

Risk Assessment – Off-road trail/fell sessions

Group name: **Derwent Athletic Club**

Date of risk assessment: **May 2021**

What are the hazards?	Who might be harmed?	What are you already doing?	Any further actions required?	Risk Rating after measures (High/Medium/Low)
Inclement weather – making it too hot/wet or slippery to run.	<ul style="list-style-type: none"> Participants and leaders 	<ul style="list-style-type: none"> Coaches and leaders to give appropriate advice to participants dependent on weather conditions, e.g. use of hat and sun cream in the heat and plan sessions accordingly Cancellation of sessions to be considered if weather conditions make it unsafe to run 	<ul style="list-style-type: none"> Minimum kit requirements by all participants dependent on severity of the forecast and the route. Kit requirements for low/medium and High rated routes can be found at the end of the document 	H
Traffic/road crossings on route	<ul style="list-style-type: none"> Participants/leaders taking part in the session. Other 	<ul style="list-style-type: none"> Coaches and leaders to remind participants at the start of the session to use crossings provided and reinforce this weekly Cross as a group where possible leaders to remind participants to take personal responsibility within the session 	<ul style="list-style-type: none"> An appointed tail runner will ensure the nominated group stays within proximity when reaching a crossing point. All participants to be accounted for before moving on. 	L
Ground conditions – uneven/changing ground conditions.	<ul style="list-style-type: none"> Participants and leaders 	<ul style="list-style-type: none"> Leader to ensure the route is safe before taking the group out on the run Leader to advise participants of any changing/ uneven ground conditions at the start of the session 	<ul style="list-style-type: none"> All participants to have suitable footwear for the chosen route, those who do not will be denied the chance to take part. 	M
Injuries through participation/medical conditions	<ul style="list-style-type: none"> Participants and leaders 	<ul style="list-style-type: none"> Participant’s medical conditions are disclosed to club coaches and leaders prior to starting the session Leader to ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check Leader to deliver an appropriate warm up and cool down activity and plan sessions to suit varying ability levels Leader to carry a mobile phone in case of emergencies 	<ul style="list-style-type: none"> Runners should not attend a fell/trail session when feeling unwell or carrying an injury. All members have a responsibility to inform the run Leader of any underlying medical condition that may affect their participation in the run. 	L

Risk Assessment continued

What are the hazards?	Who might be harmed?	What are you already doing?	Any further actions required?	Risk Rating after measures (High/Medium/Low)
Participants getting lost	<ul style="list-style-type: none"> Participants at session 	<ul style="list-style-type: none"> Leader to share route with the group before each run and explain the route at the start of the session Leader to consider group management strategies such as loop backs and out and back routes to help keep group together Run Leader's situated at the front and back of groups 	<ul style="list-style-type: none"> Each leader to have a nominal group size of no more than 10-runners. Run leader to appoint nominated tail runner throughout the session. 	L
Inappropriate running kit/equipment	<ul style="list-style-type: none"> Participants 	<ul style="list-style-type: none"> Run Leaders to send participants information on what they should be wearing at the session or direct to the club website Leaders to do a visual check each week Participants to wear high vis/bright clothing particularly when running in the dark 	<ul style="list-style-type: none"> Each trail/Fell run will be graded in difficulty, this combined with the weather forecast will determine the minimum required kit that participants will need to provide. 	H
Other members of the public getting in the way of runners	<ul style="list-style-type: none"> Participants and members of public 	<ul style="list-style-type: none"> Coaches and Leaders to plan appropriate routes for the group Leaders to remind participants to be respectful to other road users. 	<ul style="list-style-type: none"> On routes where public are likely to be present remind participants to be aware and respect other users. 	L
Larger wildlife and farm animal encounters	<ul style="list-style-type: none"> Participants and leaders 	<ul style="list-style-type: none"> Coaches/leaders to brief the group prior to commencement of run as to likely locations where there may be encounters with animals. 	<ul style="list-style-type: none"> Group to slow to a walk and stay together when running through areas of livestock. 	L

Minimum Kit requirements for low risk routes in good weather conditions: - General suitable running attire with appropriate footwear.

Minimum kit requirement for all other routes in any conditions: - Waterproof whole-body cover, hat, gloves, whistle, (torch for non-summer)

Run Leader with each group to carry: - emergency food, survival bag, whistle, mobile phone and small first aid kit.