

Risk Assessment: Adult Outdoor Club Run / Training Session

Date:	Assessed by:	Location :	Review :
01/03/2024	Tony Collyer	Outdoor training sessions – various locations/venues	Annually (or on change of advice from EA / Gov't)

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?	Residual Risk Rating	Action by whom	Target date	Complete
Choice of training route	Negative interaction or collision between athletes, Run Leader or leader and traffic / other road users; cars, cycles, pedestrians, etc.	<ul style="list-style-type: none"> Training venue selection to avoid running on busy sections of open road as far as practical. 	M	<ul style="list-style-type: none"> General training routes use quiet rural lanes, residential areas and industrial estates. Winter training routes are in lit residential areas and industrial estates. Sections of footpaths, tracks, public access areas and fields (e.g. recreation ground and community woodland) are also used when conditions allow. 	L	Run Leader	Each session	Each session
Athlete fatigue / exhaustion	Athlete(s) become fatigued and/or exhausted leading to increased risk of injury or inability to continue session	<ul style="list-style-type: none"> Sessions planned to suit ability of athletes taking part. Run Leader to assess athletes before starting and during warm up and ask 		<ul style="list-style-type: none"> Run Leader to continually assess wellbeing of athletes and adapt session (duration, distance, intensity, terrain) to suit abilities of group. 		Run Leader	Each Session	Each Session

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		questions to identify any signs of injury/weakness.						
Visibility on open roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> Encourage athletes to wear Hi-Viz/bright clothing at all times & to keep alert to traffic & other road users Hi-viz clothing must be worn during winter and low light conditions. 	H	<ul style="list-style-type: none"> Advise athletes to run on footpaths where provided, not on the road Highlight risk in the event of poor visibility, low dazzling sun, etc. Change route or cancel session if conditions aren't safe. 	L	Run Leader	Each session	Each session
Crossing Roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> Avoid road crossings where possible on training circuits Where road crossings cannot be avoided select circuits within "quiet" residential areas and industrial estates or rural lanes. No headphones/earbuds or similar to be worn during organised runs / training sessions. 	H	<ul style="list-style-type: none"> Advise athletes of the course, risks & hazards at start and during session as appropriate. Warn athletes to stay alert of traffic movements & cars pulling out of driveways Encourage athletes to communicate potential risks to rest of group while training. 	L	Run Leader & Athletes	Each session	Each session
Weather	Injury (or illness) to athletes, Run Leaders as a result of extreme weather/exposure e.g. heavy rain, strong winds, snow, ice.	<ul style="list-style-type: none"> Check weather in advance and plan session accordingly Athletes expected to wear clothing/footwear appropriate to the conditions Advise athletes regarding water, sunscreen, insect repellent, emergency kit, etc prior to session where necessary 	M	<ul style="list-style-type: none"> Advise athletes if their clothing/footwear is not considered appropriate to the conditions Adjust session or cancel if conditions dictate 	L	Run Leader & Athletes	Each session	Each session

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Slips, trips & falls (e.g. wet &/or uneven surfaces, ice/ frost)	Injuries to athletes, Run Leaders from slipping/ tripping and falling	<ul style="list-style-type: none"> Assess conditions before session & warn athletes of potential risks or hazards Advise athletes to wear appropriate footwear and remain alert to changing conditions 	M	<ul style="list-style-type: none"> Encourage athletes to communicate potential risks to rest of group while training. Adjust session or cancel if conditions dictate 	L	Run Leader & Athletes	Each session	Each session
Pedestrians	Injury following collision between athletes & pedestrians	<ul style="list-style-type: none"> Advise athletes that the training route may be shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks 	M	<ul style="list-style-type: none"> Give due consideration & polite warning to the public and third parties Revise route choice if necessary 	L	Run Leader & Athletes	Each session	Each session
Dogs, pets & wild animals	Injury as a result of attacks or trips to athletes & Run Leaders.	<ul style="list-style-type: none"> Avoid contact with animals Stay alert in proximity to dog walkers and to the possibility loose dogs and/or extended dog leads Stay alert when route passes through farmland 	M	<ul style="list-style-type: none"> Give due consideration & warning to dog walkers Discuss appropriate behaviour around cattle and stock with athletes Revise routes where necessary to avoid contact with animals 	L	Run Leader & Athletes	Each session	Each session
Lost or missing athletes	Athletes getting lost or injured whilst out of direct contact from Run Leader or training group	<ul style="list-style-type: none"> Take head count before warm-up run Maintain head count during & after training session Brief athletes on route/course to be used Allocate athletes to similar ability training groups Appoint "lead" & "sweep" runners when appropriate Ask athletes to advise if dropping out or leaving session early 	M	<ul style="list-style-type: none"> If an athlete is identified as missing organise a sweep of the route/training venue course Request athletes to inform the leader or fellow runners if they intend to leave the group during a session. If the athlete cannot be located contact emergency services and report missing person 	L	Run Leader & Athletes	Each session	Each session

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		<ul style="list-style-type: none"> Run leader to carry mobile phone 						
Lack of facilities	Unable to wash hands and discomfort due to lack of toilets during the session.	<ul style="list-style-type: none"> Current venue has facilities available for use before and after training. 	L	<ul style="list-style-type: none"> Inform athletes that behaviours that could be seen as 'anti-social'/offensive are not allowed, both before, during and after the session. 	L	Run Leader & Athletes	Each session	Each session