



## RISK ASSESSMENT: RUN GROUP PARTICIPANTS

Date	Document	Location	Next review
September 2025	Drafted by: The Membership Secretary Reviewed by: The Leaders Group Approved by: The Committee	Applies to group runs starting from the Turks Head or in parks within Richmond upon Thames. Surfaces include road, trails, towpaths, fields etc. Conditions include all weathers, all light conditions	July 2026 or when new risk issues identified

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10 Dogs / animals
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NOTE Risk ratings are a summary assessment based upon the potential severity of outcome AND the likelihood of occurrence.

- Risk rate 1 is the inherent risk assessment without any controls
- Risk rate 2 is the risk assessment based on controls in place
- Risk rate 3 is the risk assessment based upon any additional controls proposed



Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
1) Running route surfaces (e.g. obstacles / uneven, slippery or flooded ground)	<p>Runner trips, slips or falls resulting in injury (as appropriate refer to 4 re. emergency medical condition arising from a fall).</p> <p>Routes along waterways present particular dangers:</p> <ul style="list-style-type: none"> <li>• Submerged hazardous objects</li> <li>• Water-borne bacteria</li> <li>• Steep banks preventing easy exit</li> <li>• Drowning</li> <li>• Extreme cold</li> </ul>	H	<ul style="list-style-type: none"> <li>• Pre-run briefing of route identifying any significant conditions to be aware of.</li> <li>• Runners are encouraged to wear appropriate footwear and wear torches in the dark.</li> <li>• Runners shout out a warning about approaching hazards to other group members behind them.</li> <li>• Leaders call for particular care to be taken when running near water or having to traverse obstacles (e.g. fallen trees, overhanging branches/brambles, running under low bridges).</li> </ul>	M	<p>On going periodic review by Committee of any incidents reported and identification of relevant follow up action (to include the possibility of ceasing to use routes identified as too hazardous)</p> <ul style="list-style-type: none"> <li>• Details of commonly used routes to be written up with associated Run Leader guidance for publication on the Club website.</li> </ul>	M	



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|  |  | <ul style="list-style-type: none"><li>• Runners run responsibly keeping a sensible distance between themselves and the runner ahead.</li><li>• Visually impaired runners run with a guide.</li><li>• Run leaders will change the planned route to avoid obstacles (e.g. flooding).</li><li>• All leaders carry a basic first aid kit and many run leaders have had first aid training</li><li>• Run leaders use incident reporting form to record and notify the Committee of any incidents or near misses.</li></ul> |  |  |
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Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
2) Traffic / vehicles: - Crossing roads - Vehicles emerging from driveways - Running on roads with no pavement - Bikes on towpath or trail routes	Runner is hit by vehicle resulting in injury (as appropriate refer to 4 re. emergency medical condition arising from a vehicle impact).	H	<ul style="list-style-type: none"> <li>• Leader organises group when crossing busy roads.</li> <li>• Stay on pavements as far as possible. If forced to run on the road stay to the right (facing traffic).</li> <li>• On trails and towpaths runners look out for bikes and alert other runners when bikes approach - single file running when necessary.</li> <li>• Runners advised to wear hi-vis clothing in low light conditions.</li> <li>• Reminders of the need for all to run in a responsible manner and that all are responsible for their own safety.</li> </ul>	M		M	



3) Running in the Dark	Increased risks of trips or falls and road traffic hazards through reduced visibility.	H	<ul style="list-style-type: none"><li>• Runners advised to wear hi-vis clothing in low light or night runs.</li><li>• Runners advised to wear head or chest torches.</li><li>• Routes for winter evening run groups are planned or selected according to the current conditions.</li></ul>	M		M	
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Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
4)Emergency medical condition: - Illness - Underlying medical condition - Impact from fall or being hit by a vehicle	Runner sustains serious injury (e.g. head injury or fracture) or a collapse. • As well as immediate implications to the runner they may have family or friends expecting them – and unexplained non arrival will be very stressful.	H	<ul style="list-style-type: none"> <li>• Each run leader ensures at least one person in the group is carrying a mobile phone and will ensure emergency services are called and the session organiser notified (if the session organiser is not one, a Committee member will also be notified).</li> <li>• Qualified first aiders within the group will provide basic emergency first aid.</li> <li>• ICE contact details are provided on the membership application form and records of these are held by the Committee.</li> </ul>	M	Mid-year reminder (October/November) to members that if their ICE contacts have changed, they should provide updated details to the Membership Secretary.	M	Membership Secretary – by November 2025



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|  |  | <ul style="list-style-type: none"><li>• Run leader (or Club representative) calls the runner's ICE contact.</li><li>• Run leader to disband the run group appropriately.</li><li>• Run leader completes incident form so matter can be fully reviewed.</li><li>• Every April/May as part of membership renewal communications overseen by the Membership Secretary, members are reminded to advise of any update to their ICE contacts. Membership Secretary updates a record of members' ICE contacts held on the Committee's OneDrive.</li></ul> |  |  |  |
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Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
5) Asthma, diabetes & other medical conditions	<p>Runner suffers an episode whilst on a group run:</p> <ul style="list-style-type: none"> <li>• Mild - rest and be accompanied home.</li> <li>• Severe asthma breathing difficulties, chest tightness and possibly a rapid heart rate and cyanosis (blue lips) – requires urgent medical help (999).</li> <li>• Diabetic runners must stop during a run to measure and/or adjust glucose levels.</li> </ul>	M	<ul style="list-style-type: none"> <li>• Runners with asthma should not run if they are suffering badly or if they fear an asthma attack is imminent. Note: The decision whether to run or not is made by the individual and at their own risk.</li> <li>• Runners who have asthma and choose to run should alert the run leader AND carry inhalers.</li> <li>• Diabetic runners must run responsibly and carry any glucose/medication they may require.</li> <li>• Runners with diagnosed epilepsy may wear medical bracelet, will run responsibly, and must alert the</li> </ul>	L		L	



	<ul style="list-style-type: none"> <li>• Runner suffers epilepsy incident - help protect them from danger or injury - recovery position - accompany to safety.</li> </ul>		<p>Run Leader if specific triggers are to be avoided.</p> <p><i>Also refer to 4 Emergency medical condition.</i></p>				
6) Spread of virus or disease (Covid-19 or other)	Serious illness caused by virus/disease. Risk varies depending on virus levels and variant.	M	<ul style="list-style-type: none"> <li>• Committee keeps updated about current Government/UKA advice on social distancing, group size guidelines and hygiene.</li> <li>• Members discouraged from attending if feeling unwell.</li> </ul>	L		L	

Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
7) Route is longer than expected	<p>Run leader adopts an unknown route which extends the planned distance.</p> <p>Could result in:</p> <ul style="list-style-type: none"> <li>• Group running at a faster pace to return on time and some struggling to keep up</li> <li>• Anxiety for any runner sharing transport.</li> <li>• Overuse injury</li> </ul>	M	<ul style="list-style-type: none"> <li>• Group Leaders are familiar with area and follow planned routes of estimated distance</li> <li>• Local knowledge within group is huge (and shared).</li> </ul>	L	N/A	L	
8) Pace is faster than expected	Group adopts a faster pace than typical for that run group	M	<ul style="list-style-type: none"> <li>• Pace expectations for different groups are well established, published online and also</li> </ul>	L		L	



	<p>Participant joins a group they are unfamiliar with and find it faster than expected</p> <ul style="list-style-type: none"><li>• Some participants running beyond a pace they are comfortable with and/or falling behind the group</li><li>• Injury</li></ul>		<p>displayed at the beginning of each session.</p> <ul style="list-style-type: none"><li>• Pace issues are often discussed at Run Leader meetings.</li><li>• Regular reminders given at pre-run announcements about the looping back ethos so that no one is left behind.</li><li>• Running Safety Guidelines are set out in the H&amp;S Policy - leaders are expected to be conversant with these and promote within their groups.</li><li>• Most run Leaders are LIRF-qualified and where non-qualified leaders are used, they will be experienced and knowledgeable of the Club's guidelines.</li></ul>				
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Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
9) Runner gets separated from group	Individual (potentially vulnerable) becomes separated – possibly in unfamiliar surroundings. • Anxiety to the runner (personal safety)	M	<ul style="list-style-type: none"> <li>Running groups stick together, appointed leaders to encourage mustering (looping back) and operate a headcount.</li> <li>In large groups or any with an identified vulnerable participant, a backmarker (trusted participants) ensures that nobody falls behind / gets separated.</li> <li>Runners are reminded to select a group appropriate to their ability and approximate distance/duration of group run to be made clear by leader before run starts.</li> </ul>	L		L	
10) Dogs / animals	Runners chased by and/or jostled/attacked by domestic, farm or	M	<ul style="list-style-type: none"> <li>If running near dogs off leads, slow to a walk if necessary.</li> </ul> <p>General Note: Avoid turning your</p>	L		L	



	wild animals – resulting in trips, falls and other possibly serious injuries.		back on an aggressive dog. Seek assistance from dog owner! <ul style="list-style-type: none"><li>• Observe animals before entering field - if any aggressive behaviour observed choose alternative route.</li><li>• If approaching deer, keep as wide a berth as possible and slow to a walk or amend route if necessary.</li></ul>				
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Identified risks / hazards	Who might be harmed and how	Risk rate 1	Existing controls	Risk rate 2	Further controls planned	Risk rate 3	Action owner & Target date
11) Very hot weather	Runners may suffer from a range of symptoms from mild dehydration headache to severe heatstroke. Heat is especially dangerous for runners with certain underlying medical conditions	M	<ul style="list-style-type: none"> <li>• Runners advised to wear kit appropriate to conditions.</li> <li>• Runners encouraged to take water particularly on longer runs.</li> <li>• No scheduled club runs during the hottest part of the day.</li> <li>• In exceptional heat the group running pace slowed to accommodate conditions.</li> <li>• Runs cancelled at club level if conditions are considered dangerous.</li> </ul>	L			
12) Cold weather	Runners slip in icy conditions. Cold & wet temps result in injury; from mild discomfort of	M	<ul style="list-style-type: none"> <li>• Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions.</li> </ul>	L			



	extremities, to frostnip and hypothermia		<ul style="list-style-type: none"> <li>• Run routes planned to account for conditions.</li> <li>• Care taken to avoid patches of ice if possible.</li> <li>• Runs cancelled at club level if conditions are considered dangerous.</li> </ul>				
13) High wind conditions	Runners hit by falling branches/debris	M	<ul style="list-style-type: none"> <li>• Run routes amended to account for conditions.</li> <li>• Runs cancelled at club level if conditions are considered dangerous.</li> </ul>	L			