

Running Club Risk Assessment: <Structed training sessions, and social runs >

Date:	Assessed by:	Locations :	Review :
2022 - 2023	Kevin Plummer	Ae Forest, Lochmaben Castle Loch, Corncockle Plantation, Auchenrodden Forest, Kinnel Water, Hills Wood, Trostan Loop, Wamphray, Caerlaverock Castle, Hind Hill. Tour De Moffat race route, Heathall forest, Crooked Road, Roberthill Cottage, Gamerigg farm, Hass Hill, Mabie Forest, Hoddam Castle, White Hill, Eskrig Nature reserve, Gallow Hill, Dalswinton, Beechgrove Hill, Moniaive, Birkshaw Wood and Penpont.	22/04/2023

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Safe Coaching	Athletes.	Session Coaches or Leaders to ensure there is a coach/leader ratio of no more than 1 to 16 athletes.	L	Session Leader to appoint an additional session assistant who has relevant experience to help run the session.	L	Session Leader	Start of each session	
Medical Conditions	Athletes.	Athletes to declare that they are fit and well to train, the coach or leader of the session should be made aware of any medical conditions.	M	Club has first aiders session coaches/leaders should have first aid training.	L	Club Coach	Start of each session	

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Cold Weather	Athletes	Session leader to advise the need of additional clothing/waterproofs if adverse weather is expected.	M	Nothing else identified, as necessary.	M	Session Leader	24 hours before race day	
Hot Weather	Athletes	Session leader to advise the need of water in the case of extreme hot weather.	L	Nothing else identified, as necessary.	L	Session Leader	24 hours before.	
Cattle	Athletes	Session Leader to check for potentially dangerous livestock at the training location before the session. Athletes to be briefed beforehand on walking past any agitated livestock should they be encountered. Session Leader to advise no dogs to be allowed if they believe it will increase the risk from livestock.	L	Nothing else identified, as necessary.	L	Session Leader	24 hours before.	
Losing an Athlete	Athletes	Total number of Athletes training to be counted before the session, and at the end of the session.	L	Nothing else identified, as necessary.	L	Session Leader	On the day.	
Uneven Ground, slips trips and falls	Athletes	The session leader to advise beforehand what type of footwear is most suitable for the session. Hill/fell shoes, trail shoes or road shoes.	L	Nothing else identified, as necessary.	L	Session Leader	24 hours before.	

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Athletes getting lost	Athletes	Session leader to ensure that no one is left behind without someone who knows the training route well. Most sessions to have two groups with identified guides for each group.	L	Nothing else identified, as necessary.	L	Session Leader.	On the day.	