



GENERIC RISK ASSESSMENT

Venue: Various – changes throughout summer and winter months

This risk assessment covers all “normal” weekly session held on Monday and Wednesday evenings. Separate risk assessments are completed for extra-ordinary sessions and particular events.

Potential Risk	Likelihood 1 – Very unlikely 5 – Extremely likely	Severity 1 – Not severe 2 – Extremely severe	Action taken	Risk managed appropriately Y/N
Running on road – Danger of runner colliding with vehicle/cyclist	1	5	*Warn Runners *Hi viz jackets advised *Busy roads avoided for organised runs/training sessions	y
Collision with pedestrians	3	2	Runners advised	Y
Running in dark – Risk of falls/contact with foreign objects	3	3	*Warn runners *Fluorescent jackets advised *Head torches worn when appropriate	Y
Objects in runners path causing trips, falls, sprains etc	3	3	Runners advised to be aware	Y
Overtraining causing injury	2	3	Training sessions well thought out – coach awareness of athletes	Y
Country running Animals causing injury/livestock in fields	1	4	Walk in fields when livestock are present or keep to the edge of the field.	Y

Uneven surfaces causing falls/injury	5	3	Athletes advised to take care.	Y
Ticks/snakes	2	4	Athletes regularly reminded- advised to wear long tights when appropriate	Y
Brambles/stinging nettles	5	1	Worst areas avoided.	Y
Branch at eye level	2	4	Athletes advised to take care	Y
Inclement weather – Ice/Snow – slips	3	3	Worst areas avoided – athletes advised to take care.	Y
Thunderstorms – lightning strike	1	5	Leader instructs group to take cover/abandon session if appropriate	Y
Flooding	2	2	Seek alternative route/athletes advised to take care.	Y

General management of risks

- Training area – Leader (s) checks area and surroundings are safe and advises athletes of any potential hazards.
- Equipment - If equipment is used, this is checked to ensure it is fit and sound for activity and suitable for age group/ability
- Participants:
 - Check regularly that medical information and contact lists are up to date
 - Leader(s) checks that athletes are appropriately attired
- Emergency points – Ensure a mobile phone is carried for each running group
- First Aid Kits – distributed evenly between leaders of different paced groups