



# Bedford Harriers AC

## Risk Assessment - Number 3

### Club Off-Road Training

Task Description:	Club training off road
Assessment Completed By:	Lesley Gaunt MIOSH
Date Completed: 15/07/2014	Review Date: Upon change

Hazards Identified:  Tripping over uneven surfaces; (lumps and bumps on ground surface, ruts) tree roots and stumps etc; running into obstructions (e.g. low branches, trees, hedgerows, hidden signs); slipping on loose surfaces such as gravel; slippery surfaces such as mud or wet grass; entanglement in long grasses, ferns or bracken etc; sharp or stinging plants such as thorns and nettles; bites from insects; collision/tripping up other runners; heat exhaustion, dehydration; cold stress; runners getting lost; illness/injury on route; inability of runner to complete the distance. Aggression/interaction from members of the public, loose animals, dogs etc	
Who Can Be Harmed:  Club runners, prospective members, members of the public.	Nature of possible harm:  From cuts, grazes and bruises to broken limbs, bites, infection from bites/stings, exhaustion, thermal stress, cold stress, running injury.

SEVERITY		H	Fatality, Major injury or illness causing long term disability	SEVERITY	L/H	M/H	H/H
	X	M	Injury/Illness causing short term disability		L/M	M/M	H/M
		L	Other injury or illness		L/L	M/L	H/L
					LIKELIHOOD		
LIKELIHOOD		H	Certain or Near Certain to Occur	Plot assessment of Severity against Likelihood & Highlight Value obtained			
	X	M	Reasonably likely to occur	H/H: Avoid Whenever Possible			
		L	Very Seldom or Never Occurs	L/L : May be Ignored All other Values Control or Minimise Risk			

Existing Controls:

Runners are instructed to be aware of condition of surfaces and other hazards, and to warn other runners of any trip hazards or obstructions.

Runners are advised to tell their coach if they are taking an alternative route or going home, i.e. cutting the run short. The coach then decides if they should be accompanied based on route and any hazards likely to be encountered, whether the runner is injured, etc, and will if necessary ensure the returning runner is accompanied.

Runners are advised to wear suitable clothing for the weather conditions.

Runners should be fully hydrated before attempting any exercise, but in very hot periods may carry or bring water with them Sun cream and insect repellent may be required by runners

All above plus additional information contained within Safety Information for Runners document which is on the club website and on the notice board.

Runners are split into ability groups, each with at least one coach.

Coaches are Club approved and are either qualified by a recognised national body or have become approved by virtue of completing the 'Becoming a group Leader' process as published on the Club website. Coaches issue training schedules which are published on the notice board and web sites enabling runners to decide if they can attend based on their own ability.

Coaches are aware of numbers within their group and keep watch for back markers.

Coaches ensure that runners in their group have the ability to cope with the training session. If in any doubt, the runner is advised to run with a different group, or the coach varies the session.

Runners are expected to seek medical assistance if after training they find they have an infection due to a cut or bite or similar.

Dynamic risk assessment is completed for any disabled/recovering from injury runners.

**Additional Controls:**

Consider whether Coaches to be trained in basic first aid.

Training schedules to contain more details of the route to be taken including distance (i.e. hill session is not sufficient) to ensure runners are aware of the session they are about to undertake

Coaching Co-ordinator to discuss this risk assessment and the Be Safe When Running document at next coaches meeting.

Date Additional Controls Implemented:

Date: 15<sup>th</sup> July 2014