

## Risk Assessment: Road/Off road Running

Date:	Assessed by:	Location:	Next Review:
October 2025	Rebecca Cross Karen Wynn	Club runs starting from Biddulph leisure centre and occasional away runs starting elsewhere	October 2027

What are the Hazards?	Who might be harmed and how?	Risk rating before controls	Current Controls	Risk Rating with controls
Traffic	Athletes, pedestrians, other road users  Collision with traffic and other road users, cyclists or pedestrians	H	<ul style="list-style-type: none"> <li>Route selection to avoid running on non-pavement roads where possible</li> <li>Advise use of high-vis on dark runs</li> <li>Advise all runners to run on pavements</li> <li>Only cross when it is absolutely safe, do not 'chance it'</li> <li>Clearly defined and available route-maps</li> <li>Use routes around well-lit residential areas where possible</li> <li>Advise newer athletes to familiarise themselves with routes and potential blind spots in the roads</li> <li>Advise all runners to be courteous to others using the pavements</li> </ul>	M
Visibility (of runners and of routes)	Athletes, pedestrians, other road users  Collision with road traffic or pedestrians	H	<ul style="list-style-type: none"> <li>Advise use of high-vis clothing</li> <li>Advise use of reflective strips, lights and head torch</li> <li>Advise athletes to run on pavements where available</li> <li>Advise athletes to be vigilant at all times</li> <li>Extra vigilance needed in foggy conditions</li> </ul>	L

Weather	Athletes  Illness or injury from extreme weather conditions e.g. extreme heat, snow, ice, wind, fog, standing water, lightning	M	<ul style="list-style-type: none"> <li>• Check weather forecast in advance</li> <li>• Advise athletes to consider weather and chose kit/clothing appropriate to conditions</li> <li>• Emphasis on hydration in hot conditions, layers in the cold and footwear in slippery conditions.</li> <li>• Consider warm up jog to test conditions</li> <li>• Advise athletes to stay alert of changes in conditions</li> <li>• Cancel sessions in extreme weather conditions, especially lightning</li> <li>• Change route to accommodate issues with icy pavements</li> </ul>	L
Lost athletes	Athletes  Getting lost or separated from group	M	<ul style="list-style-type: none"> <li>• All athletes to sign in and self-allocate an appropriate group based on pace</li> <li>• All athletes to cross off own name at the end of each night</li> <li>• Appoint group lead</li> <li>• Group lead to advise all group of route and muster points</li> <li>• Group leaders to take head count before setting off, at each muster point and at the end</li> <li>• Group lead to sweep group at each muster point</li> <li>• Encourage looping where front runners run back to collect those at back.</li> <li>• All athletes not returning to club at end to self-identify</li> <li>• Clearly defined and available route-maps showing all muster points</li> <li>• Advise all athletes to carry mobile phone</li> <li>• If athlete is identified as missing, allocate two members to sweep</li> <li>• Club chair, secretary and welfare officer to have access to runners contact details and emergency contact details</li> <li>• Contact emergency services</li> </ul>	L
Injury	Athletes	M	<ul style="list-style-type: none"> <li>• Allocate a group lead</li> <li>• Muster at designated intervals</li> <li>• Group lead to sweep group at each muster point</li> <li>• Allocate two members to walk/support injured athlete back to club</li> <li>• Advise injured athlete's ICE if unable to get back to club</li> <li>• Record injuries at the following: <a href="https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/">https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/</a></li> </ul>	L

			<ul style="list-style-type: none"> <li>• Athletes to take own responsibility to ensure details up to date at England Athletics portal</li> <li>• All athletes to carry mobile phone with ICE details</li> <li>• First aid must only be given if currently qualified</li> <li>• Club chair, secretary and welfare officer to have access to runners emergency contact details</li> <li>• Contact emergency services</li> </ul>	
Being medically unfit/change in medical conditions	<p>Athletes</p> <p>Athlete's condition worsening, other athletes catching illness</p>	M	<ul style="list-style-type: none"> <li>• Advise athletes to self-check any symptoms</li> <li>• Advise to stay at home for all illness which may be contagious</li> <li>• Athletes to rest injuries for an appropriate amount of time</li> <li>• All participants should be aware that they are responsible for their own well-being. The decision whether to run or not is left to the discretion of the individual and they run at their own risk.</li> <li>• Athletes to seek professional advice for all injuries and return to running</li> <li>• Those with on-going conditions (e.g. asthma or diabetes) must advise the group leader of their condition and carry their medication during each session</li> <li>• Expectant mothers should seek doctors advice prior to running with the group</li> </ul>	L
Uneven ground	<p>Athletes</p> <p>Slips/trips due to poor underfoot conditions including potholes, tree roots etc.</p>	M	<ul style="list-style-type: none"> <li>• Use routes around well-lit areas</li> <li>• Advise use of lights and/or head torch</li> <li>• Walk if unsure of foot stability</li> <li>• See "injury" line for further actions in case of injury</li> </ul>	L
Livestock	<p>Athletes</p> <p>Injuries from attacks</p>	H	<ul style="list-style-type: none"> <li>• Proceed slowly through fields containing livestock to avoid spooking them</li> <li>• Stay to the edges of fields and avoid running through the middle of a herd</li> <li>• Give dogs plenty of space when running near them and slow down if necessary</li> <li>• Change route to avoid a field of livestock if they have young</li> <li>• Let dog owners know if you are passing from behind so they are aware</li> </ul>	L

The risk assessment principles are based on the HSE standard model which consider the likelihood of an incident/event occurring together with the consequential outcome of that incident/event occurring. The activities are identified as generic, each risk is rated, and control measures applied to remove or reduce the risk to an acceptable level, i.e., high, medium, low.

Risk Matrix:

Severity of occurrence	Seldom	Likely	Very Common
Fatal/major injury	M	H	H
Short term injury	L	M	H
First aid/near miss	L	L	M