperature | BHWRC members  Injury or sickness can result from members getting too hot whilst exercising. | * Advise/remind runners to wear kit appropriate to conditions. * Remind runners to take water particularly on longer runs. * Time runs for early morning or evenings on hot days. * If conditions are extreme run to be modified/ postponed/   cancelled at discretion of Coach/Run Leader.   * Advise runners to consider using high factor sun cream, wear hats, sunglasses, cool clothing. | L | * Club Handbook reminds Club Members that it is their responsibility to ensure they are appropriately dressed for the conditions and to manage their own hydration. * Club will continue to issue appropriate reminders to its members based on weather conditions. | L | Run leaders/club members | Ongoing | Y |
| Cold  Temperature | BHWRC members  Injury, sickness or distress can result from members getting too cold whilst on a club run. | * If weather is scheduled to be particularly cold or terrain is likely to be exposed to the elements members reminded to bring extra layers appropriate to the conditions. * Care should be taken to avoid patches of ice. * All runners run at their own risk and within their own appetite for risk but runs can be cancelled at run leader’s discretion if conditions are considered too dangerous. | L | * No additional action identified. | L |  |  |  |
| Animals  (Dogs, livestock, horses etc | BHWRC members  Runners could be tripped or injured through contact with animals | * Care to be taken when out in public to be aware of loose dogs. * Care to be taken if entering a field with livestock in. If in a large group, walk calmly in smaller groups past livestock. * Take particular care of cows with young – do not pass between a cow and a calf. * If livestock behaving aggressively, seek alternative route where possible. * Walk slowly past horses. | L | * No additional action identified. | L | Run Leaders/Club members | Ongoing | Y |

| Pre-existing medical conditions and injuries | BHWRC members  Runners who have an injury or pre-existing condition could aggravate symptoms or become ill on a run. | * Runners run at their own risk and are responsible for carrying any medication (such as inhalers, epi pens etc) they may require for pre-existing conditions. * It is at the discretion of the member whether they participate in a run based on their current fitness. * Run leaders should always carry a phone to summon medical assistance should it be required. | L | * No additional action identified. Participants take part at their own risk and are responsible for judging their own fitness to partcipate. | L | Run Leader/Club members | Ongoing | Y |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Overgrown routes | BHWRC members  Risk of scratches, nettle stings. | * Athletes to be made aware in advance where possible if routes may be overgrown * Seek alternative routes or turn back if possible and route conditions are unsuitable due to overgrown vegetation. | L | * No additional action identified. | L | Run Leader/members | Ongoing | Y |
| Getting Lost | BHWRC members  Getting lost could result in extra distance which may be distressing to some members especially in more extreme weather conditions. | * Guidance provided in Club Handbook to run leaders about how to safely plan for and lead runs by reccing routes, taking photos of harder to remember points on the route. * Run leader should always carry a route plan/map/compass if route is less familiar to them. * Co-leading a route can reduce liklihood of getting lost. * Remind members that apps such as os can be very useful but may not always work on remoter routes. * Run leaders to ensure they always carry mobile phones to call for help if required. | L | * No additional action identified | L | Run Leader/Club members | Ongoing | Y |
| Losing a runner/runners from a group | BHWRC members  Getting lost could be distressing to some members especially if they do not know where they are. | * Ensure there is always a nominated back marker in a group. * Run leaders to direct runners to regularly re-group. * Run leaders to ensure they always carry mobile phones to call for help if required. | L | * No additional action identified | L | Run Leader | Ongoing | Y |
| Insect and tick bites | BHWRC members  Infection/illness resulting from insect or tick bites | * Remind members to consider using insect repellent during summer months. * Remind members that it is best practice to check for ticks following a run in areas where tick bites are more likely to occur such as countryside locations. |  | * No additional action identified |  | Committee/run leader/club members | Ongoing | Y |