

CROWBOROUGH RUNNERS OFF-TRACK RISK ASSESSMENT SUMMARY



This document is to be used in conjunction with the Off-Track Risk Assessment documents: *Off-Track Risk Assessment – Roads Only* and *Off-Track Risk Assessment – Trail-Mixed Terrain*.

Within the appendix below are some examples of routes that fall under either two of the considered risk assessments, these are not exhaustive but act as a guide to decide which type of run you are undertaking and as such the RA/Guidance to be followed for that group run activity.

OFF-TRACK RUN GUIDANCE

All running groups will be lead by an England Athletics qualified coach or Run Leader (LiRF)

Runner Briefing

- **Pre-run Briefing:** Each run should begin with a briefing covering the route, potential hazards, estimated distance/time, and group pacing – it's not a race, but a social run.
- **Education on Safety Protocols:** Provide guidance where required on road safety, hydration, heat/cold weather management, ensure persons have adequate personal lighting in hours of darkness.
- **Promote Individual Responsibility:** Encourage group members to know their fitness limits and participate only in runs suited to their abilities, suggest different pace groups if appropriate. *It is for each individual running to manage their own physical condition and readiness/ability to run not the run leader.*

On the Run

- **Re-Group:** Run leader to designate re-grouping points at convenient and safe locations, check on condition of group verbally, walk or rest until entire group are ready to set off again.
- **Switch it up:** Things may change on the run, dynamically change route avoid any hazards, changeable weather etc, shorten or lengthen the route depending on groups ability and energy levels.
- **Cool down:** Encourage group members to cool down by having a slow lap on track when returned or verbally advise of need to stretch out.



EMERGENCY ACTION PLAN

First Aid

- Ensure at least one trained first-aid responder is present on all club activities/runs.
- Consider carrying a basic first-aid pouch, including bandages, antiseptic wipes etc.

Emergency Contacts

- At least one mobile phone to be carried within each run group, consider more if running remotely/trail/poor reception areas (e.g. Ashdown Forest/Woodland)
- Encourage runners to carry emergency contact information and medical details, this could be both digitally and through an ICE tag which the club will provide.
- Have an emergency contact list for each session accessible to run leaders.
- Contact another run leader if you need help/assistance, if severe contact the emergency services by dialling 999

Evacuation

- Run leaders should be familiar with safe spots along routes (e.g., parks, shops) for emergency shelter.
- Have a protocol in place for directing emergency services to exact locations, consider downloading What-3-words to pinpoint exact location of incident/accident.

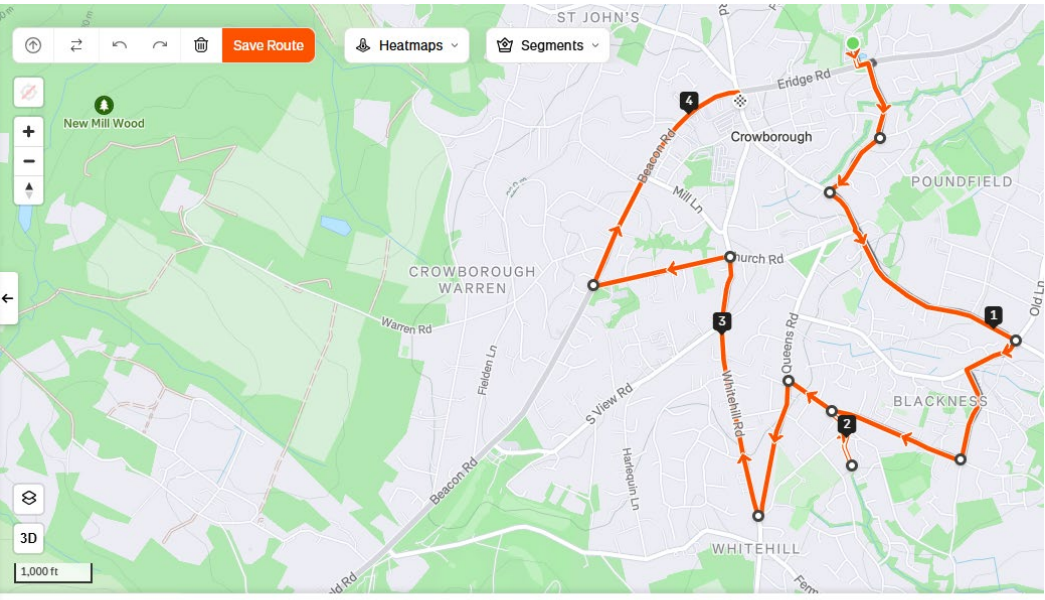
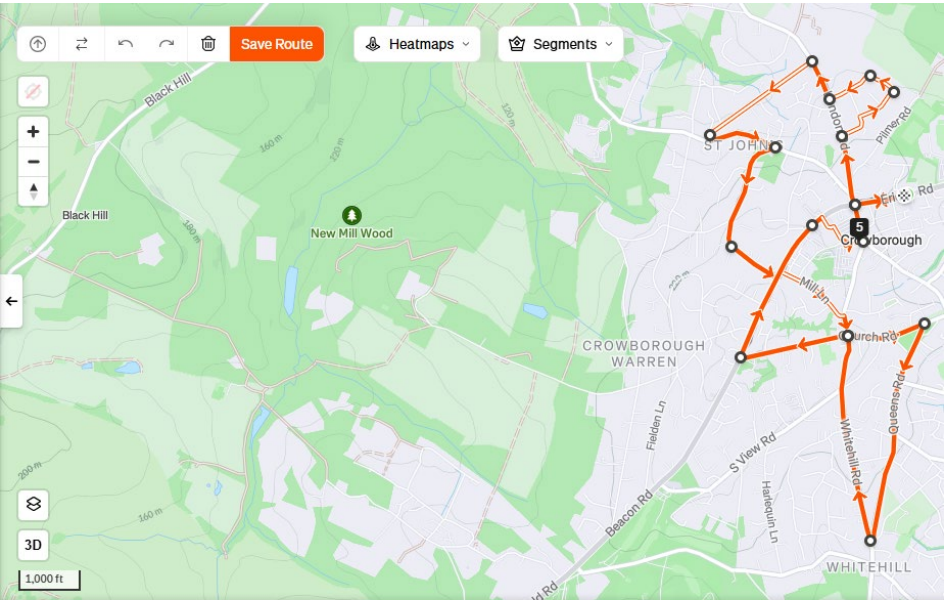
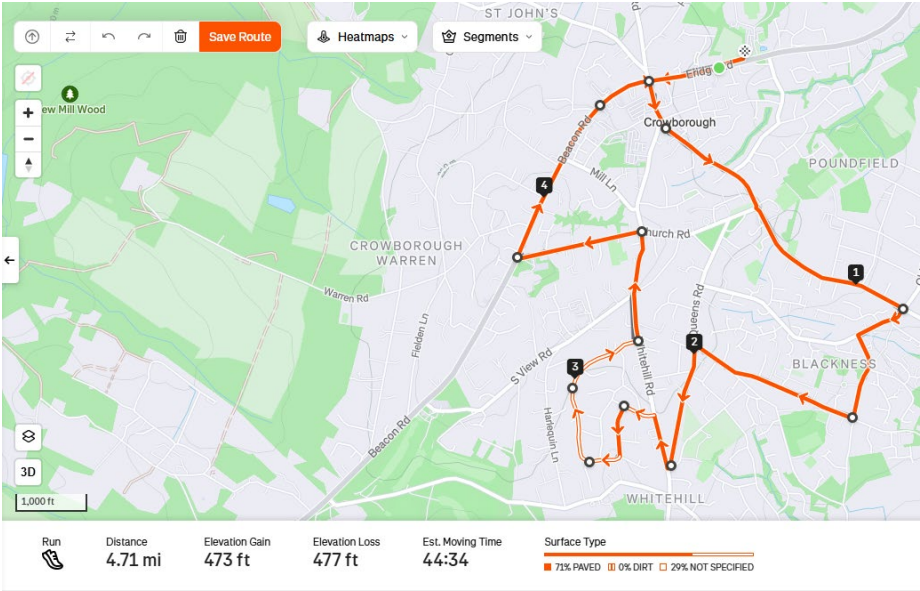
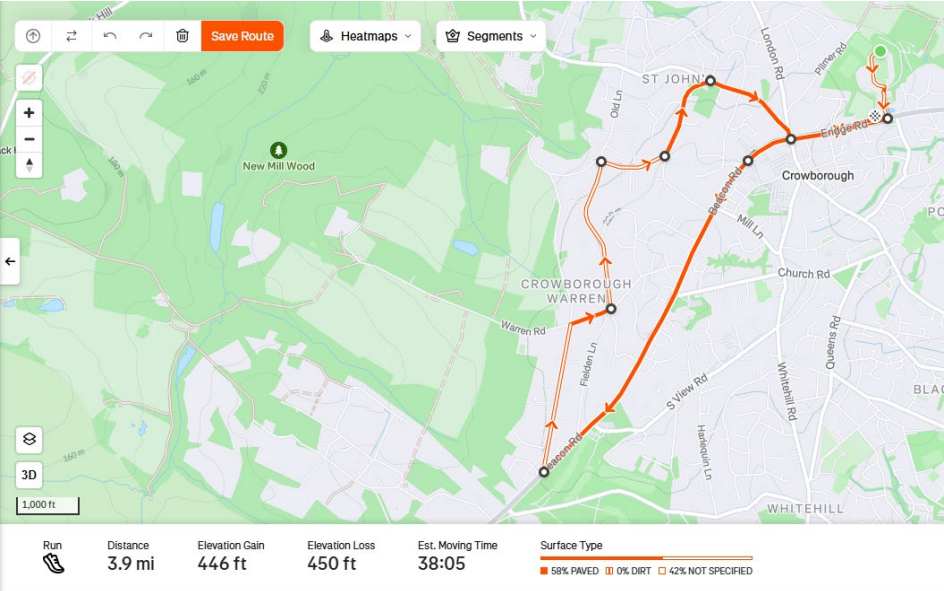
Incident Reporting

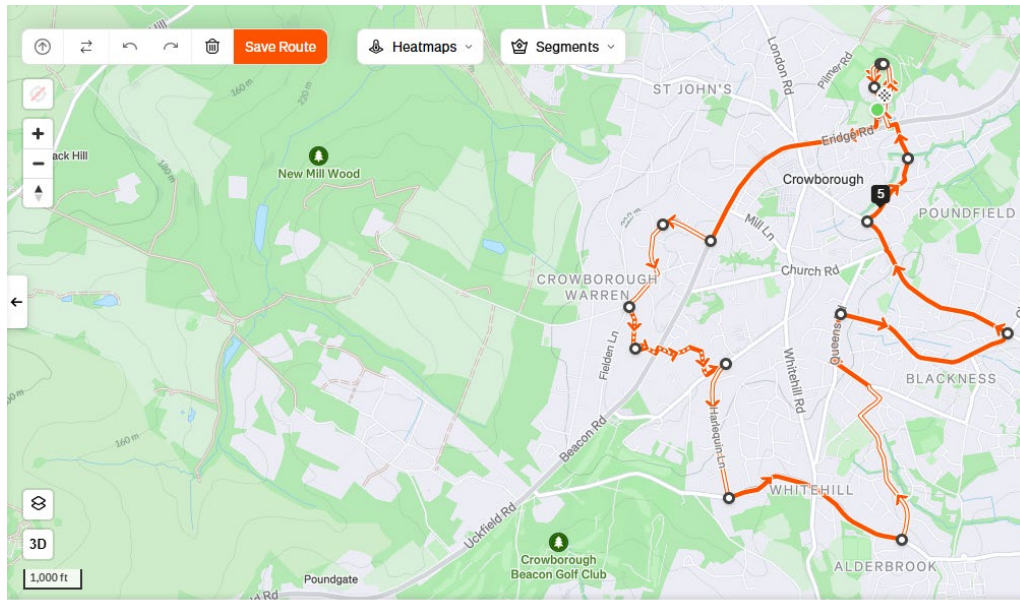
- Establish a system for reporting and documenting any incidents or near-misses.
- Review incidents regularly to improve safety protocols and reduce future risks by amending risk assessments.



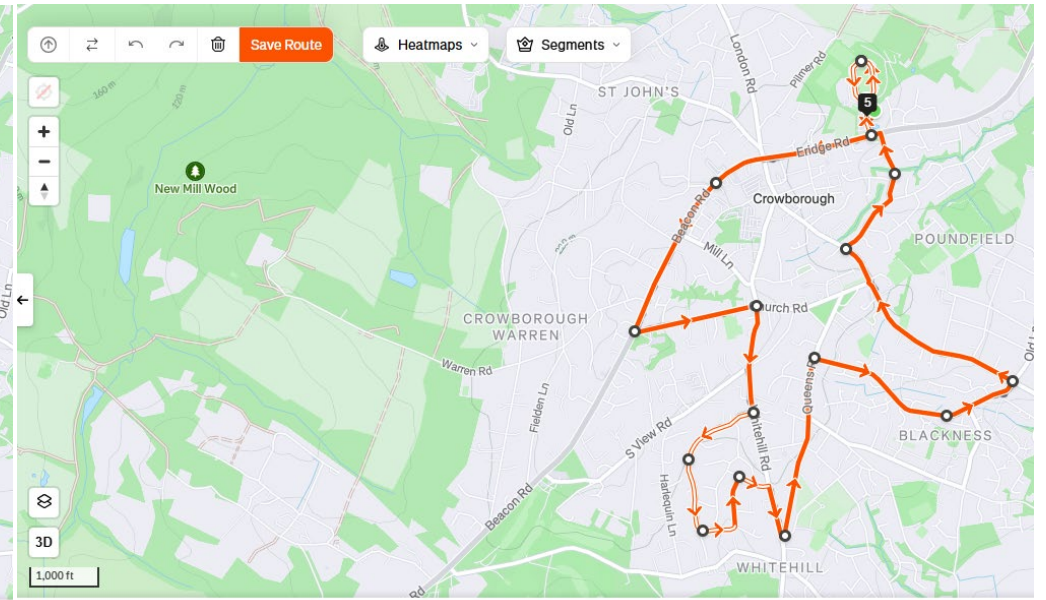
APPENDIX

Example of runs covered by: *Off-Track Risk Assessment – Roads Only*

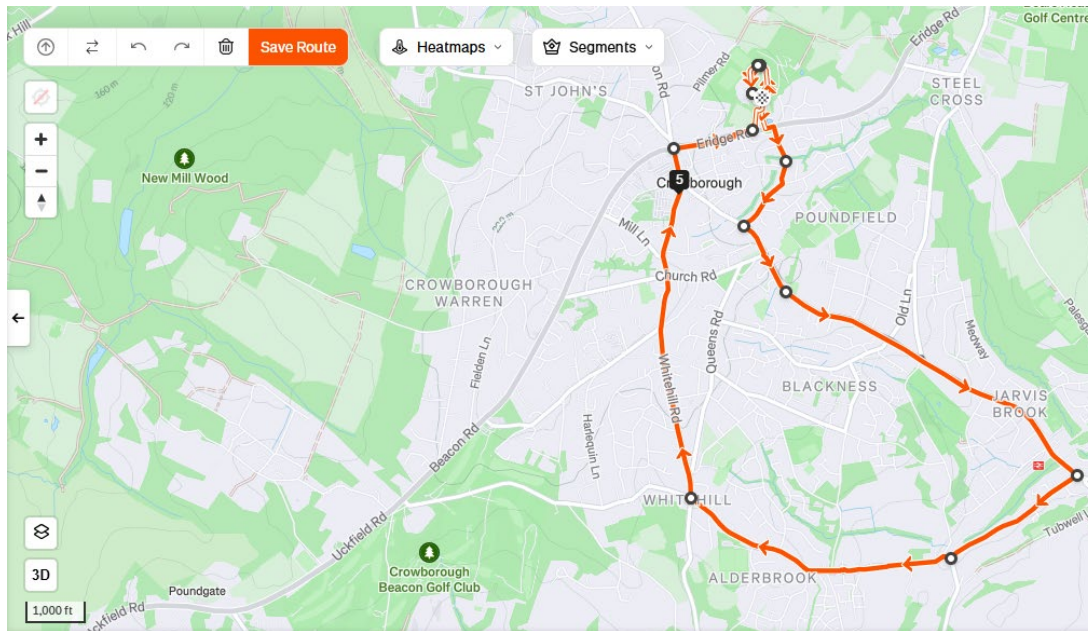




Run Distance **5.97 mi** Elevation Gain **626 ft** Elevation Loss **633 ft** Est. Moving Time **55:28** Surface Type



Run Distance **5.31 mi** Elevation Gain **528 ft** Elevation Loss **513 ft** Est. Moving Time **49:50** Surface Type



Run Distance **5.81 mi** Elevation Gain **512 ft** Elevation Loss **510 ft** Est. Moving Time **53:12** Surface Type

Example of runs covered by: *Off-Track Risk Assessment – Trail-Mixed Terrain.*

