# Hart Road Runners (HRR) Running Club

## Risk assessment for external coaching sessions and led runs

The following risk assessment principles are based on the HSE standard model which considers the likelihood of an incident/event occurring together with the consequential outcome of that incident/event occurring.

The majority of the clubs' activities are identified as generic, each risk is rated, and control measures applied to remove or reduce the risk to an acceptable level, i.e., high, medium, low.

*Risk Matrix*

| Severity of occurrence | Seldom occurs | Likely | Near certain |
|---|---|---|---|
| Fatal/major injury | M | H | H |
| Short term injury | L | M | H |
| 1st aid/near miss | L | L | M |

| Description: | Hart Road Runners external running activities off road and on road running activities.<br>• Coach Led sessions.<br>• Led Group runs | | | Date: 06/03/2026<br>Review Date: 06/03/2029 |
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| Risk Identified | Consequences | Risk level before control measures | Control measures | Output risk level |
| **Group ability**:<br>Age<br>Experience<br>Health<br>Numbers in group<br>Pre-existing health conditions | • Runners left behind.<br>• Runners becoming ill /injured during the run.<br>• Group too large resulting in risk of injury from passing vehicles / road furniture.<br>• Group splitting<br>• Runner becoming ill during a run session. | High | • Pre run brief given by coach/Run leader.<br>• Run leader to assess pre run and ensure runners are paired with others with similar ability.<br>• Group divided to accommodate all running abilities.<br>• Regular opportunities for re-grouping to not lose anyone and ensure everyone is okay.<br>• During the run, if members are aware of a 'lone' runner, they are to advise run Leaders at the earliest opportunity.<br>• Members with health conditions that could arise during an outing (Breathing constraint, muscle injuries etc) should inform the run leader of the condition and the risk of an occurrence.<br>• Members will be asked if they have any injuries and are fit for the activity during the pre-run briefing. | Low |

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| **Run session group management:** | • Runners getting lost<br>• Runners left behind<br>• Group fragmenting | High | • Pre run briefing session to raise awareness of route and type of run.<br>• Take personal responsibility for yourself to understand route information and select running group appropriate to your ability and the conditions.<br>• Take personal responsibility for yourself to follow the run leader and notify them should you decide to leave the group mid run.<br>• Run leader to appoint run 'buddy' to new or inexperienced members when appropriate.<br>• Buddy up with another runner of similar ability if you do not know the route.<br>• Run leader appoint a sweeper where appropriate | Low |
| **Trips and falls:** | • Injuries to limbs (cuts / grazes / broken bones) | High | • Pre run briefing session to raise awareness of type of ground to be encountered e.g., off road, hills, pathway curbing.<br>• Appropriate footwear for the running environment | Low |

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| | | | • Run coach/leader to be familiar with the route.<br>• Headlights / torches recommended to be worn or carried during off road darkness runs.<br>report accident/incidents to the coach and the club will notify UK Athletics accident, incident website as required. | |
| **Weather Conditions:**<br>Sun<br>Rain | • Dehydration<br>• Sun stroke<br>• Hyperthermia | High | • Coaches and run leads to adapt session to the weather conditions reducing any risks from adverse weather.<br>• Individuals to take responsibility for their ability | Low |

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| **Snow Ice** | • Frostbite<br>• Slips on ice | HIGH | • Coaches/run leads assess external training ground and consider re-location where snow/ice is severe.<br>• Suspend/cancel the session if conditions are severe | Low |
| **Winter running:**<br>Running in low light/dark. | • Collision with vehicles<br>• Collision with people<br>• Trips, falls | High | • Hi-Viz clothing to be worn during winter/dark evening sessions.<br>• Running light/head torch advised<br>• Avoid running along busy /main roads with no pavement.<br>• Pre run briefing session to raise awareness of other road/path users.<br>• Take personal responsibility when crossing roads | Med |
| **Collision with vehicles:**<br>Road crossing collision | • Potential fatal / life changing injuries | High | • Hi-Viz clothing to be worn during winter/dark evening sessions.<br>• Pre run briefing session to raise awareness of other road and path users<br>• Avoid running along busy /main roads with no pavement.<br>• Members to take personal responsibility when crossing roads and not to assume traffic will give way.<br>• Re-group at road crossings to ensure group crosses together.<br>• Do not assume the runner stepping out has ensured the road is clear | Med |

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| **Collision with public** | • Injury to persons | Med | • Pre run briefing session to raise awareness of a shared public area.<br>• Consider using quieter pathways.<br>• Use marshals/coaching staff along route of running session.<br>• Keep to one side of the pathway.<br>• Don't block pathways.<br>• Be considerate at all times with the general public | Low |

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| **Animals and Livestock** | • Attack by animal / livestock. | High | • Pre run briefing session to raise awareness.<br>• Keep group together and move slowly through livestock.<br>• Dogs – avoid - ask owner to control their dog or put dog on leash if dog is acting erratically | MED |
| **Running with a dog**<br>- Off road running | • Injury to dog<br>• Injury to persons<br>• Injury to livestock/animals | MED | • One dog per runner<br>• Dog to always be under owners' control.<br>• Where a lead is used, ensure, it's a short lead and does not cause a hazard to other runners/public.<br>• Dogs to controlled on a lead around livestock.<br>• Dogs to be on restraint when crossing / running near busy roads | Low |