

## Risk Assessment: Strathearn Harriers' Club Runs

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating
Traffic	Runners may be injured if struck by vehicles	<ul style="list-style-type: none"> <li>Run leaders choose routes to minimise the amount of on-road running</li> <li>Runners are advised to wear visible clothing and/or headtorch for running in dusk/dark</li> </ul>	L	<ul style="list-style-type: none"> <li>Make visible clothing and/or lights a condition of participation for all club on-road running in hours of darkness</li> </ul>	L
Uneven ground, steep slopes and difficult terrain.	Runners might slip, trip or fall and injure themselves	<ul style="list-style-type: none"> <li>Run leaders advise group of any difficult terrain on the planned route</li> <li>Run leaders advise runners to wear footwear appropriate to the terrain.</li> </ul>	L	<ul style="list-style-type: none"> <li>Include guidance on route, terrain and suitable footwear when publicising a run.</li> </ul>	L
Adverse weather	Runners may become wet, cold, vulnerable to hypothermia, or overheated, dehydrated, vulnerable to heat stroke	<ul style="list-style-type: none"> <li>Run leaders advise runners of appropriate clothing.</li> <li>Run leaders adjust route to suit weather conditions and forecast, including cancelling run if conditions warrant this (eg thunder and lightning, sheet ice)</li> </ul>	L	<ul style="list-style-type: none"> <li>Include guidance on appropriate clothing when publicising a run.</li> </ul>	L
Illness or injury	Runners may become ill or develop an injury while running	<ul style="list-style-type: none"> <li>Club members are required to declare medical conditions as part of membership</li> <li>All club runs have regular stops to regroup and check for wellbeing</li> </ul>	L	<ul style="list-style-type: none"> <li>Ensure that at least one mobile phone is carried on each run</li> </ul>	L
Separation from group	Runners might become separated from the group as a result of fatigue, illness, injury or accidentally going off-route.	<ul style="list-style-type: none"> <li>Run leaders choose route suited to abilities of group</li> <li>Run leaders stop regularly for runners to regroup and check that all are present and well</li> <li>New runners are monitored by an experienced club member</li> </ul>	L		
Navigation error	A navigation error which made a run longer and/or more difficult than planned might make runners exhausted and/or distressed/ill.	<ul style="list-style-type: none"> <li>Some club runs are on a fixed route, most others are on routes chosen from a set of established/familiar options</li> <li>Run leaders are chosen for experience and knowledge of the route and area.</li> </ul>	L		

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River crossings	Runners might fall into water, leading to injury and/or exposure/hypothermia	<ul style="list-style-type: none"> <li>• Difficult crossings are avoided wherever possible by detouring to use bridges etc.</li> <li>• If crossing is necessary, experienced runners take positions to support and help weaker members of group.</li> </ul>	L		L
Cattle or other farm animals	<p>Runners might be attacked and injured by farm animals</p> <p>Livestock might be chased by dogs</p>	<ul style="list-style-type: none"> <li>• Run leaders avoid fields with livestock or detour around livestock</li> <li>• Dog owners are required to control dogs sufficiently to prevent disturbing livestock</li> <li>• Run leaders and runners are advised not to run with a dog in a field with cattle</li> </ul>	L	<ul style="list-style-type: none"> <li>• Ensure all run leaders are aware of and follow the Outdoor Access Code</li> </ul>	L
Dogs running with the group	Runners might be tripped by a dog and injured.	<ul style="list-style-type: none"> <li>• Dog owners are expected to use appropriate methods to keep dogs apart from runners</li> </ul>	L	<ul style="list-style-type: none"> <li>• Identify any runs where taking a dog would be inappropriate</li> </ul>	L
Ticks	Off-road runners might be bitten by tick carrying Lyme disease	<ul style="list-style-type: none"> <li>• Runners are advised to wear body cover</li> <li>• Runners are advised to do a physical check for ticks after each off-road run during summer</li> </ul>	M (May - Sept)	<ul style="list-style-type: none"> <li>• Minimise the amount of running through high vegetation</li> </ul>	L