



RISK ASSESSMENT – FOR OFF-ROAD RUNS / CLUB SUMMER RUNS

Off-Road Risks / Potential Hazards:

Note: Running with Dogs

Well behaved dogs are permitted on the clubs social and 'Summer Runs', but they must be in the full control of their owner / handler and pose no risk whatsoever (actual or perceived) to any club members, non-members, the wider public, livestock and wildlife.

Public Highways, Public & Permissible Rights of Way

Action Required:

Runners must always be vigilant of other users of their running route(s), e.g. vehicles, people, horses etc, especially when running on roads, other public highways and public rights of way.

Uneven Ground / Open Water

Action Required:

Runners to wear appropriate footwear and exercise appropriate caution running on uneven ground through open countryside, woods, forests, coastal tracks and trails. Stick to designated or known routes, and permissible rights of way.

Exercise extreme caution crossing through any body of open water – stream, brook, river, coastline etc.

Trips, Slips and Falls – Risk of Falling/Slipping on Steep or Slippery Surfaces

Action Required:

Runners to run carefully and responsibly, keeping a sensible distance between themselves and other runners around them. Walk if conditions are particularly difficult.

Stiles and Gates

Action Required:

Care to be taken when climbing stiles and passing through gates, particularly in wet weather when they may be slippery. Badly maintained/broken stiles/gates to be avoided if possible or climbed with care.

Overgrown Vegetation / Brambles / Nettles

Action Required:

Warn runners if route is expected to be particularly overgrown, give them an opportunity to opt out. If route is impassable take an alternative.

Getting Lost

Action Required:

Group leader(s) to be familiar with area and fully briefed with the run route(s). Carry mobile phone to request assistance with route if needed.

Losing a runner

Action Required:

Running groups to stick together; appointed leaders to encourage regrouping, where front runners run back to collect stragglers. Remind runners to select a group consistent with their ability. Approx pace of group to be made clear by group leader before run commences.

No lone runners.



Animals and Livestock

Action Required:

Observe animals before entering a field or open area containing livestock. Runners should conduct themselves appropriately, with minimum disturbance of the livestock, skirting around them where possible. If any aggressive behaviour is observed by the animals, choose an alternative route. Runners' dogs must be well behaved and under control around livestock, or should not be taken on the run.

Dogs

Action Required:

Take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.

Adverse Weather

Action Required:

Hot Conditions:

Runners to wear kit, including headwear, appropriate to conditions. Take water/electrolyte drinks particularly on longer runs. Avoid running at midday, run early morning or evening. If conditions are extreme, run to be postponed/cancelled at discretion of group leader. Suggest runners use high factor sun cream.

Cold Conditions:

Runners encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice and deep water. If conditions are extreme and/or dangerous, run to be postponed/cancelled at discretion of group leader.

Medical Conditions

Action Required:

Advise runners to let group leader know if they suffer from any relevant medical condition which might affect their ability to complete the run. Any appropriate medication should be carried with them on the run. The decision whether or not to run is left to the discretion of the individual but they must accept that they run at their own risk.

Asthma

Action Required:

Advise runners to let group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether to run or not is left to the discretion of the individual, but they must accept that they run at their own risk.

Tick bites, Wasp / Bee Stings, Mosquitos etc

Action Required:

Remember to check for tick bites at the end of off-road, countryside runs. Be aware of wasp, bee, mosquito and other insects as appropriate to the location and time of year; avoid any nests encountered. Runners with allergies should carry their own medication devices.