

RISK ASSESSMENT FORM

Kirkstall Harriers

TASK / ACTIVITY	General Training Runs Training runs are for Members of Kirkstall Harriers Running Club and all participants must be club members. Whilst training sessions have a run leader, members participate at their own risk and are expected to make decisions on attendance, pace, distance etc. in consideration of their own health, wellbeing and ability.
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Likelihood of Occurrence	Severity of Outcome				
	1 Negligible	2 Slight	3 Moderate	4 Severe	5 Very Severe
1 Very Unlikely	LOW (1)	LOW (2)	LOW (3)	LOW (4)	LOW (5)
2 Unlikely	LOW (2)	LOW (4)	LOW (6)	MEDIUM (8)	MEDIUM (10)
3 Possible	LOW (3)	LOW (6)	MEDIUM (9)	HIGH (12)	HIGH (15)
4 Probable	LOW (4)	MEDIUM (8)	HIGH (12)	HIGH (16)	HIGH (20)
5 Very Likely	LOW (5)	MEDIUM (10)	HIGH (15)	HIGH (20)	HIGH (25)

Likelihood of occurrence X Severity of outcome = Risk Rating

Example:


Likelihood (possible 3) X Severity (Moderate 3) =
Risk Rating (Medium 9)

What are the hazards? and What could happen	Affected persons. groups	What are the existing control measures	Risk rating (Refer to chart)	Further action required to eliminate or reduce the risk.
Slips, Trips and Falls – Environment <ul style="list-style-type: none"> - Uneven surfaces - Clipping other runners - Road furniture - Raised pavements/steps 	Runners	Training sessions and routes are advertised in advance so runners can select appropriate clothing and footwear. Runners set off in small pace groups so are well spread and less congested on pavements and tracks	9	Encourage runners to relay backwards to other members, alerts of any obstacles they pass.
Slips, Trips and Falls – inclement weather <ul style="list-style-type: none"> - Poor visibility - Wet/slippery surfaces 	Runners	The club insists on hi-vis clothing between late September and March. Headtorches are advised on runs that include off-road paths out of high summer. Smaller 'pace' groups allow members to run at a	6	

What are the hazards? and What could happen	Affected persons. groups	What are the existing control measures	Risk rating (Refer to chart)	Further action required to eliminate or reduce the risk.
- Debris		<p>comfortable pace. Members generally look out for one another and alert others of puddles, obstructions etc.</p> <p>Run leaders may take the decision to cancel a run if weather conditions may put runners under unnecessary risk (e.g. storm forecast, high winds, excessive heat)</p>		
Sudden illness	Runners	<p>Runners taken unwell during a run will be accompanied back to the start point or home by another member or, if too ill to walk/jog a taxi or transport organised.</p> <p>Members who are/have been unwell or are in recovery should make themselves known to the run leader and consider the option of a shorter route which is always available.</p> <p>In the event of serious illness or medical emergency – a number of members are first aid trained.</p>	15	<p>At least one runner (ideally the run leader) to carry a charged mobile phone to summon transport or emergency assistance quickly if needed.</p> <p>Look to provide further 1st aid training to members at intervals to ensure higher likelihood of trained members at every run.</p>
Road traffic – collision with cars/cyclists	Runners	<p>The club insists on hi-vis clothing between late September and March to be visible to other road users. Members run primarily on pavements, using roads only when crossing or to avoid obstacles.</p> <p>Runners are expected to follow usual rules of the road and generally warn others behind if vehicles are approaching. Training involving sprinting or similarly hard effort is not planned on a route that crosses roads.</p>	10	

What are the hazards? and What could happen	Affected persons. groups	What are the existing control measures	Risk rating (Refer to chart)	Further action required to eliminate or reduce the risk.
<p>Stranger Danger</p> <p>-Harassment from general public</p> <p>- People under the influence</p> <p>- Groups on bikes</p>	Runners	<p>The act of running with other club members significantly reduces the likelihood and fear of attack or harassment from members of the public.</p> <p>The club runs regular routes which have little or no history of antisocial behaviour towards members. New routes are checked in preliminary runs for any potential issues prior to being introduced to the general training schedule.</p>	6	
Dog attack/bite	Runners	<p>The act of running with other club members significantly reduces the likelihood of dog attack.</p> <p>The club runs regular routes which have little or no history of loose or unruly dogs. New routes are checked in preliminary runs for any potential issues prior to being introduced to the general training schedule.</p>	3	
Exposure - effects of cold/heat	Runners	<p>In seasonal peaks of weather runners are reminded to come for runs prepared for the conditions (e.g. water bottles in high summer)</p> <p>Stops are generally for regrouping or describing routes and run leader take care to keep these short in cooler weather.</p> <p>General training runs rarely last more than 90mins so prolonged exposure is unlikely.</p> <p>In severe weather, runs are cancelled and members notified via email and social channels</p>	8	<p>Consider shortened or lap-based routes or when weather seems very hot, cold, rainy etc.</p> <p>Senior Committee members to be able to take decisions on cancellation and begin comms send if run leader is busy/unavailable during the day.</p>
Lone runners	Runners	Runners are usually in at least small groups or pairs and all following the same route. Faster runners loop	9	

What are the hazards? and What could happen	Affected persons. groups	What are the existing control measures	Risk rating (Refer to chart)	Further action required to eliminate or reduce the risk.
- Increased risk of all dangers		<p>back to check on those behind.</p> <p>Run leaders headcount numbers in the group at start and various re-group points on longer runs as well as making sure everyone has returned.</p> <p>Any runner leaving the run or opting for an alternative route, must let the run leader know. Shortened route options are usually taken by a number of runners who run back to the start together.</p> <p>The training route is advertised in advance of a run and runners are expected to familiarise themselves with the route to avoid getting lost if accidentally separated.</p>		

Name and Sign When the assessment is complete it should be signed to say that is the case and all identified actions have been implemented	Leann Sykes-Hooban		Date
			03/08/2023
Review – The RA should be reviewed at least annually and whenever there are changes to methods, policies or additional hazards are identified.			
Please record any changes required and or action taken, then date and sign			
Reviewer Name & Date		Notes	