Hazlemere Runners

Risk Assessment - Club Runs, Coaching and Courses

Version History

Version	Description	Date	Author	Approver
V0.1	Previous version as adopted by 2026 Committee	18/07/26	Previous Committees	Previous Committees
V1.0	Approved by Committee – final version	03/08/2026	Hazlemere Runners Committee	Co-Chairs: Richard Woodhead / Dan Shawcross Secretary: Phoebe Lamb

1. This risk assessment applies to all individuals participating in walks, runs, coaching and courses which are official club runs organised by Hazlemere Runners only.

2. Individuals and leaders participating in a club run / walk, coaching session, course or other sporting event organised by Hazlemere Runners are to have read and be familiar with the risks and control measures / actions set out within, this document.

3. Individuals are to note that generic running and walking risk can be reduced in the following ways:

    a. Actively remain aware of your surroundings and adjust the speed and direction of your run as appropriate.

    b. Give consideration to pedestrians and road users, slowing down or stopping to give way where necessary.

c. Leaders reiterate the risks and control measures prior to each run or similar event.

d. Wear body torches with front and back lights.

e. Wear hi-viz clothing.

4. The following risks are representative of those that may be encountered on a club organised run / walk, course or coaching session. The risk list below is not considered exhaustive. However, the associated control measures – if followed by participants should reasonably reduce risk likelihood, severity and rating of those athletic activities provided by Hazlemere Runners.

5. Definition of key terms:

a. **Risk.** Relates to a potential event or set of circumstances that may harm the health and welfare of an individual.

b. **Risk Reduction Measures.** The measures that can be implemented by participants and run leaders to reduce the likelihood of a risk occurring and the impact of that risk on an individual. Also known as control measures.

c. **Risk Rating.** Measures the overall severity of the risk:

I. **High.** Risks that are rated High are the most *severe*. These risks will have the most likelihood of occurring and will have the greatest impact on an individual's health and welfare. Risk reduction measures must be implemented by participants and run leaders to reduce the risk rating.

II. **Medium.** Risks that are rated Medium are considered to be *significant*. These risks will have a significant likelihood of occurring and will have a significant impact on an individual's health and welfare. Risk reduction measures must be implemented by participants and run leaders to reduce the risk rating.

III. **Low.** Risks that are rated Low are the *least severe*. These risks will have the least likelihood of occurring and will have the least impact on an individual's health and welfare. Risk reduction measures must be implemented by participants and run leaders to maintain the associated risks at a Low rating.

6. Amendments to this document can be suggested and emailed to the Club Secretary at Hazlemererunners@hotmail.com using the term 'Risk Assessment Amendment' in the subject header.

Risk Identified	Risk Reduction Measures	Risk Rating
Conditions: Uneven and changing ground conditions Poor visibility	Pre-run / walk briefing session to raise awareness of type of ground expected to be encountered during the run e.g. off road, uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags. When running off-road on trails run groups will consist of a minimum of Run Leader plus two runners to enable one person to be available to meet an ambulance should an incident occur. Appropriate footwear for the run / walk to be worn by the participants is to be appropriate to the terrain, route and weather conditions. Head / body lights to be worn as appropriate. Participants to verbally warn one another of uneven or changing ground conditions ahead. Pre-run / walk briefing session to raise awareness of how the lack of visibility might affect the route. Head / body lights to be worn as appropriate.	Medium

Routes and Individual Ability Running / walking ability of participants in the group Road traffic Road mountain bikes	Leaders select a route and terrain that reflects the advertised pace, distance and capability of the group. Leaders highlight danger from traffic and road running / walking. Leaders reduce the group pace or stop the group to protect participants from traffic or bikes - giving way where appropriate. Participants take personal responsibility by selecting a route / group appropriate to their individual ability within the prevailing conditions. Individuals to stay on the pavements and take extra caution when crossing or temporarily stepping into the road. Participants stay closer together to prevent participants falling behind, with the run leader reducing the pace below that advertised to facilitate this.	Low-Medium

Group and Individual participant Management Running Injury Participants leave group midway New / inexperienced participants struggle in the group	Pre-run briefing session to establish the leader in overall charge. Leader is to confirm that all participants have In case of Emergency Contact details with them. Participants who experience any health concerns before or during the run/ walk, coaching session or course, are to raise these to the run leader immediately. Leader to carry a charged mobile phone. Participants to take personal responsibility for themselves, and to follow the guidance and direction of the leader. Participants to confirm with the leader if they are leaving the group mid-run / walk. Individuals who leave a run / walk early should confirm their safe return home by messaging the leader. Leader to appoint run / walk 'buddy' to new or inexperienced members when appropriate. Injuries are to be reported here. Before reporting any injury, the accompanying guidance on reporting must be read and can be accessed here.	Medium
Participants getting lost	Leader to explain the route at the start of the session. Leader to consider group management strategies such as loop backs and out and back routes to help keep group together.	Low

Participants are separated from the group and become lost	Leader regularly accounts for all participants both during and after the session. Leader to conduct a head count at the start, gather points, and finish point. Leader to appoint 'Sweeper / tail participant' as appropriate. Leader to appoint run / walk 'buddy' to new or inexperienced members when appropriate.	
Weather Dehydration, Heat Stroke, Hyperthermia Struck by lightning Sunburn	Leader to determine whether it is safe to run / walk due to the prevailing weather conditions Participants to carry water with them. Leader considers the requirement to carry extra water or plot a route that allows for a water refill. Leaders to plot a route that takes participants out of direct sunlight and at a time when temperatures are lower. Periodically check that participants feel well and look for signs of heat distress in one another. Ensure participants do not to shelter under trees during storm. Remind participants to apply sun block. Leader to carry SF 50. Participants to wear suitable hat if appropriate.	Low-Medium

Animals Dogs Cows / horses	Give way to dogs and owners to avoid tripping, biting or jumping up.	Low

Insects Alpacas	Give way to riders on horses, stopping where necessary to ensure the safe passage of the horse. Participants warn others when animals are seen or heard approaching. Apply insect repellent before exercising. Leader plot routes that do not take participants through fields with livestock, or where this occurs take extra care to move the group through the field safely. Do not feed or approach the livestock to avoid bite or trample injuries.	