



Off Road training Risk Assessment

Thirsk and Sowerby Harriers

(trail, fell, social, off road time trial)

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Agreed by TaSH committee 13/12/23

This Risk Assessment follows UK Athletics guidance documents and has been prepared for Thirsk and Sowerby Harriers (TaSH) off road training sessions for all TaSH members under the guidance of a UKA qualified Coach.

This Risk Assessment will be reviewed and adapted and used for planning each session for each venue used for training off road.

“It is the responsibility of all coaches and athletes to ensure that training sessions are conducted in a safe manner” (UKA Code of Practice 2022).

What are the hazards being assessed?	Who might be harmed ?	What are you doing already?	What control measures are in place?	Rag rating	Action by whom?
General safety Venue Collisions, car park, blocked emergency access to venue	Athletes coaches leaders	Promote car sharing. Ensure sufficient car parking and avoid parking on narrow country lanes.	Coaches and leaders ensure that emergency access is not blocked.	Low	Athletes Coaches leaders
Route Lost or missing athletes	Athletes Coaches Leaders	1.A UKA qualified coach/leader must lead all sessions. 2.Plan the route in advance considering experience level of group. 3.Route and terrain must be well known to the coach or leader.	9.Brief athletes on the route or course to be used. 10.Appoint front and back runners for group to ensure that no one is left behind, especially if visibility is poor. Additionally, could have periodic re-grouping with checking of numbers. Consider buddy system	Low	Athletes 4,7,8,13 Coaches Leaders 1,2,3,4,5, 6,7,8,9,10 ,11,12,14

		<p>4.Details of the route to be sent to athletes via email.</p> <p>5.Allocate runners to similar ability training groups.</p> <p>6.Maintain register of all athletes with their emergency contact details and perform head count before the start and at the end of the session.</p> <p>Athletes to update their emergency contact if it changes.</p> <p>Juniors to be signed in by their parent/guardian/nominated adult.</p> <p>7.Let someone not on the run know of route choice, timing and ETA.</p> <p>8.Consider using spot or tracker device or other personal locator beacon.</p>	<p>11.Provide coaches' mobile telephone number for emergency contact.</p> <p>12.Ensure recommended coach to athlete ratios to maintain safe training to runners, coaches and others.</p> <p>13.Athletes must let a coach or leader know if they are leaving the session early.</p> <p>14.Coaches and leaders should be competent in their ability to navigate the environment/terrain in which they are leading.</p>		
Safeguarding	Athletes Coaches Leaders	<p>1.Coaches must always consider runner welfare and wellbeing in line with the Coaches Code of Conduct and Safeguarding training.</p> <p>2.Training prescription should be age-related and not age-determined.</p> <p>Training prescription should be based according to biological status, training age, motor skill competency, technical</p>	<p>6.Ensure training is supervised by a qualified and licensed coach.</p> <p>7.Anticipate potential risks of injury or harm, taking measures to eliminate or reduce them.</p> <p>8.Be aware of additional reliance on the coaches and leaders for safety in unknown terrain for athletes, especially inexperienced, younger or disabled athletes.</p>	Low	Coaches Leaders 1,2,3,4,5, 6,7,8 Athletes 5

		<p>proficiency, existing strength levels and psychosocial maturity.</p> <p>3. In the event of an incident consider the entire groups' safety and wellbeing.</p> <p>4. Ensure runners can hear instructions.</p> <p>5. 12-17 year olds must be accompanied by their parent, guardian or nominated adult.</p>			
<p>Weather</p> <p>Low light</p> <p>Night time</p>	<p>Athletes</p> <p>Coaches</p> <p>Leaders</p>	<p>1. Weather forecast read before any trip out into the hills/trails and advise group of possible conditions.</p> <p>2. Education around appropriate kit for mountainous areas and varying conditions.</p> <p>3. Athletes are responsible for wearing clothing appropriate for the weather.</p> <p>4. Head torches and high visibility clothing to be worn in low visibility, night time.</p>	<p>4. Have separate routes planned for bad weather.</p> <p>5. Make sure runners are dressed (including shoe type) appropriately for the conditions.</p>	<p>Low</p>	<p>Coaches</p> <p>Leaders</p> <p>1,2,4,5,6</p> <p>Athletes</p> <p>1,3,4</p>
<p>Equipment</p>	<p>Athletes</p> <p>Coaches</p> <p>Leaders</p>	<p>Check all equipment prior to use including lights, head torches, first aid kit, phone</p>		<p>Low</p>	<p>Athletes</p> <p>Coaches</p> <p>Leaders</p>
<p>Pre-existing medical conditions</p>	<p>Athletes</p> <p>Coaches</p> <p>Leaders</p>	<p>1. All athletes to declare a medical condition (if they</p>	<p>5. *Coaches and leaders to follow data protection guidance.</p>	<p>Low</p>	<p>Athletes</p> <p>1,2,4,6</p>

		<p>have one) on the membership form when joining or renewing and thereafter declare any new health conditions to the lead coach and person taking the register.</p> <p>2. New members or guests details will be taken by the person in charge of the register. Any medical conditions declared will be communicated to the coach before the session commences.</p> <p>3. *The coach/leader will have access to contact details in the register and a note of any medical conditions is issued monthly to the coaches and leaders.</p> <p>4.. Ensure medication is carried by participants where appropriate.</p>	6.Advise everyone to wear or carry ICE (in case of emergency) information.		Coaches, leaders 1,2,3,4,5, 6
Terrain Slips, trips, falls	Athletes Coaches Leaders	<p>1.Make runners aware of the terrain before and at the start of the run.</p> <p>2.Advise on correct footwear for the route planned.</p> <p>3.Make sure runners are dressed and equipped</p>	4.Ensure terrain is suitable for the whole group and plan alternatives for those who become uncomfortable on terrain.	Low	Coaches 1,2,3,4 Athletes 3

		appropriately for the technicality and conditions.			
Collisions	Athletes Coaches Leaders General public	1.Ensure any road or cycle crossings are crossed with care and attention. 2.Consider visibility to others may be limited if entering another trail or road from the side and adjust your running accordingly. 3.Be aware of other environment users eg downhill MTB riders on trails that cross your route. 4.Athletes should be involved in ongoing assessment of the route and encouraged to flag any risk to the coach and others.	5.Activities should be arranged so that runners are well spaced so the likelihood of collision is reduced.	Low	Athletes 1,2,3,4,5 Coaches Leaders 1,2,3,4,5
Physical overload Risk of slips trips falls increase when tired, wet, cold, under fuelled.	Athletes Coaches Leaders	Coaches and leaders will monitor the group for general fatigue, tiredness, illness, minor injuries and check that training is appropriate for all abilities in the group and adapt as required.		Low	Coaches Leaders
Ill health	Athletes coaches leaders General public	1.All members are advised to inform the coaches and leaders of any new health problems. 2.Coaches and leaders to perform a visual check and monitor athletes during the session	4.All coaches and leaders to have up to date First Aid certificate one or more of which have completed the Cat C Outdoor First Aid training 5.Coaches to carry an Outdoor First Aid kit 6.Ensure that the group know to dial 999 and that the location of the	Low	Athletes 1,3 Coaches Leaders 1,2,4,5,6, 7

		<p>for illness and injuries.</p> <p>3. Athletes to inform coaches or leaders of any health issues which develop during the session</p>	<p>nearest defibrillator if needed will be given by the Emergency call handler with the code to access the defibrillator.</p> <p>7. Coaches and leaders to carry mobile phones on their person</p>		
Changes to plans	Athletes Coaches Leaders	<p>Be prepared to change or adapt route and plans with regard to changes in the environmental conditions or terrain or psychological responses within the group (fear of terrain or route choice).</p>		Low	Coaches Leaders
Emergency situations	Athletes Coaches Leaders	<p>1. Plan for emergencies with evacuation possibilities considered for more remote areas. Awareness of road crossings during route, for safety, but also as potential evacuation points.</p> <p>2. In the event of an incident consider the entire groups' safety and wellbeing.</p>	<p>3. Coaches and leaders to carry mobile phones on their person</p>	Low	Coaches Leaders
Animals	Athletes Coaches Leaders	<p>1. Be aware of domestic and wild animals and avoid contact. Avoid crossing open fields stay on paths or go round the edge. Take care not to startle/spook herds of cows. Avoid if possible and take</p>	<p>2. Be aware of phobias or fears of the group re: animals</p>	Low	Coaches Leaders 1,2 Athletes 1

		<p>alternate route Take care passing horses on trails and bridleways. Ideally bring group to a walk, let rider know of your presence and allow horse and rider to pass/be passed without incident. Make yourselves known to dog walkers and be aware of any dogs on extendable leads or off lead. If chased by a dog it is often best to stop and ask the owner to regain control of their animal.</p>			
Land access	Coaches Leaders Athletes	<p>1.Take time to read signs on any gates or fences that you pass. 2.Be aware of areas on private land or sites of special scientific interest on your route from the map beforehand. 3.If called by any landowners or grounds-workers, then stop and listen to their instructions but be aware of your own access rights. 4.Be aware of guard animals in any land you might be crossing, even if you know you have a public right of way. 5.Beware there might be electric fences enclosing livestock.</p>		Low	Coaches Leaders 1,2,3,4,5 Athletes 1,2,3,4,5

