

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"> • Runs are off-road as much as possible, and when on-road run leaders choose routes to minimise time on roads without pavement and/or street lighting. • Runners are advised to wear visible clothing and/or headtorch for running in dusk/dark | L | <ul style="list-style-type: none"> • Make visible clothing and/or lights a condition of participation for all club on-road running in hours of darkness | L |
| Uneven ground, steep slopes and difficult terrain. | Runners might slip, trip or fall and injure themselves | <ul style="list-style-type: none"> • Run leaders advise group of any difficult terrain on the planned route • Run leaders advise runners to wear footwear appropriate to the terrain. | L | <ul style="list-style-type: none"> • Include guidance on route, terrain and suitable footwear when publicising a run. | L |
| Adverse weather | Runners may become wet, cold, vulnerable to hypothermia, or overheated, dehydrated, vulnerable to heat stroke | <ul style="list-style-type: none"> • Run leaders advise runners of appropriate clothing. • Run leaders adjust route to suit weather conditions and forecast, including cancelling run if conditions warrant this (eg thunder and lightning, sheet ice) | L | <ul style="list-style-type: none"> • Include guidance on appropriate clothing when publicising a run. | L |
| Illness or injury | Runners may become ill or develop an injury while running | <ul style="list-style-type: none"> • Club members are required to declare medical conditions as part of membership • All club runs have regular stops to regroup and check for wellbeing | L | <ul style="list-style-type: none"> • Ensure that at least one mobile phone is carried on each run | 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"> • Run leaders choose route suited to abilities of group • Run leaders stop regularly for runners to regroup and check that all are present and well • New runners are monitored by an experienced club member | L | <ul style="list-style-type: none"> • Ensure that all club runs have at least one nominated "sweeper" | 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"> • Some club runs are on a fixed route, most others are on routes chosen from a set of established/ familiar options • Run leaders are chosen for experience and knowledge of the route and area. | L | | 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"> • Difficult crossings are avoided wherever possible by detouring to use bridges etc. • If crossing is necessary, experienced runners take positions to support and help weaker members of group. | L | | |
| Cattle or other farm animals | Runners might be attacked and injured by farm animals Livestock might be chased by dogs | <ul style="list-style-type: none"> • Run leaders avoid fields with livestock or detour around livestock • Dog owners are required to control dogs sufficiently to prevent disturbing livestock • Run leaders and runners are advised not to run with a dog in a field with cattle | L | <ul style="list-style-type: none"> • Ensure all run leaders are aware of and follow the Outdoor Access Code | L |
| Dogs running with the group | Runners might be tripped by a dog and injured. | <ul style="list-style-type: none"> • Dog owners are expected to use appropriate methods to keep dogs apart from runners | L | <ul style="list-style-type: none"> • Identify any runs where taking a dog would be inappropriate | L |
| Ticks | Off-road runners might be bitten by tick carrying Lyme disease | <ul style="list-style-type: none"> • Runners are advised to wear body cover • Runners are advised to do a physical check for ticks after each off-road run during summer | M (May - Sept) | <ul style="list-style-type: none"> • Minimise the amount of running through high vegetation | L |