

Ripon Runners Club Session Risk Assessment

Event Name	Date of Risk Assessment	Assessed by:
Tuesday Club nights, Thursday speed sessions and Weekend social runs	18/11/2024	Karen Lennox Ripon Runners Chair

- This risk assessment has been produced with guidance from United Kingdom Athletics.
- Participants are requested to follow the General Safety Advice provided by the club: <https://www.riponrunners.org.uk/about/general-safety-advice>.
- Running Leaders have at least Basic First Aid Training and are therefore able to provide immediate assistance until further support arrives.
- Running Leaders carry a mobile phone in case of emergencies.
- Participants are required to wear appropriate clothing for the conditions and to carry their own hydration and nutrition provisions. Anyone without the appropriate equipment will not be permitted to take part in the activity.
- It is recognised that club members participating in activities such as long-distance and speed running training inevitably have appropriate levels of fitness, however, club and social runs are grouped according to ability.
- Appropriate warm-up and cool-down exercises are delivered prior to and after a session.
- Club members are required to complete a medical questionnaire when joining, which requires them to declare any health condition that may adversely affect their capabilities.

What are the Hazards?	Who might be harmed?	How?	Initial Risk Rating	Mitigations	Resultant Risk Rating	Are there other actions you could do to control this risk further?
Weather – hot/wet/cold. Poor visibility during the Winter months.	Participants and leaders	Heat exhaustion/hypothermia Slips and trips. Inability to see potential hazards. Participants not visible to others.	Med	- Leaders and participants to be aware of weather forecast. - Leaders prepare appropriate routes, based on the conditions. - Leaders advise participants on the required equipment and behaviours related to the conditions.	Low	Cancellation of event to be considered if weather conditions make it unsafe to run. Use of headtorch in darkness hours.
Traffic/road crossings on route	- Participants and leaders - Other members of public	Road Traffic Accident	Med	- Leaders to remind participants to cross with care and as a group if possible - Leaders to remind participants to take personal responsibility within the event	Low	- Take even more care on busy roads- wear high visibility items. - Use underpasses/traffic lights/zebra crossings etc if available
Ground conditions – uneven or changing ground conditions.	Participants and leaders	Slips and trips	Med	- Leaders to consider whether the path is safe before taking the group out on the run - Leader to advise participants of any changing/ uneven ground conditions at the start of the session - Leader to remind participants to take care and take personal responsibility for assessing the path in front of them – particularly during poor light conditions or where the ground is uneven	Med	- Include recommended footwear (trail/road) for each run - Reminder of changing light conditions around late September early October

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Medical conditions	Participants and leaders	Falls/ faints/ dizziness/ shortness of breath/ Chest pain/ loss of consciousness	Med	• Leader to ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check • Leader to encourage an appropriate warm up and cool down activity and plan sessions to suit varying ability levels	Low	• Participants to choose appropriately paced running group • Participants to ensure they have appropriately fuelled and hydrated before running
Participants getting lost	Participants	Distraction or falling behind the rest of the group.	Low	• Leader to share route with the group before each run and explain the route at the start of the session • Leader to consider group management strategies such as loop backs and out and back routes to help keep group together • Run Leader's situated at the front and back of groups	Low	• Participants to choose appropriately paced running group
Other members of the public getting in the way of runners	Participants and members of public	Collisions & falls	Low	• Leaders to warn members of the public if they seem unaware of the group. • Leaders to remind participants to be respectful to other road/path users.	Low	
Presence of and behaviour of domestic and livestock animals (and their owners)	Participants	Injury from bites or being trampled	Med	• Ensure runners keep aware of and alert to animals around them • Leaders to be aware of any fears and phobias in your group – and take them seriously • Follow the Countryside Code when on farmland • Follow guidance on dogs in safety guidance.	Low	