



Risk Assessment for club activities not undertaken on running track.

The following table outlines the hazards and mitigating actions (control measures) undertaken by the club in order to reduce risk to as low as reasonably practicable. This risk assessment covers a multitude of different circuits/routes that are undertaken on predominantly un paved and mixed terrain surfaces – examples of routes covered in this risk assessment can be found at the rear of the document.

Members participating in off-track sessions should be aware the hazards identified are not exhaustive – there is an element of personal responsibility and dynamic risk assessment to be made by each individual during the course of activities.

Hazard	Risk	Risk Rating (L=Low, M=Medium, H=High)	Control measures that should be followed	Risk Remaining (L=Low, M=Medium, H=High)	Further Control Measures/Considerations (optional)
Traffic and Road Crossing	Accidents, injuries from vehicles.	H	> Plan routes with minimal road crossings and safe pavements. > Ensure use of pedestrian crossings and safe crossing points. > Runners must be well lit (head/chest torch) and wearing clothing with hi-visibility elements in hours of darkness. > Educate attendees of road safety and localised traffic conditions > Re-group at large junctions/road crossings. > Run leader to clearly communicate when crossing roads and ensure group alert to traffic. > At least one first aid trained person to be in running group > At least one person in running group to carry a mobile phone	M	> Plan routes with no road crossings or fully managed (lights/pelican) crossings only. > Club has additional head torches for persons who may have forgotten there own.



Uneven Terrain (kerbs, unadopted roads, unpaved paths, trail routes, fords, gravel, loose ground, roots)	Slips, trips, falls; sprains or fractures.	M	> Ensure group are briefed on route to be taken during running session > Run leader and all runners in group to actively spot hazards and point out to fellow runners. > Chest, Head or equivalent torch/lighting must be worn by each individual to ensure route ahead can be seen in hours of darkness. > Appropriate running footwear to be worn for conditions and intended route > Runners to ensure safe spacing between group to ensure visibility and avoid trips > At least one first aid trained person to be in running group > At least one person in running group to carry a mobile phone > Ensure careful navigation of countryside furniture (gates/stiles/walls) > Group to walk complex technical areas/hill scrambles > Running group members to point out/shout hazards "roots/holes/stumps etc" when encountered on run.	L	> Consider small first aid kit/pouch to be carried by run leader or member of group.
---	--	---	---	---	---



Electronic distractions	Injuries or accidents from reduced awareness when using earphones, looking at mobile phone/smart watch	M	> Runners to not actively use mobile phones during activity/run unless strictly for safety/rescue needs. > No headphones to be worn during activity. > Where group photos are taken, leader or photographer to ensure group are not distracted from present dangers/hazards (roads/obstructions/potential falls)	L	
Large group size, variation in abilities	Overexertion, crowding, trips/injuries	M	> Maximum of 12 Runners to 1 Coach > consider dividing runners into smaller groups based on pace and experience. > More frequent re-groups if required > Ensure group are briefed on route to be taken during running session and expectations of pace/distance/complexity communicated. > Run leader to be at least LiRF trained as per England athletics coaching pathway.	L	> Consider small first aid kit/pouch to be carried by run leader or member of group.



Weather Conditions (rain, snow, extreme heat, high pollen, high dust periods)	Hypothermia, heat stroke, dehydration, slipping on wet ground/mud/grass.	M	> Weather conditions checked by run leader prior to run and decision made on whether activity is safe in conditions. > Runners to be educated/challenged where clothing not appropriate for conditions. > Run leader to advise prior to run on specific hazards on route (ice, flooded sections etc, lightning potential). > Run leader to Encourage hydration, adjust frequency of stops or adjust pace accordingly. > At least one first aid trained person to be in running group > At least one person in running group to carry a mobile phone	L	> Consider small first aid kit/pouch to be carried by run leader or member of group.
Fatigue/Exercise related Malaise	Worsening of carried injuries, exhaustion, collapse	H	> Run leader to ask if all persons are fit to run during pre run brief/route discussion. > Running route to be designed to cater for mixed ability (achievable and safe distance) > All attending runners to understand there own limitations and that they are attending in good health for activity ahead > Activity/run to be ended early if concerns of worsening condition of any persons in run group. > At least one first aid trained person to be in running group	M	> Runners to wear ICE tag or ensure ICE contacts updated on mobile device/fitness watch etc > Consider small first aid kit/pouch to be carried by run leader or member of group.



			> At least one person in running group to carry a mobile phone > Run leader to be at least LiRF trained as per England athletics coaching pathway.		
Health and Medical Issues	Cardiac events, dehydration, asthma attacks, injuries.	M	> Run leader to ask if anyone has any Injuries/conditions during pre run brief/route discussion > Running route to be designed to cater for mixed ability (achievable and safe distance) > Runners to elect conditions to club and run leaders where appropriate and relevant to activities. > Runners with medication requirements (asthma pump, GTN, antihistamines etc) to carry medication during activity/run. > At least one first aid trained person to be in running group > At least one person in running group to carry a mobile phone > Run leader to be at least LiRF trained as per England athletics coaching pathway.	L	> Runners to wear ICE tag or ensure ICE contacts updated on mobile device/fitness watch etc > Consider small first aid kit/pouch to be carried by run leader or member of group.



Animal Encounters	Injuries from animal attacks (e.g., dogs), insect bites, trampling, weils disease, ticks	M	> Route plan to ensure likelihood of encountering dangerous animals not likely (Livestock, fields with Bulls in, large congregations of deer/herd animals) > Run leader to advise group and avoid route planning on any known hazards, guano, long grass/tick contact, still water courses > Route plan to dynamically (en-route) be changed by run leader to avoid any emerging situations on paths/trails/alleys/land. > At least one first aid trained person to be in running group > Report occurrence to other run groups/authorities/land owners > Avoid still water courses at height of midge/fly seasons > Runners dogs not permitted on running activities	L	
Lost or Separated Runners	Risk of being lost or stranded, panic, injury.	M	> Ensure group are briefed on route to be taken during running session > Run leader to choose appropriate re-group points during run > No runners to deviate from route/shortcut or leave early from run without clearing with Run Leader "<i>Start together and finish together</i>" > Run leader to encourage group cohesion, faster members to circle	L	



			back and run/sweep in to next re-group point with slower runners		
Personal Safety (e.g., in the dark)	Injuries due to reduced visibility, risk of harassment or assault.	M	> Ensure group are briefed on route to be taken during running session > Plan run in well lit areas, populated areas where possible > Run leader to ensure all persons accounted for when re-grouping > All runners to ensure safe distancing from members of public to avoid entanglement. > Chest, Head or equivalent torch/lighting must be worn by each individual to ensure route ahead can be seen and runner can be seen in hours of darkness. > Runners must wear clothing with high visibility elements > Route plan to dynamically (en-route) be changed by run leader to avoid any emerging situations. > At least one first aid trained person to be in running group > At least one person in running group to carry a mobile phone > Report suspicious activity to other run groups/authorities	L	> Consider combining speed/pace groups to avoid small/vulnerable run groups



Running with Minors/Junior Members	Inappropriate conduct, reputational impact, distress	M	> Appropriate numbers of CRB checked coaches to be in attendance in run groups incorporating junior members. > Run leader to ensure junior member is understanding and happy with route/pace of run. > Running route to be designed to cater for mixed ability (achievable and safe distance) > Contact details of Junior members/guardians to be available to Run leader. > Run leader/members of running group to self police where language, discussions or conduct is not suitable for junior members. > Group photos including junior members not permitted unless specifically sanctioned/allowed by guardian. > Run leader to be at least LiRF trained as per England athletics coaching pathway. > Juniors members should not be alone with an single adult during the running activity.	L	> Make clear to juniors/guardians the locations/route being run and advise elements that aren't suitable (pub runs etc)
Contact with electric fences	Electrocution, shock and fall injuries, cardiac arrest	M	> Run leader to plan route avoiding cattle/herd electric fences > Group to be made aware of any fenced areas on forest and areas where fencing is erected/changed.	L	



Limited mobile phone signal	Inability to react to hazards and risks listed above	M	> At least one person in running group to carry a mobile phone > Best practice to have more than one phone in running group with differing network providers > Persons outside of run group are aware of groups intended run route prior to setting off.	L	
Steep hills and elevation gain	Increased risk of slips, overexertion, muscle strain.	H	> Run leader to encourage pacing based on group fitness level and advise caution on steep descents. > Runners to ensure warming up and stretches prior to and after run/activity > Runners to walk extreme inclines where necessary	L	
Running with new members/new runners	All of the above risks and associated hazards	H	> Club to ensure new runners aware of Risk Assessment and action plan for all of the hazards identified with off track running sessions. > Run leader to be at least LiRF trained as per England athletics coaching pathway.	L	> Consider a buddy system, pairing an experienced runner with new member/runner.