

Tadley Runners – Risk Assessment

Purpose: This is a generic risk assessment applicable to all club members of Tadley Runners to cover club activity at any location. It may be provided to any organisation that requires evidence of a Tadley Runners risk assessment (for example - if running in a location that requires consent)

Ref	Task / Activity / Environment	Hazards present	Who may be harmed by the hazard?	Mitigation action	Additional Notes
1	Group safety - visibility	Poor or limited street lighting in certain areas (and especially on trails).	TR members and other road users	Use head torches. Runners to be advised on “dark” routes and advise use of head torches and high-viz clothing.	Encourage use of reflective clothing which is more effective than clothing that is simply bright in colour.
2	Group safety - surface	Potholes, tree roots, slip and trip hazards	TR members	Extra care required to avoid the potholes/tree roots etc. Walk if unsure of foot stability. Runners to call out hazards to those following them.	
3	Group safety – traffic at run location	Traffic and other road users / path users	TR members and other road users	Be aware of vehicles using car park at run locations. Assemble away from main traffic flows.	
4	Individual Safety	Participant ability related to known medical issues or fitness levels	TR members	All members 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. If necessary members should seek advice from a doctors or other health professional advice prior to running with the group. Those with on-going conditions (e.g. asthma) should carry their medication during each session. Expectant mothers should seek doctors advice prior to running with the group.	A list of individuals contact details and emergency contact is maintained in the club Love Admin system. Members must keep this information up to date. Access to member’s personal data is restricted to some committee members so that data is protected. Individuals should refer to their GP if there is any doubt about fitness or illness that impact running.

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5	Individual Safety	Inappropriate clothing. Visibility of individuals and group. Footwear selection.	TR members	Clothing should suit conditions. Hi-viz / reflective tops should be worn especially in low light conditions. Advice on footwear may be given by route or session organiser.	Club runs are generally road in winter and trail / mixed terrain in the summer. Footwear in the summer will depend on prevailing state of trails and paths.
6	Individual Safety	Injury or illness during session	TR members	Injured or ill runners will be walked back to base if able by another runner or left accompanied until assistance can be summoned and arrives. Advise emergency contact if hospitalisation is required.	
7	Group Safety	Getting lost	TR members	Routes will be published wherever possible via Spond for runners to check map or download GPX file. Groups getting lost to retrace steps to last known point or await a following runner.	Many TR club routes are held on www.plotaroute.com
8	Group Safety	Losing a runner	TR members	Running groups to stick together. Encourage looping where front runners run back to collect those at back. Runners should select a running group consistent with their ability. Runners to tell the rest of the group if they are struggling.	

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9	Group Safety	Risk of injury, harm or threat from livestock or animals.	TR members and livestock	Route organiser to advise of any known locations where there <i>may</i> be livestock. Avoid certain fields if there are known to be persistent issues or if cows are protective of calves. Turn back if required and seek an alternative route. When proceeding through a field walk as a group calmly and assertively.	Runners will be made aware that it is not possible to recce each club run route so some dynamic risk assessment is necessary.
10	Environment	All traffic, including other runners, members of the public, cyclists, horse riders. Crossing roads and running non-pavement roads.	TR members and other road/path/trail users	Use any and all crossings provided. Cross as a group where practical to minimise the disruption to other traffic and maximise runners' safety. Take personal responsibility. Respect all other road users. Follow the Highway Code rules for pedestrians.	
11	Environment	Prevailing, or deterioration in, weather conditions making it too hot, cold, wet or slippery	TR members	Individuals to decide if conditions are not conducive to an enjoyable based upon their own experience and weather preferences. Route organiser to advice on hydration on longer runs (i.e. Kingsclere 10) or in very hot conditions. Route organiser to notify runners of known slippery or icy stretches.	
12	Environment	Littering or disruption to the local eco system / infrastructure		TR runners will not litter the countryside and will only leave footprints.	

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Date of Risk Assessment: July 2022

Prepared by: Paul Courtney (Club chairperson)

Date of next review: July 2024 or earlier if emergent risks are identified