

# Group runs – risk assessment

## How to carry out a risk assessment

This template is a tool to help you plan and lead group runs safely. You must be aware of this risk assessment for each run

- Use the template to assess whether your group run is safe to go ahead.
- We've included suggestions for the ways to control the risks – **you do not need to tick every box**. The important thing is to identify the potential hazards and note the actions you will take to reduce the risk.
- It's important to be aware of and if needed carry out a risk assessment **before** the run takes place
- Think about the different types of hazards and risks. We've included some common examples, but think carefully about your own run in case anything needs adding.
- Examples of other risks might include flooded paths, after heavy rain for example

Please complete a copy for every session and keep this for 1 year after the date of the run.

<b>Run Leader</b>		<b>Date of run</b>	
<b>Group run/intervals</b>		<b>Date of risk assessment</b>	
		<b>Date of [other if needed]</b>	

<b>Possible hazards</b>	<b>Who might be harmed and how?</b>	<b>Ways to control the risk</b>	<b>Action taken? (click on the box to tick)</b>
Bad weather (including extreme temperatures)	Runners – risk of illness and injury,	Check the weather forecast and postpone/cancel if necessary.	<input type="checkbox"/>
		Adapt the pace, or length of route if weather deteriorates, e.g. very warm or cold/ wet.	<input type="checkbox"/>
Darkness / poor visibility	Runners – risk of falls, or collisions with vehicles, obstacles, other runners	Advise runners to wear hi-vis and head/body torches. Run leaders to wear hi-vis and torch.	<input type="checkbox"/>
Busy roads	Runners – risk of vehicle collisions	Avoid routes along busy roads and/or where possible, use suitable crossing places or underpasses.	<input type="checkbox"/>
Steep, slippery or muddy sections.	Runners – risk of trips/slips	Be aware of potential for muddy/slippery sections and adapt the route if necessary or suggest runners slow down/walk.	<input type="checkbox"/>
Overhead or under foot hazards	Runners - trips and falls, collisions with objects	Brief runners at start of run to watch for hazards e.g. tree roots, kerbs, branches, bins, posts. Employ the 'call back' method to warn fellow runners of hazards during run.	<input type="checkbox"/>

Livestock	Runners – risk of injury	Cross fields with livestock calmly and quietly, keeping the group together. Be prepared to divert around livestock if necessary.	<input type="checkbox"/>
	Risk of property damage if livestock escape	Follow the Countryside Code (England & Wales) and Access Code (Scotland). Leave gates and property as you find them.	<input type="checkbox"/>
<i>(Please add more lines if needed)</i>			

Participants	Participants