



GENERIC RISK ASSESSMENT

Description of the Process/Activity: All club led runs	Location(s): Various
	RA Ref: BVR 01

Hazard	Who could be harmed?	Existing safety precautions	Risk level (H,M,L)	Additional safety precautions needed to reduce the risk level?	Revised risk level	Action by whom?	By when?	Date completed
Slips, Trips & Falls	All Runners	<ul style="list-style-type: none"> • Pre-run briefing to raise awareness of terrain, e.g. footpath, trail, track, branches, roots • Ensure appropriate footwear for the run route • Head torches or similar to be used if the route is due to start or finish in darkness • Ensure Run Leaders carry mobile phones with What3Words to take action in case of emergency • Runners shout warnings to those behind if appropriate • Dogs are not allowed on club runs 	Medium	None				
Roads and Traffic	All Runners	<ul style="list-style-type: none"> • Pre-run briefing to raise awareness of crossing points and road conditions • Runners to use safe road crossing areas • Runners in group to cross roads together with Run Leader guidance • Hi-Viz clothing and head torches to be used if the route is due to start or finish in darkness • Maintain additional awareness on unlit roads • Group to run in single file on roads with no pavement 	Medium	None				



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		<ul style="list-style-type: none"> Consider use of front and back run leaders, especially for groups in excess of 10 runners Headphones are not allowed on club runs 						
Lost or missing runner	All Runners	<ul style="list-style-type: none"> Have regular re-groups during run to count runners Maintain running group paces, and ensure that any faster runners continually loop back Any runners who wish to leave the group mid-run must inform the Run Leader 	Low	None				
Injury, medical emergency or illness during run	All Runners	<ul style="list-style-type: none"> Ensure Run Leaders carry mobile phones with What3Words to take action in case of emergency Consider one member of the group walking the injured party back to base or home Any runners with pre-existing injuries or conditions should advise the Run Leader prior to the start of the run 	Low	None				
Farm/Wild Animals	All Runners	<ul style="list-style-type: none"> Run Leader to review proposed route in advance for potential hazard locations Consider walking past animals, or amend route to avoid them Ensure that all gates are closed 	Medium	None				
Extreme weather conditions	All Runners	<ul style="list-style-type: none"> In hot conditions consider taking water and using sunscreen In Icy, Stormy or Snowy conditions consider cancellation of runs Consider amendment of routes to avoid exposed routes 	Medium	None				
Members of the Public	All Runners	<ul style="list-style-type: none"> Ensure that other users of paths are aware of your presence 	Low	None				



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		<ul style="list-style-type: none"> When overtaking or passing in front of members of the public ensure that the run group does not obstruct them 						
Safeguarding young people	All Runners	<ul style="list-style-type: none"> The club does not accept membership from individuals under 18 Adult members are not permitted to bring a non-member who is under 18 	Low	None				

Communication of significant findings

Method of communication (describe): The Risk Assessment will be issued annually by email to all Club Members, and will be published on the Club Website

Person/people to communicate findings:

Target date(s):

Approval

Carried out by: Rob White

Signature: *Rob White*

Date: 10/2/2025

Approved by: Ruth Cassidy

Signature: *Ruth Cassidy*

Date: 10/2/2025

Review of risk assessment

The frequency of the review is annually



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Review date :	Carried out by:	Signature:
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