Running for Fun, Friendship and Fitness

Generic Risk Assessment Adult Road & Trail Running

Dolly Mixtures ladies Running Group	
Risk Assessment Reviewed by Heidi Bentley and Lisa Ashworth	Location: Various Venues around Llandrinio, Welshpool, Shrewsbury and Tregynon
Date Carried Out: 26.9.026 Review before 26.9.2029	

1. This risk Assessment follows UK Athletics guidance documents and adopts UKA standard Risk Assessment presentation form.
2. Has been prepared for the Dolly Mixtures Ladies Running Group road and trail sessions for adult athletics under the guidance of a UKA qualified leader with appropriate UKA Insurance Cover.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with running. Where junior, disabled athletes or those with learning difficulties attend sessions, they would require to be accompanied by 'buddy runners' with appropriate specific individual risk assessments completed.

What are the Hazards?	Who might be harmed?	What are you already doing?	Risk Rating	What else can you do to control the risk	Resultant Risk Rating	Action buy who?	Action by when?	Complete
Choice of meeting point	Risk Assessment Leaders & Runners. Collision with traffic & other road users; cars, cycles, pedestrians, etc.	Carefully selecting meeting points which have ample space and avoid running on open roads as far as practical.	Medium	Try and use lit routes when off road or open parkland where visual contact can be maintained with the group.	Low	Leaders	Each Session	Each Session
Appropriate running kit	Leaders & Runners	Leaders to do a visual check prior to session eg trail shoes	Medium	Advise if route may require different trainers	Low	Leaders	Each Session	Each Session
Slips, Trips & Falls (ice,	Leaders & Runners: Injuries from	Assess conditions before sessions & warn	Medium	Advise athletes to remain alert to changing conditions.	Low	Leaders	Each Session	Each Session

frost, wet leaves uneven surface	slipping/tripping and falling	runners of potential risks or hazards. All leaders to carry basic first aid kit during sessions		Walk if conditions are difficult				
Medical Conditions	Leaders & Runners	Leaders to deliver an appropriate warm up & cool down to suit varying ability levels. Leaders to carry mobile phone in case of an Emergency. All runners to run with ICE contact details. Leaders to ask runners at the start if each session whether anyone has any injuries they should know about/perform a visual check	High	Leaders to request runners write an ICE contact on their hand/arm if runners do not have ICE contact details on them before they can participate. Runners to carry medication they may require eg inhaler, EpiPen, ensuring they inform leaders where it is before run starts. Leaders to know local defib location to starting places. Leaders to carry phones with them in case of emergency. Encourage runners to do the same	Low	Leaders & Runners	Each Session	Each Session
Visibility on open roads	Leaders & Runners. Collision with traffic	Encourage runners to wear Hi-Viz	High	Advise runners to run on footpaths	Low	Leaders &	Each Session	Each Session

	& other road users; cars, cycles, pedestrians, etc.	clothing & to keep alert to traffic & other road users		where provided, not on the road. Highlight risk in the event of fog, general poor visibility, low dazzling sun etc. Warn runners to be diligent. Cancel session if visibility level is poor		Runners		
Crossing roads	Leaders & Runners. Collision with traffic & other road users; cars, cycles, pedestrians, etc.	Avoid crossing roads if possible but advise runners to use designated road crossing points if this can not be avoided. Where crossing can't be avoided select routes within 'quiet' residential areas	Medium	Warn runners to stay alert of traffic & cars pulling out of driveways. Ensure traiffic has come to a stop/passed before crossing	Low	Leaders & Runners	Each Session	Each Session
Traffic	Leaders & Runners. Collision with traffic & other road users	Run in a line, not across the road	High	Ensure runners stay to the right of the road facing traffic. Leaders and runners to shout warning if traffic approaches.	Medium	Leaders & Runners	Each Session	Each Session

				Ensure runners keep to the right to allow traffic to pass				
Weather conditions	Leaders & Runners: Illness or injury from extreme weather, rain standing water, snow, ice, fog, heat etc	Check weather in advance. Runners are considered to be responsible & as such expect to wear clothing appropriate to the conditions. Leaders to give appropriate advice to runners dependant on weather conditions eg. Bring water, use sun cream	Medium	Advise runners if their clothing is not considered appropriate to conditions. Be vigilant to surroundings eg ice patches, or debris blown into path Adjust session to suit or in extreme cases cancel.	Low	Leaders & Runners	Each Session	Each Session
Other members of the public causing an obstacle to runners	Leaders, Runners and Pedestrians: Grazes, cuts or bruises from collision, bites from dogs	Advise runners that the routes used are shared with other uses; pedestrians, dog walkers, children on bikes etc and to stay alert to associated risks Stay alert in proximity to dog walkers and possibility of extended dog leads	Medium	Give due consideration & warning to other route users. Where possible give other users the right of way (unless they indicate otherwise)	Low	Leaders & Runners	Each Session	Each Session

Dogs & wild animals	Leaders & Runners: Injuries from attacks or trips	Avoid contact with animals. Avoid routes which may contact deer during rutting season, bulls in fields etc.	Medium	Give due consideration & warning to dog walkers Take care when crossing a field with cows, exercise caution and walk as a group. If a runner is uncomfortable to not proceed and changes the planned route, be mindful that this could increase the length if the route and some walking maybe required	Low	Leaders & Runners	Each Session	Each Session
Overgrown vegetation /brambles /nettles	Leaders & Runners	Leader to warn runners if route is expected to be overgrown eg Canal prior to hedge cutting	Medium	Advise runners to wear appropriate clothing eg leggings, long sleeve tops to prevent scratches or nettle stings	Low	Leaders & Runners	Each Session	Each Session
Stiles	Leaders & Runners	Leader to check stability of stile prior to crossing.	Medium	Care to be taken especially in wet weather as they	Low	Leaders &	Each Session	Each Session

		Badly maintained/broken stiles avoided or climbed with extreme care		may become slippery. Use the gate if it is a suitable alternative		Runners		
Runners get separated or simply go missing	Runners: Getting lost or injured whilst out of direct contact with leader/rest of group	Take a head count before warmup. Maintain head count at intervals during session & at the end. Brief runners on the route to be used. Encourage runners to stick together & regroup if necessary. Ask athletes to advise if dropping out or leaving session	Medium	Encourage runners to select a group consistent with their ability. Encourage runners to run with their phones & provide them with their leaders contact number. If a runner is identified as missing organise a sweep of the route. If the runner cannot be allocated contact emergency services and report the person missing.	Low	Leaders & Runners	Each Session	Each Session
Running by water	Runners may be injured if they slip or trip into the water	Encourage all runners to pay attention to the ground surface, and surrounding area	Medium	Encourage runners to be SAFE **S**tay **A**way **F**rom **E**dge	Low	Leaders and Runners	Each Session	Each Session

Running during the dark	Runners may be injured if they slip or trip due to lack of visibility	Encourage all runners to run with a head or hand torch. Encourage High-viz to be worn on all dark runs.	High	If no torch run with someone who has a torch. Anyone who cannot illuminate their way to be refused participation.	Medium	Leaders	Each Session	Each Session
Muscle Injury after running	Runners with pulled muscles & mild sprains	Incorporating a warm up and cool down in each session	Medium	Encourage runners to carry our further stretches in their own time and on their own runs	Medium	Leaders	Each Session	Each Session

Running with buggies

Due to the inability to predict the suitability of the entire of the route and any emergency changes to the route Dolly Mixtures Ladies Running Club have decided not to allow runners to run with buggies.

Running with dogs

Due to the inability to predict the reaction to a dog with any of the other runners, or animals that they me encounter on route the Dolly Mixtures Ladies Running Club have decided not to allow runners to run with dogs.