

Generic Risk Assessment: Adult off Road social Track/Trail/Fell Running Training

Risk Assessment											
Impact	1	2	3	4	5	6		Review date	1 st November 2023		
Probability								Club	Thirsk & Sowerby Harriers		
1	1	2	3	4	5	6		Risk assessment number	1		
2	2	4	6	8	10	12		Assessed By	Andy Butcher		
3	3	6	9	12	15	18		Authorised by			
4	4	8	12	16	20	24		Key	1 (Low) – 6 (High)		
5	5	10	15	20	25	30		RAG	Low 1 - 8	Medium 9 - 19	High 20 - 36
6	6	12	18	24	30	36					

Issue	Consequences	Probability	Impact	RAG	Actions	By who/when	Where	Probability	Impact	RAG
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<p>Lost or missing runners</p>	<p>Runners: Getting lost or injured whilst out of direct contact from coach or training group</p>	<p>3</p>	<p>4</p>	<p>12</p>	<p>Maintain a register with emergency contact numbers Take head count before warm-up run and on arrival at training venue Maintain head count during & after training session Brief athletes on route/course to be used Allocate runners to similar ability training groups Appoint "lead" & "sweep" runner to supervise warm-up run with sweep runner accompanying the last runner Ask runners to advise if dropping out or leaving session early. Add runners personal contact telephone numbers to register Provide runner with coaches' mobile telephone number for emergency contact If an athlete is identified as missing organise a sweep of the route/training venue course Check runners contact /emergency contact number to confirm their location If the runner cannot be located contact emergency services and</p>	<p>All UKA licenced coaches and Run leaders</p>	<p>Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area</p>	<p>3</p>	<p>3</p>	<p>9</p>
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Visibility on open tracks/trails	Runners & other users: Collision with other runners & Mountain bikes, etc.	4	4	16	Allocate a "lead" & "sweep" runner wearing Hi-Viz clothing to supervise warm-up run between the meeting place & training venue Encourage athletes to wear Hi-Viz clothing, use head torches for night time running, Advise runners to run on tracks/trails Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc. Warn runners to be diligent	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9
Unsuitable route	Runners & Coaches: injuries from slipping/tripping and falling	3	4	12	Coaches/leader has a clear understanding of what a suitable route is for the running group and can adapt for changes in the session	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9
Weather	Runners & coaches: Illness or injury from extreme weather; rain, standing water, snow, ice, fog, etc.	3	4	12	Check weather in advance runners are considered to be responsible & as such expected to wear clothing appropriate to the conditions. Advise runners if their clothing is not considered appropriate to the conditions Adjust session to suit or in extreme	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9
Slips, trips & falls (ice, frost, wet leaves, uneven surface, etc.)	Runners & Coaches: injuries from slipping/tripping and falling	4	4	16	Asses conditions before session & warn athletes of potential risks or hazards Advise runners to remain alert to changing conditions. Administer first aid as	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9
Dogs, pets & wild animals	Runners & coaches: injuries from attacks or trips	3	4	12	Avoid contact with animals Stay alert in proximity to dog walkers and possibility of extended dog leads	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9

Emergency situations	Runners & coaches other users seriously injured	3	4	12	Run leader/coach has considered foreseeable emergency situations and has an exit plan (this should be also passed on to all runners in the group)	All UKA licenced coaches and Run leaders	Thirsk local trails/tracks/Wass & Kilburn woods, Sutton Bank area	3	3	9
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Foreword

This Generic Risk Assessment:

1. Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
2. Has been prepared for Thirsk & Sowerby Harriers running training sessions for adult athletes under the guidance of a UKA qualified coach with appropriate UKA Insurance cover.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with road running.