

Risk Assessment: Horsforth Harriers Club Training Activities

Date:	Assessed by:	Location :	Review :
15/03/2019	Paul Beal (on behalf of HH Committee)	Horsforth, Leeds, LS18	Mar 2020

Activities being assessed:
 This assessment covers all of the Horsforth Harriers club training sessions. This includes Tuesday night club runs (all groups) and Thursday night winter training series, summer track sessions and additional social runs e.g. Christmas run. This assessment does not cover participation in organised events, including HH teams in relays, championship events, grand prix events or XC series events which are covered by assessments made by event organisers.

Hazard(s)	Example(s) of Hazard	Who might be harmed and how?	Relevant Training Session?	Existing Controls/Procedures	Risk Rating with Controls
Uneven or slippery running surfaces	Pot holed pavements/tracks paths/trails. Ice or snow	Runners Trip/slip and/or fall to ground. Twisted ankle/knee etc.	All Winter evening training	<ul style="list-style-type: none"> Routes most often on public pavements or formal paths/tracks Runners maintain own awareness Trails avoided when excessively muddy or icy (note fresh snow is safe for controlled running) Runners warn others of significant issues Dark paths only attempted at night with head torches unless very short. Pace lowered accordingly in darker ginnels. First aid kit held at club base. Groups always led by suitably qualified Group Leaders which ensures runners are covered under the EA Insurance 	L
Obstructions and changes in level	Steps, slopes, bollards, barriers. Undergrowth and overhanging trees etc	Runners Trip/slip and/or fall to ground. Injury to legs or head/face etc.	All	<ul style="list-style-type: none"> Runners point obstructions to each other Runners maintain own awareness First aid kit held at club base Groups always led by suitably qualified Group Leaders which ensures runners are covered under the EA Insurance 	L

Running in dark	Obstacles, level changes, surfaces.	Runners Fall to the ground or trip/slip.	Winter sessions	<ul style="list-style-type: none"> • Group leaders plan routes appropriate to group. • Specific sessions planned with torches. • Majority of night time sessions in street-lit areas. • Dark areas not covered at speed (e.g. ginnels) 	L
Vehicles and other road users.	Road vehicles, Pedestrians and cyclists	Runners/drivers Struck by vehicle Pedestrian struck by runners	All apart from track sessions	<ul style="list-style-type: none"> • Runners wear high viz when sessions are after dark. • Groups cross major roads together. • Runners asked by group leaders to ensure cross roads with attention 	M
Animals Stinging insects	Dogs, cows, Wasps, bees	Runners Bitten/scratched by dog, injured by farm animals. Stings from insects – potential allergic reaction	All	<ul style="list-style-type: none"> • Group of runners unlikely to be threatened by a dog. • First aid kit at base. • Owner reported to police in event of issue e.g. bite • Groups cross fields with livestock by shortest route and as a group to avoid scaring animals. • Runners to walk in close vicinity to herds of cows and past horses so as not to frighten them which may cause them to panic. • Runners with known allergies encouraged to tell club and carry adrenaline. 	M
Separated from running group	Runner lost, left behind, takes wrong turn	Runners Cold, distress, target of theft	All apart from track sessions	<ul style="list-style-type: none"> • Group leaders keep groups together with stopping points and run backs. • Group leaders recommend group changes to maintain similar speeds • No one left behind. • Club constitution requires runners to stay with group and not to leave early without telling Group Leader. Non-compliance can be subject to disciplinary action acting as a deterrent. 	L
Navigation and location finding	Group lost, runs on moors/hills	Runners Cold, dehydration, fatigue, injury	Sessions away from Horsforth	<ul style="list-style-type: none"> • Local routes well known and way finding is simple. • Runs on moors etc. planned carefully and on known routes (to group leader). • Mobile coverage OK on areas accessible for evening runs. • Experienced leaders lead such runs. 	L

				<ul style="list-style-type: none"> • All runners to stay together and no runner to be out of sight. 	
Exercise-induced serious medical condition (acute)	Cardiac and, respiratory issues etc.	Runners Serious illness	All	<ul style="list-style-type: none"> • First aiders spread across club. • Many runners carry mobile phones for emergency contact. • Most locations on routes accessible by emergency ambulance 	M
Asthma or other individual medical conditions (chronic)	Asthma, diabetes, allergic reactions.	Runners Serious ill health	All	<ul style="list-style-type: none"> • Runners with medical conditions asked to ensure they account for and manage their conditions as required. • Runners typically manage own condition with successful running. • First aiders spread through club. 	M
Exercise/cold/heat induced exhaustion or fatigue	Dehydration, hypo/hyperthermia, heat exhaustion, extreme fatigue	Runners Ill health, distress, loss from group, further injury	All	<ul style="list-style-type: none"> • Runners expected to prepare selves according to conditions (dress and hydration etc.). • Group Leaders and Depts. Have UKA coaching qualification. • Group leaders and coaches warn and remind runners about effect of prevailing conditions. • Water/food available at club base 	M
Runner injuries and over training	Chronic injuries, injuries accumulate, non-recovery.	Runners Chronic injury preventing running. Worsening injury from continuing running	All	<ul style="list-style-type: none"> • Coached sessions include a warm up and cool down (summer and winter). • Group leaders and team captains develop by positive encouragement to push abilities within reasonable boundaries. • Cool down and stretching and training programme away from club recommended. 	M
Delayed onset muscle soreness (DOMS)	Soreness and discomfort after running	Runners Running beyond level of comfort. Pushing self in positive manner	All	<ul style="list-style-type: none"> • DOMS inevitable in healthy training programme. • Runners become acclimatised to level of physical activity. • Runners encouraged to discuss concerns with group leader. 	L

Additional points for Off Road, particularly head torch and night-time runs outside main towns (e.g. Ilkley Moor).

The following points are relevant to runs on trails, particularly at night. The above points are all relevant to these runs, although some risks could be lower (e.g. traffic)

Running in dark	Slips, trips and falls. Ankle and leg injuries	Runners Unable to see obstructions, changes in level, holes etc	Headtorch and remote runs	<ul style="list-style-type: none"> • Runners to use good quality headtorch to identify obstructions etc • Pace reduced in dark on rough ground • Runners asked to ensure they do not run too close to the person in front. • Runners warned to ensure pick feet up more than usual 	
Becoming separated from group	Runner lost, left behind, injured without others noticing, takes wrong turn	Runners Cold, distress,	Headtorch and remote runs	<ul style="list-style-type: none"> • Group leaders keep groups together with stopping points and run backs. More regularly on dark runs. • Group leader to nominated back marker is deemed necessary • No one left behind – including if struggling/going slower • Group leader carries out head count more regularly on dark remove runs. 	
Remote location (or away from easy road access)	Further injury and ill health from delay in obtaining assistance	Runners Onset of cold leading to hypothermia. Dehydration. Injury from attempts to move. Worsening of condition	Headtorch and remote runs	<ul style="list-style-type: none"> • Specific leaders run these sessions have interest in this type of running and experience in managing hazards • At least one group member to carry a charged mobile phone. • Group given advance instructions and expected to prepare selves accordingly. • Group leader to assess potential Emergency RV points around run route as part of planning. Group arranged to facilitate meeting emergency services to guide to location where needed. 	
Lack of communication (e.g. no mobile signal)	Potentially unable to summon emergency services	As above because emergency assistance not easily obtained.	Headtorch and remote runs	<ul style="list-style-type: none"> • Many local areas have solid mobile phone signal • Plan would be for 2-3 of group to split to find suitable signal to summon emergency services and return to update casualty/group • Emergency SMS system may work in remote areas 	