Risk Assessment for road or trail runs

Evesham Vale Running Club

Date Issued: 4 January 2022

1.0 Risk Assessment for road or trail runs

All members of Evesham Vale Running Club, taking part in club organised training or events, should be aware of this risk assessment before running.

2.0 Potential Hazards

2.1 Uneven Ground

Action required:

- Wear appropriate footwear, for example trail running shoes
- Stick to well-known routes and public footpaths
- Runners at the front of the group to warn runners behind of uneven / rutted ground by shouting back.

2.2 Risk of falling / slipping / banging into obstacles

Action required:

- Wear appropriate footwear
- Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them
- Runners and leaders at the front of the group to warn runners behind of uneven / slippy ground by shouting back, where possible
- Runners to be advised to walk where there are particularly difficult conditions
- Run leaders / runners at the front to shout back to the group when they come across unexpected hazards – ie roadworks / bollards / street furniture / broken slabs / overhanging branches / holes etc.

2.3 Abuse / aggression

Action required:

- Runners are encouraged to ensure they are polite to other pavement users
- Runners should ignore abusive / aggressive comments from individuals
- Where necessary the run leader will look to alter the route to avoid aggressive groups.

2.4 Losing a runner

Action required:

- Run leader are to use run app to log runners in to the run and out of the run
- Runs are to be organised and advertised at different paces to ensure that runners can choose the pace they can sustain for the length advertised (ie run within their abilities)
- Runners to advise run leaders of any issues / injuries they may have before they start the run
- Runners are to stick together with run leaders encouraging front runners to slow the pace or wait at specific points for those behind to catch up
- Where appropriate run leader will encourage run backs for faster runners
- Runners are not to leave the group without first advising the run leader of their intention.

2.5 Getting lost

Action required:

- Run leader to have familiarised themselves with the area and to have carefully considered the run route prior to the run
- Run leaders to run with a mobile phone to access a map or gain assistance where needed

2.6 Dogs

Action required:

- All runners to take care when running near dogs especially when they are off the lead with no owner present
- Slow to walk if required
- Avoid turning your back on the dog
- Seek assistance from the dog owner where appropriate

2.7 Farm animals and horses

Action required:

- All runners to take care when running on farmland near sheep, cows, bulls or horses
- Slow to walk if required
- Avoid turning your back on cows, bulls or horses
- Take a wide birth around the animals where possible

2.8 Extreme weather

Action required:

- All runners to wear clothing appropriate to the known / predicted weather conditions
- Take water particularly on long runs
- Avoid midday runs in very hot weather
- If conditions are extreme the run may be postponed or cancelled at the discretion of the run leader
- Runners to use high factor sunscreen in hot weather
- Runner leaders to encourage runners to walk where there appear to be patches of ice

2.9 Medical Conditions

Action required:

- Runners are encouraged to advise the run leader of any known medical conditions
- Appropriate medication is to be taken on the run
- Decision on whether to run or not is left to the individual running at their own risk
- All runners to be encouraged to add their ICE details to the app to allow assistance to be called where required

2.10 Headphones

Action required:

- Runners are advised not to wear headphones during any club runs
- Anyone wearing headphones will be asked to remove them or not take part in the session.

2.11 Stiles

Action required:

- Care to be taken when climbing stiles particularly in wet weather as they may be slippy or broken
- Badly maintained / broken stiles to be avoided where possible (known in advance) or climbed with care

2.12 Running in the dark

Action required:

- Runners are encouraged to wear light or reflective clothing
- Runners are encouraged to wear a body or head torch
- Where possible run leaders will stay with street lighting and encourage care when crossing the roads
- Inappropriately dressed runners may be asked not to participate at the discretion of the run leader
- Off road runs to be undertaken in the dark only under strict supervision of experienced run leaders in small groups with all runners using head or body torches

2.13 Traffic

Action required:

- Runners to wear reflective clothing to ensure that they can be seen
- Stay on pavements as far as possible
- If forced to run on the road stay to the right side of the traffic (facing traffic)
- When crossing the road use pedestrian crossing points where possible
- Everybody check for traffic, ensuring good communication across the group
- Run leader to shout warning to following group if traffic approaches unexpectedly

EVESHAM VALE RUNNING CLUB Committee