



## TAMAR TROTTERS

### RISK ASSESSMENT – CLUB TRAINING SESSIONS

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Activity being assessed	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session	<ul style="list-style-type: none"> <li>• Venue /location</li> <li>• Ability of participants</li> <li>• Participants with known health problems</li> <li>• injury/fitness – prior to session</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure that there is a safe place for belongings and that participants feel safe at the venue</li> <li>• The online (Membermojo) Club membership form and health disclaimer should be completed prior to the first session</li> <li>• The Club should retain a copy of the online membership form</li> <li>• The Club should retain contact details and a note of any medical conditions (see Privacy Notice ). Refer to GP if at all in doubt</li> <li>• Ensure medication is carried by participants where appropriate</li> </ul>	

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General safety during every session	<ul style="list-style-type: none"> <li>• Injury / illness unreported by participant</li> <li>• Inappropriate clothing</li> <li>• Poor visibility of the group</li> <li>• Possible dehydration or low energy</li> <li>• Injury or illness during session</li> <li>• Inappropriate footwear</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a visual check and enquire about health and or fitness to run the session</li> <li>• Clothing should suit the conditions</li> <li>• Reflective tops should be mandatory</li> <li>• Next of kin contact details should be available via membership mojo</li> <li>• A UKA, or equivalent, qualified leader has planned and published a full range of appropriate sessions</li> <li>• New members should be pre-advised regarding water</li> <li>• Participants are advised to have eaten no more than two hours prior to the session</li> <li>• Leaders should be aware of the policy on management of injured or ill runners</li> <li>• A first aid kit is available in the locker at the rugby club and an inventory held of First Aid qualifications by the club membership secretary</li> </ul>	<ul style="list-style-type: none"> <li>• Keep a small stock of appropriate kit for new members</li> <li>• Leader to ensure one person in group carries a mobile phone</li> <li>• Count your group and be prepared to split into 2 groups, with a sub leader if numbers are too big for the session</li> <li>• Encourage a group member or leader to complete First Aid training</li> </ul>

			<ul style="list-style-type: none"><li>• Advice on footwear can be given by the leader e.g. if running off road on grass or trail</li></ul>	
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Running routes	<ul style="list-style-type: none"> <li>• Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags</li> <li>• Poor visibility</li> <li>• Ability of the group</li> </ul>	<ul style="list-style-type: none"> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• All our regularly used courses has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment</li> <li>• Participants forewarned of route obstacles</li> <li>• Routes selected that have good lighting wherever possible</li> <li>• No interval sessions should be done in unlit areas and there is no reason groups ever need to use unlit country lanes during the hours of darkness. Where a group elect of their own volition to do this then everyone must wear effective head torches and the leader is asked to submit a relevant risk assessment prior to taking the group out</li> <li>• Road safety rules must be adhered to</li> <li>• Session kept to appropriate time</li> <li>• Intermediate and advanced sessions may be longer</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-check the route close to the day of the session</li> <li>• Always have a contingency plan, as advised in UKA leaders course</li> </ul>

			<ul style="list-style-type: none"><li>• On-going assessment by leader, with adaptation as required</li><li>• Ability of the slowest/ least able sets the session time</li></ul>	
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Traffic/road crossings Blind bends in country lanes Narrow lanes with wide agricultural vehicles	<ul style="list-style-type: none"> <li>• All traffic, including other members of the public, runners, cyclists, crossing traffic</li> <li>• Difficulty of not hearing newer vehicles e.g. electric cars</li> </ul>	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group Leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Use any and all crossings provided as a prudent pedestrian</li> <li>• Cross as a group</li> <li>• Take personal responsibility</li> <li>• Reinforce every week</li> <li>• Respect all other users of the highway</li> <li>• Follow the Highway Code</li> </ul>	<p>Ensure group procedure for regrouping at crossings is reiterated weekly</p> <p>Single file on narrow lanes/blind bends with warning given by front and back leaders/runners</p>
Weather	Variations in weather making it too cold, wet, hot or slippery	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Weather reports should be checked leading up to and on the day</li> <li>• Runners to be given advice on clothing, fluid intake and sun screen</li> <li>• Cancellation to be considered if ice, snow or lightning are likely</li> <li>• Carefully monitor participants for difficulties</li> </ul>	Abandon run and return to centre if conditions deteriorate
Animals	Presence of and behaviour of animals and their owners	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group leader</li> <li>• Participants</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure runners keep aware of and alert to things around them</li> <li>• Be aware of any fears and phobias in your group – and take them seriously</li> <li>• Respect other street users</li> <li>• Follow the Countryside Code when on farmland</li> </ul>	Let horse riders/dog owners know if you are approaching from behind Stop and walk when passing horses

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Members of Public	<ul style="list-style-type: none"> <li>• Getting in way of runners, causing injuries or accidents</li> <li>• Verbal abuse/intimidation of runners</li> </ul>	<ul style="list-style-type: none"> <li>• Group Leader</li> <li>• Participants</li> <li>• Public</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure participants are respectful of other road users</li> <li>• Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed</li> </ul>	Courtesy when passing on pavements
Other hazards	Due to the diversity of the routes Group Leaders will assess as they progress	<ul style="list-style-type: none"> <li>• Public</li> <li>• Group leader</li> <li>• Participants</li> </ul>	Group Leader responsibility	