

Risk Assessment: RIOT Running Club

Risk:	Assessed by:	Location :	Review :
Trail Running	Adele Elliott, Michael Paulley & Gerald Carter	RIOT Running Club	18 th May 2023

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Result ant Risk Rating	Action by whom	Target date	Complete
Slips, trips and falls or feeling unwell whilst off road/trail running	Runners may be injured if they trip or slip on uneven ground, tree roots, muddy fields, and ground with an uneven camber such as coast paths. Typically results in knee, ankle and foot injuries but may be upper body injuries due to falls.	<p>-For anyone new to off road running advise of likely terrain and inherent risk.</p> <p>-Group leaders to be experienced trail runners and reccie run route-when able- to advise group of extra hazards during the run.</p> <p>-Ensure group leaders carry a fully charged mobile phone to take action call 999/112 + use of 'what3words' for location in case of emergency and serious injury + small first aid kit with each group (plasters, antiseptic wipes etc).</p> <p>-Runners to apply own first aid as needed. If not able, call for emergency assistance.</p> <p>-Ensure group leaders shout out potential hazards on route.</p> <p>-Take account of weather and if appropriate cancel run if extreme weather likely to be encountered</p> <p>-Recommend off road shoes with a good grip. Appropriate clothing for weather, and that runners have adequate hydration/food with them for the length of the run.</p>	M	<p>-Health and Safety policy clearly seen on website so all runners aware of risks</p> <p>-Ensure new runners/members go into in a steady to them group with experienced a lead runner and tail runner.</p>	L	<p>-Committee to ensure group leaders aware of Health and Safety policy.</p> <p>-Group leaders to inform attending committee members of any accidents immediately after the run.</p> <p>-Group leader to complete accident/incident forms with help of committee.</p> <p>-Regular audit of accidents by committee and implement changes as needed.</p>		