**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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Uneven terrain or slippery conditions such as furrowed ground, tree roots, rocky terrain, wet or muddy underfoot etc | BHWRC membersRisk 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 membersIncreased 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 throughcollisions 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 membersInjury 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 |
| HotTemperature | BHWRC membersInjury 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 |
| ColdTemperature | BHWRC membersInjury, 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 membersRunners 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 membersRunners 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 membersRisk 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 membersGetting 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 membersGetting 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 membersInfection/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 |