



Trails & Fitness: Risk Assessment for Sunday trail runs

What are the hazards:

1. Incremental weather making it hot, slippery, wet to run on.
2. Traffic crossings on route
3. Ground conditions, uneven/changing, rocky, roots, muddy, track, concrete
4. Injuries through participation/medical conditions
5. Inappropriate clothing/kit/equipment
6. Members of the public getting in the way
7. Dogs and other farm animals around in and on tracks and fields

Who might be harmed:

1. Participants and leader and members of the public

What are you doing already:

1. Trails & Fitness leaders to give appropriate advice to participants dependant to weather
2. Cancel sessions may be considered if weather conditions make it unsafe to run
3. Trail and Fitness leaders give pre-run talk reminding participants to us crossings and abide by the highway code
4. Cross as a group where possible
5. Trail & Fitness to remind participants to take personal responsibility within the sessions.
6. Trail & Fitness leaders ensure the route is safe before taking groups out on the run
7. Trail & Fitness leaders to advise participants of any changing/uneven ground conditions at the start of the session
8. Trails & Fitness have access to participant's medical conditions prior to starting session
9. Trail & Fitness leaders ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check
10. Trail & Fitness leaders to perform an appropriate warm up/cool down activity and plan sessions to suit varying ability levels.
11. Qualified first aider in attendance at the session
12. Trail & Fitness leaders to carry mobile phone in case of emergencies
13. Trail & Fitness leaders to share route with participants before each run and explain route at start of session

14. Trail & Fitness leaders to consider group management strategies to help keep group together.
15. Trail & Fitness leaders situated at front/back of group
16. Leaders to send participants info on what they should be wearing at the session or direct them to website for more info
17. Leaders to perform visual checks before each session
18. Leaders to encourage wearing bright coloured/high vis clothing, particularly when running in the dark
19. Leaders to plan appropriate routes for the group
20. Leaders to remind participants to be respectful to other road users.

Any further actions:

1. Participants must send through any personal medical concerns/allergies prior to run
2. Participants must send through an emergency contact prior to run
3. Participants accept liability and are responsible for any accidents, injuries or damage(s) caused to themselves and/or others whilst taking part in sessions.
4. Follow club code of conduct at all times

Risk rating after measures:

1. Medium