



Risk Assessment: Outdoor Running

Date:	Assessed by:	Location :	Review :
17 / 04 /22	Lisa Tang	Wentworth Leisure Centre	April 2023

It should be noted that these risk assessments are not exhaustive and that individual track and field activity risk assessments can be found on the UKA website at this location: <https://www.uka.org.uk/governance/health-safety/risk-assessments/>

What are the Hazards?	Who might be harmed and how?	How to mitigate?
Running on uneven ground	Athletes may encounter slips and falls	<ul style="list-style-type: none"> • Ensure appropriate footwear is worn for the expected ground (i.e. trail shoes or spikes etc.) • Stick to well known routes and public footpaths • Runners at front to warn following runners of particular dangers such as potholes or tree roots
Running on roads or trails in bad weather	Athletes may encounter slips and falls	<ul style="list-style-type: none"> • Care to be taken on route choice in icy or wet weather to avoid slippery paths. • Training cancelled if no suitable route can be chosen. • Ensure appropriate footwear is worn. • Sensible distance kept between runners

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Getting Lost	Athletes may become disorientated and unable to find their way home	<ul style="list-style-type: none"> • Group leader to be familiar with route and if have not run the route before, ensure to be carrying a map and compass.
Losing a runner while out and about	Athletes may become disorientated and unable to find their way home	<ul style="list-style-type: none"> • Running groups to stick together • Appointed leader to encourage mustering where front runners collect stragglers. • Remind runners to select a group which is consistent with their ability. • Pace of group to be made clear by runner prior to session
Animals enroute	Athletes and animals may be injured	<ul style="list-style-type: none"> • Care to be taken when out in public to be aware of loose dogs, make owner aware if dog is a nuisance • Care to be taken if entering a field with livestock in. • Alternative routes taken, if necessary, without hesitation • Any incidents to be reported back to Committee
Overgrown routes	Athletes may be injured by nettles or brambles	<ul style="list-style-type: none"> • Athletes to be made aware in advance if routes may be overgrown. Alternative routes to be available, or option to turn back if not suitable.
Hot Weather	Athletes may overheat and lead to injury/illness	<ul style="list-style-type: none"> • Athletes should wear appropriate kit and if they feel they need to, carry water. • If conditions are considered extreme, run can be postponed, cancelled or cut short.
Pre-existing medical conditions	Athletes may have pre-existing conditions that may worsen with running	<ul style="list-style-type: none"> • If any athletes feel this may be relevant to them, to make the group leader aware and to instruct if there may be any necessary requirements should an emergency arise. Running and attendance is left to the discretion of the individual. All runners attend at their own risk
Running in the dark	Athletes may encounter Slips trips and falls due to poor visibility	<ul style="list-style-type: none"> • Runners encouraged to wear light or reflective clothing. • Routes are encouraged to be in areas with street lighting • Runners to be encouraged to wear head torches • For off road night runs, head torches are mandatory. No torch = no run.
Traffic	Athletes may be injured by traffic	<ul style="list-style-type: none"> • Routes to be chosen carefully to minimise running along busy roads • Reflective and bright clothing to be worn by runners where possible • Routes with pavements encouraged where possible. • If forced to run on the road, groups to stay to the right facing the traffic. • When crossing roads, pedestrian crossings to be used where possible. • Runners at front and back of group to shout a warning if traffic approaches unexpectedly.
Junior Outdoor Running	Junior Athletes may be at risk of all the above	<ul style="list-style-type: none"> • Coaches to be supervising groups if under 16 at all times • Other coaches and parents to be aware of where the training is taking place (i.e. on the Sele or Tyne Green).

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		<ul style="list-style-type: none"> • Athletes to stay in view of the coaches during training.
Attending Group runs	Accident and Injuries	<ul style="list-style-type: none"> • First aiders and first aid equipment to be available in the Wentworth Centre. • Coaches and senior athletes to read and understand risk assessments when joining the club.
Attending Group runs	Safeguarding and Welfare	<ul style="list-style-type: none"> • All coaches, parents of juniors and seniors to be aware of the Tynedale Harriers & Athletic Club safeguarding policy. • Coaches and persons deemed relevant by UKA to have DBS checks every three years. • Any issues arising should be immediately reported to committee or the welfare officers at welfare@tynedaleharriers.com