



Caldicot Running Club – Risk Assessment

Prepared By	Assessed & Approved By:	Event Types Assessed	Date
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Define the hazards	Who could be harmed ?	Existing risk mitigations	Risk Rating	What else can the particate do to mitigate the risk ?	Resultant Risk Rating
Major health incident	Activity participants	<p>Advance Information to advise against participation if feeling unwell.</p> <p>Coach/Leader To ensure a mobile phone is available on all activities to be able to contact emergency services if required</p>	Med	<p>Informed Consent Individuals to undertake an Informed Consent self assessment before joining the Club and annually. They are advised to seek professional medical advise if there are any underlying health concerns.</p>	Low
Minor health problems (Muscle pulls, strains, tears etc)	Activity participants	<p>Advance Information to advise against participation if pre existing condition</p> <p>Session Briefing to remind participants to chose appropriate speed group & run at lower intensity for first few reps, especially if they've not participated in interval/quality sessions recently</p> <p>Tail Runners Events to have allocated tail runner to ensure no one falls behind group</p> <p>First Aid to be offered to participant for self application or by a qualified first aider</p> <p>Session Plan to select warm up/session area/cool down route</p>	Med	<p>Mobile phone to be carried by coaches/leaders, to be used to request support.</p> <p>Emergency contact (identified in Registration) to recover participant.</p> <p>Coach/Leader to ensure they are protected from cold/wet while waiting using space blanket / extra clothing .</p> <p>To ensure a mobile phone is available on all activities to be able to contact emergency services if required</p>	Low

Route not safe	Activity participants	<p>Session Plan to select warm up/session area/cool down route to avoid unsafe areas (e.g. unpaved busy A roads, pinch points & narrow/busy paths). Coach to undertake receive &/or have a fallback plan</p> <p>Advance Information to remind participants about Health and Safety Police and Code (on website)</p> <p>Headphones - the use of headphones are not permitted for Club activities</p>	Low	<p>Participants are advised to listen and keep a look out for dangers and hazards and to warn other runners.</p> <p>Coach/Leader to check weather reports for extreme or hazardous weather conditions and to make appropriate safety adjustments to session planning and routes.</p> <p>Coach/Leader to check that the group is comfortable with the route.</p>	Low
Heat exhaustion or dehydration	Activity participants	<p>Website & Social Media to remind runners about hydration to run in the cooler parts of the day if needed.</p> <p>Advance Information to remind participants about Health and Safety Police and Code (on website) and to advise participants to carry drinking water</p>	Low	<p>Coach/ Leader to check Mobile phone is carried in group, to be used to request support.</p> <p>Coach/Leader to check weather reports for extreme or hazardous weather conditions and to make appropriate safety adjustments to session planning and routes and to advise participants to carry sufficient fluids to remain hydrated,</p>	Low
Junior runners left unattended	Junior runners	<p>Junior runners shall not be left unattended</p>	Low	<p>Coach/Leader to allocate senior member to check safety of junior member.</p>	Low
Animals / livestock on road	Runners Pedestrians Cyclists Dogs Horses Livestock	<p>Advance Information to remind participants about Health and Safety Police and Code (on website)</p> <p>Session Briefing to remind participants of hazards while trail running</p>	Low		Low

<p>Trail Running, uneven surfaces and slippery surfaces</p>	<p>Trail Running-Activity participants Running</p>	<p>Advance Information to remind participants about Health and Safety Policy and Code. Appropriate footwear and clothing Trail running shoes must be worn when advised by event leader. Water proofs are advised if there is a risk of rain. Session Briefing to remind participants of hazards while trail running</p>	<p>Low</p>	<p>Coach/Leader to check participants have appropriate trail running footwear.</p>	<p>Low</p>
<p>Trail running, risk of serious harm/remote access in case of injury</p>	<p>Trail Running-Activity participants Running</p>	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code. Coach/ Leader to carry mobile phone, is first aid trained and carries a first aid kit on them. Routes are chosen near to main car park, in known forestry and parks with access to emergency vehicles. Routes are circular, ensuring that participants remain near to the main car park should emergency vehicles need access. No-one runs alone or in a small group.</p>	<p>Med</p>	<p>Coach/Leader to encourage all participants to carry phone and emergency contact details. Use what3words to identify location.</p>	<p>Low</p>

Trail running, risk of getting lost	Trail Running- Activity participants Running	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code.</p> <p>Coach/Leader to provide maps to all participants ahead of session and encourages groups to stay together. Routes are not remote but centred near main car parks.</p> <p>No-one runs alone or in small groups. All groups are led by a trail leader. Main leader does not leave until all participants are back.</p> <p>Communication between trail leaders is via group message</p>		<p>Coach/Leader to share telephone numbers as back up to online signal failing.</p> <p>All participants encouraged to carry mobile phone.</p> <p>Coach/Leader to report back to committee when trail run completed and all participants back.</p>	
Motor vehicles, road hazards	Activity participants	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code.</p> <p>Session Briefing to remind participants of hazards road traffic hazards.</p> <p>Session Plan to select a route that minimises crossing roads and exposure to motor vehicles.</p> <p>Headphones - the use of headphones are not permitted for Club activities</p>	Low	Participants are advised to listen and keep a look out for dangers and hazards and to warn other runners.	Low
Ticks – Lymes disease	Trail Running - Activity participants	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code.</p>	Low	Participates advised to cover exposed areas to minimize risk of bites from ticks	Low

		<p>Session Plan to select a route that minimises running through undergrowth and areas used by livestock. To advise participants to wear appropriate clothing.</p>			
Low visibility	Activity participants	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code. Session Briefing to remind participants of hazards road traffic hazards. Session Plan to select a route that minimises access to areas of poor visibility</p>	Low	Participates to wear HIGH VISIBILITY clothing and lighting to improve visibility and so they can be seen by others.	Low
Activity participant becoming lost	Activity participants	<p>Advance Information to remind participants about Health and Safety Policy and Safety Code. Session Briefing to remind participants to stay with group and not to leave anyone behind Tail Runners Events to have allocated tail runner to ensure no one falls behind group Session Plan To advise runners of meet points during activity and at the end of activity.</p>	Low	<p>Coach/Leader to ensure everyone returns to defined activity finish point. Coach/ Leader to check Mobile phone is carried in group, to be used to request support.</p>	Low
Under the influence of Alcohol or Drugs	Activity participants	<p>Advance Information to remind participants about Health and Safety Policy and club policy upon drugs and alcohol</p>	Low	<p>Coach/Leader will refuse a member from attending an event if there is a concern that the member is under the influence of drugs or alcohol.</p>	Low