



## Tadcaster Harriers Running Club

### **Risk assessment guidelines for Club runs and training sessions.**

The following risk assessment principles are based on the HSE standard model which consider the likelihood of an incident/event occurring together with the consequential outcome of that incident/event occurring.

Severity of occurrence	Seldom occurs	Likely	Near certain
Fatal/major injury	M	H	H
Short term injury	L	M	H
1st aid/near miss	L	L	M

In applying the risk assessment matrix each risk should be graded and control measures applied to remove or reduce the risk to an acceptable level.

The majority of the clubs activities can be identified as generic and therefore documented and shared proactively amongst the membership.

Site specific or new previously unidentified risks can be quantified within the same methodology and controls applied appropriately or avoided.

As an example of the model:

Taking the risk of members running during the dark hours of winter on roadways utilised by vehicles.

The likelihood of a member encountering a vehicle on the road is Near Certain with a large group distracted by company and/or competition etc.

The **Consequences of the event happening** are **Severe** = **Fatal/major injury** as getting hit by a car generally hurts.



**The control measures applied are :**

- Wear hi viz clothing.
- Run with consideration of other road users who may not see you.
- Reiterate the awareness needed at each pre-run meeting.

Applying the control measure enables a risk reduction into the matrix area considered safe to partake in.

The following generic risks have been identified as representative of the standard Tadcaster Harriers social and training run sessions. The list is not considered exhaustive and is available for continuous improvement and expansion.

Table of Generic Risks

Risk Identified	Consequences	Risk level before control measures	Control measures	Output risk level
Group ability Age Experience Health Numbers in group	<ul style="list-style-type: none"> <li>• Runners left behind</li> <li>• Runners becoming ill during the run</li> <li>• Group too large resulting in risk of injury from passing vehicles / road furniture</li> <li>• Group fragmenting</li> </ul>	High	<ul style="list-style-type: none"> <li>• Run leader to assess pre run.</li> <li>• Group split to accommodate</li> </ul>	Med
Weather Conditions Sun Rain	<ul style="list-style-type: none"> <li>• Dehydration</li> <li>• Sun stroke</li> <li>• Hyperthermia</li> </ul>	High	<ul style="list-style-type: none"> <li>• Individuals to take responsibility for their ability and run gear.</li> <li>• Run leaders to remind members</li> </ul>	Low-High



Snow Ice	<ul style="list-style-type: none"> <li>• Frostbite</li> <li>• Slips on ice</li> </ul>		regarding protection advice in pre-run brief	
Traffic conflict	<ul style="list-style-type: none"> <li>• Potential fatal / life changing injuries</li> </ul>	High	<ul style="list-style-type: none"> <li>• Hi Viz clothing to be worn</li> <li>• Day-glo and reflective Avoid dark dull colours</li> <li>• Pre run briefing session to raise awareness</li> <li>• Follow club guidelines for run leaders and runners</li> <li>• Avoid running along busy /main roads with no pavement</li> </ul>	Med
Traffic conflict road crossing	<ul style="list-style-type: none"> <li>• Potential fatal / life changing injuries</li> </ul>	High	<ul style="list-style-type: none"> <li>• Take personal responsibility for yourself when crossing roads.</li> <li>• Do not assume the runner stepping out has ensured the road is clear</li> <li>• Run leader to manage allocated run group</li> </ul>	Med
Trips and falls	<ul style="list-style-type: none"> <li>• Injuries to limbs (cuts / grazes / broken bones)</li> </ul>	High	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness of type of ground to be encountered eg off road, hills, pathway curbing</li> <li>• Appropriate footwear for the run venue</li> <li>• Headlights / torches recommended to</li> </ul>	Med-High



			be worn or carried during off road darkness runs	
Run Route compliance	<ul style="list-style-type: none"> <li>• Runners getting lost</li> <li>• Runners left behind</li> </ul>	Med	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness of type route and map availability</li> <li>• Take personal responsibility for yourself to assimilate route info and select route/group appropriate to ability/conditions</li> <li>• Buddy up with another runner of similar ability if you do not know the route.</li> </ul>	Low
Group management	<ul style="list-style-type: none"> <li>• Runners getting left behind</li> <li>• Runners getting lost</li> <li>• Group fragmenting with no leader</li> </ul>	Med	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness and establish leadership.</li> <li>• Take personal responsibility for yourself to follow the run leader and notify him/her should you leave the group mid run</li> <li>• Run lead to head count at start, gather points, finish point.</li> <li>• Run leader to appoint 'Sweeper' when appropriate.</li> <li>• Run leader to appoint run 'buddy' to new or inexperienced members when appropriate</li> </ul>	Low
Animals and Livestock	<ul style="list-style-type: none"> <li>• Attack by animal / livestock.</li> </ul>	High	<ul style="list-style-type: none"> <li>• Pre run briefing session to raise awareness.</li> </ul>	Med



			<ul style="list-style-type: none"> <li>• Lead to note type of ground to be encountered eg off road, field with cows</li> <li>• Keep group together and move slowly through livestock following on site specific risk assessment.</li> <li>• Dogs – ask owner to control their dog or put dog on leash if dog is acting erratically</li> </ul>	
Members pre-existing health conditions	<ul style="list-style-type: none"> <li>• Runner becoming ill during a run session</li> </ul>	Med - High	<ul style="list-style-type: none"> <li>• Members with health conditions that could arise during an outing (Breathing constraint, muscle injuries etc) should inform the run leader of the condition and the risk of an occurrence.</li> <li>• Members will be asked if they have any injuries or medical conditions during the pre-run briefing</li> <li>• Members keep club database up to date with any medication etc .</li> </ul>	Med