

CHIPPENHAM HARRIERS RISK ASSESSMENT FRAMEWORK DOCUMENT

Statement of Intent

We want to create an environment where everyone involved in our activities feels safe and welcome, to enable them to be the best they can be. We want them to have a positive experience and therefore we want to promote an environment that promotes the wellbeing and safety of athletes above other considerations, including the development of performance.

As a Club we recognise that we have a duty of care for ensuring all club activity is safe. Our Health and Safety Policy sets out that health and safety is the responsibility of everyone, all members are expected to familiarise themselves with and comply the Club's Health and Safety Policy when engaged in Club activities.

As a Club we take the management and mitigate of risk seriously, this document sets out the key risks we have identified in relation to our main club sessions and runs, and therefore supports the implementation of our Health and Safety and Welfare and Safeguarding Policies. All Club members are expected to familiarise themselves with the content of this document and their responsibilities in managing and mitigating risk.

Our sessions are led by qualified and experience English Athletics Coaches and Leaders trained and experienced in planning and delivering safe sessions in line with UK Athletics guidance and best practice. They used to providing briefing on health and safety prior to sessions and in conducting dynamic risk assessments. New Coaches and Leaders will shadow and mentor experienced coaches and leaders before leading a session on their own.

We recognise that running is a sport that inherently carries a degree of risk. The Risk Assessment attempts to identify the most obvious risks to health and safety, it is not exhaustive. A risk assessment cannot make the action of running absolutely safe, but seeks to make the activity safer with is inclusion.

Not all risks can be foreseen and therefore our Coaches, Leaders and Volunteers will continue to conduct **dynamic risk assessments** prior and during Club sessions and activities. Dynamic risk assessment is the continued process of identifying hazards, assessing risk, taking action to eliminate or reduce risk, monitoring and reviewing, in response to changing circumstances.

Our organised events (Slaughterford 9, River Run, Lacock Relays, Chippenham Half) will have individual event risk assessments in line with race permit requirements, the race director is responsible for producing these and providing copies to the Health and Safety Coordinator.

We will review all risks regularly and at a minimum every 6 months. We welcome feedback and suggestions on risks or mitigations to be included, these can be sent to: safety@chippenhamharriers.co.uk

GENERIC RISK ASSESSMENT

The Generic Risk assessment is intended to cover the majority of club activities, as well as provide a template from which individual risk assessments for sessions/ runs can be derived as required. It is designed to cover the majority of common risks associated with Club runs and sessions, not all risk will be applicable to all runs/sessions. The generic risk assessment is also design to provide a template from which specific run/ session risk assessments can be created as required.

CHIPPENHAM HARRIERS RISK ASSESSMENT



Risk Assessment
Assessed by
Creation Date

Generic Club
Michael Bright
Oct-22

Last Review
Reviewed By
Date of Next Review

Mar-23
Michael Bright
Sep-23

No	What are the Hazards?	Who might be harmed?	Current Risk Rating	Generic Mitigations	Specific Mitigations for session/ route	Resultant Risk Rating	What else can you/we do to control this risk?
1	Slips, Trips and Sprains from on Road Running	Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs/ potholes. Typically results in ankle and foot injuries, cuts and grazes	Medium	Coaches and Leaders to warn of known hazards and adjust routes if required; encourage lead runners to warn other members of group of hazards on route. Club H&S policy encourages coaches and leaders to carry mobile phone, have access to first aid kit and be first trained in event of accident resulting in injury. In case of emergency and serious injury call 999		Low	Inform Council of any accidents that happen as a direct result of poor maintenance of public footpaths
2	Trips or collisions with unexpected obstacles on the pavement, e.g. speed bumps, recycle bins etc when road running	Runners may be injured if they trip or collide with unexpected obstacles such as a bin. Typically results in ankle and foot injuries, cuts and grazes	Medium	Coaches and Leaders to advise runners of unexpected obstacles they may come across; encourage lead runners to warn other members of group of hazards on route. Club H&S policy encourages coaches and leaders to carry mobile phone, have access to first aid kit and be first trained in event of accident resulting in injury. In case of emergency and serious injury call 999	Tuesday efforts - speed bumps at Abbeyfield. Runners regularly reminded of speed bump hazards.	Low	Consider local bin days when designing routes. Inform Council of any particular issues of bins being left out for excessive period or in dangerous manner

3	Traffic /running on road/ crossing busy roads	Runners may be involved in a road traffic accident causing injury to runners, car drivers and pedestrians due to drivers taking avoiding action	High	Club routes design to reduce potential hazards from traffic, minimise crossing busy roads, choose roads with pavements where possible. Runners encouraged to wear bright/ high viz clothing to be seen. Runners to follow the Highway Code. Stay on pavement as far as possible. If running on road runners to stay to right, facing the direction of traffic. When crossing road use pedestrian crossings if possible. Everyone to check for traffic don't just follow the crowd. Coach/ Leader/ Lead runners to shout warning to following group if traffic approaches unexpectedly.	Tuesday Night Efforts - Locations are selected are traffic free/ light traffic. Runners encouraged to keep to left. Tuesday Night - Abbeyfield - sessions are time to avoid clashes with other users (model car club) but runners warned that there is a risk of them leaving the car park and to take appropriate action in the event of a car leaving the car park. Thursday winter sessions routes are designed to minimise road crossing, make use of road crossings. Thursday summer routes are designed to be traffic free/ light traffic. Friday Pack runs - leaders will design routes to reduce risk of traffic and make sure of pedestrian crossings. Pack will regroup before, and cross roads as a group.	Medium	Campaign for safe pedestrian crossings where they maybe required
4	Pedestrians/ Member of the Public/ Other venue users	Collision with pedestrian/ member of the public resulting in injury to runner or member of public	Medium	Choose routes which are less busy with pedestrians. Coach/ Leaders to provide warnings of potential pedestrians in briefings as required. Runners to wear bright/ high viz clothing. Runners should always respect and give space to pedestrians, give polite warning if approach pedestrians from behind	Tuesday Night Efforts - summer track sessions will remain contained to a specific area of the school fields to avoid issues with other groups. Dome based sessions - we will keep to our own side of the Dome and avoid interaction with other users, we will maintain good time keeping to avoid clashes with proceeding/ following groups.	Low	Constantly remind athletes that we don't have right of way.
5	Running in the dark	Risk of runners suffering trips, slips and falls, or being involved in a road traffic accident, potentially resulting in injury, increase in the dark	High	Runners <u>required</u> to wear light or reflective clothing and/ or torch. Wherever possible stay on routes with street lighting, and encourage additional caution when crossing roads, ideally using a pedestrian crossing. At the discretion of the Coach/ Leader, and in line with Club Health and Safety Policy, an inappropriately dressed runner may be asked not to participate in the run.	Tuesday Night Efforts -visibility is a key consideration in selecting locations during darker months. Locations are selected with street lighting in mind and are traffic free/ light traffic. Coach/ Leaders to be in high viz as well as runners and will consider position themselves to help alert traffic/ runners accordingly	Medium	Club consider purchasing some light portable lights and fold up reflective runners in road signs to provide additional mitigation. Report any street lights not working on regular routes to the Council

6	Slips, Trips and Sprains from Off-Road Running/ Over Uneven Ground	Runners may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips) and ground with uneven camber. Injury as above but maybe upper body injuries too due to falls	Medium	Coaches and Leaders to warn of known hazards at start of run; Remind runners to wear appropriate footwear, where uneven ground is expected, for example trails; stick to well known routes and public footpaths; runners at front to warn following runners of very rutted ground by shouting. Club H&S policy encourages coaches and leaders to carry mobile phone, have access to first aid kit and be first trained in event of accident resulting in injury. In case of emergency and serious injury call 999		Medium	For new routes or routes which have not be run for a while consider a reccie run to identify potential hazards (e.g. especially tricky terrain) and include in pre-run brief
7	Trail running in the dark	Risk of runners suffering trips, slips and falls, potentially resulting in injury increase in the dark	High	Off-road runs to be undertaken in the dark only under strict supervision of experienced Coaches/ Leaders and in small groups. All runners <u>required</u> to wear head/ body torch and high viz clothing. Runners to carry clothing appropriate for weather and be prepared for a change in conditions, e.g. carry hat, gloves, jacket. There must be a trained first aider with a first aid kit in the group. First aid kit to contain space blanket. Mobile phone to be carried by all Coaches/ Leaders.	Away runs will be on known routes and/or reccied by Coach/ Leaders. Additional risks will be noted and runners will be briefed appropriately before the run. Away runs will split into smaller ability groups and will regroup regularly, with headcounts regularly taken.	Medium	Away run coaches/ leaders to plan ways to shorten route to get back to cars/ finish if required. Take club AED to start/ finish location of run (leave in car). Coach/ Leader consider carrying a spare torch in case of a failure/ low battery
8	Risk of Falling/ Slipping on steep or slippery surface	Runners may be injured if they slip or fall on a steep or slippery surface. Injury as above but maybe upper body injuries too due to falls.	Medium	Coaches and Leaders to warn of known hazards at start of run; Remind runners to wear appropriate footwear; Remind runners to run carefully and responsibility keeping a sensible distance between themselves and the runner ahead of them; walk if the conditions are particularly difficult. Club H&S policy encourages coaches and leaders to carry mobile phone, have access to first aid kit and be first trained in event of accident resulting in injury. In case of emergency and serious injury call 999		Low	
9	Injury occurred from climbing over stiles, gates etc. Electrocutation from electric fence	Runners may be injured when climbing over a stile, especially if broken or badly maintained, resulting in injury. Electrocutation from electric fences etc.	Medium	Coaches and Leaders to warn of known hazards at start of run. Care to be taken when climbing over stiles, assess condition before proceeding. Badly maintained/ broken styles to be avoided if possible or climbed with care. Care should be taken when crossing electric fences, using gaps/ breakpoints where provided. Club H&S policy encourages coaches and leaders to carry mobile phone, have access to first aid kit and be first trained in event of accident resulting in injury. In case of emergency and serious injury call 999	For Away runs condition of stiles to be noted by coaches/ leaders on any reccies and included in pre-run briefing	Low	Report damaged styles to local council, land-owner, parish wardens etc as appropriate

10	Overgrown vegetation/ brambles/ nettles/ etc	Runners receive cuts, stings and scratches due to overgrown vegetation, brambles, nettles etc on route	Medium	Encourage runners to wear clothing appropriate to the potential conditions, e.g. long socks/ leg/arm covers. Coaches/Leaders to warn runners if routes is expected to be particularly over-grown, give them opportunity to opt out. If route is impassable take an alternative route.	For Away runs potential hazards to be noted by coaches/ leaders on any reccies and included in pre-run briefing.	Medium	Report damaged paths blocked by overgrown vegetation etc to local council, land-owner, parish wardens etc as appropriate
11	Crossing railways, watercourses, falling off cliffs, down sink holes	Runner being injured from collision with train, getting wet, drowning. Injured from fall from cliff or down sink hole	Low	Coaches/ Leaders to plan routes using bridges, tunnels, approved crossings. Actively manage the crossing. Cross open water in small groups, in shallow and slow flowing water if no bridge available. Avoid routes with dangerous cliff edges or areas prone to sink holes. Follow any warning signs.	Away runs - Coach/ Leader to advise runners of any potential hazards from crossing railways/ watercourses/ other hazards as required.	Low	
12	Getting lost	The Group becomes lost with resulting in potential injury or harm to runners (e.g. exposure)	Low	Use of established routes; Coach/ Leader to be familiar with the area and if necessary to have run/ reccie route before. Carry map/ GPS device and mobile phone.	Away runs - route to be reccied in advance/ coach/ leader to carry map/ GPS device etc. Torch is mandatory for away runs in dark conditions.	Low	
13	Losing a runner	A runner gets lost on a run either due to being unfamiliar with the route or detached from the group or due to injury/ illness	Medium	Group runs led by a qualified Coach/ Leader, they will ask runners to notify them of any known injury/ illness. Running groups to stick together, coaches and leaders will operate loop back systems to keep together. Offer different pace groups/ distances so runners can select groups consistent with their ability. Encourage runners to look after each other and make sure nobody is left running alone. Ensure that all runners are back at finish point and that everyone has safe means of getting home. Details/ Maps of regular routes for Thursday runs available on Club website. If athlete is identified as missing organise a sweep of the route, if they cannot be located contact emergency services and report them missing.	Thursday - set route - coach/ leader/ committee member in charge to make sure all runners know route in brief. Ensure new runners/ those unfamiliar with route are paired with someone knowledgeable of route. Away runs at least two groups (fast/ slow) to be offered and led by a Coach/Leader familiar with the route, regular regrouping to ensure all runners remain with group. Encourage runners to pair up/ stay together as a group. Headcounts pre and post run	Low	Encourage Club members to run with a mobile phone as good practice, especially when running unfamiliar routes/ away runs. Consider a Thursday sweep runner or end of run head count at start and end of run (not always practical).
14	Fatigue/Unsuitable route or session for runners ability	Runners may tire before the end of a run/ session, potential injury or illness	Medium	Coaches/ Leaders to be clear on the distance, pace and terrain, demands of runs/ sessions. Routes/ Session to be planned with ability or athletes in mind and options for the session/ run to be adapted to suit different abilities. Coaches/ Leaders to observe runners and take action as needed. Runners to discuss with Coach/ Leaders there ability and fitness levels to engage in any sessions and whether the session/ run can be modified accordingly.	Tuesday Night Coached Efforts - Coaches explain session at start and advise on ways sessions can be adapted to suit different abilities. Several Thursday Club Run routes provide options to cut the route shorter. Friday Night pack runs have and advertised distance and operate a loop back system. Long Runs/ Away Runs - runners to consider/ be advised to carry suitable nutrition (e.g. energy gel)	Low	

15	Runner struck by a golf ball, other projectile (shot gun, javelin)	Runners may be struck by a projectile such as a golf ball when running on a golf course, javelin on track, shot gun in fields/ woods	Medium	Coach/ Leader to consider projectile risks in planning route/session and take necessary mitigation action. Follow local course/ venue instructions and warning signs. Runners to look out for hazards and warn each other, if necessary warn others of their presence.		Low	
16	Farm/ Wild Animals	Runners may be trampled, kicked, bitten, attacked by a farm or wild animal resulting in injury.	Medium	Coach/ Leader to warn of potential hazards from animals where known. Dynamic risk assessment conducted during run. Avoid contact with animals. Observe animals before entering a field - slow to walk and take a wide route to avoid scaring animals, if any aggressive behaviour is observed choose alternative route without hesitation	For away runs consider the season and likelihood of calving cows and carefully consider routes crossing farm land where they may be present.	Low	Consider checking with local land owners/ farmers if known
17	Insect/ tick bites and stings	Runner receives allergic reaction on contracts lime disease	Medium	Coach/ Leader to warn of potential hazards as required. Runners to consider wearing long socks/ leggings for off-road runs in long grass. Be alert to allergic reactions if runner reports being stuck, if serious reaction summon medical assistance. Runners to check for ticks after running through long grass during summer months. Coach/ Leaders to run with mobile phone	Away runs - First aider to be present on run, first aid training level should cover dealing with allergic reaction	Low	Consider purchasing tick removing tweezers etc for first aid kits for away runs, advise runners with allergies they wish to carry antihistamines.
18	Dogs	Runners may be attacked and bitten a dog	Medium	Runners to take care when running near dogs particularly when they are off leads and owners not present. Slow to a walk if necessary. Give due consideration and warning to dog walkers. Avoid turning back on dog. Seek assistance from the dog owner if appropriate	Away runs - consider if route passes through a regular dog walking area, or land where dogs may be running loose (e.g. farm yards). Advise runners accordingly	Low	In the event of an attack from a dangerous dog ensure incident is reported to the police/ local dog warden. Coach/ leader to note location and other details to assist with reporting
19	Bikes and Scooters	Collision with biker or scooter, especially if being ridden on the pavement. Increasing use of e-scooters by youngsters in area has increased this risk	High	Advise runners to be alert. Athletes to wear high viz, bring clothing to conditions. Runners to shout warnings to fellow runners.		Medium	Report problematic usage, especially e-scooters to police, and local authorities
20	Dogs (accompanying a runner)	Runners may be attacked or bitten by dog. Runners trip over dog or dog lose dog causes road traffic accident.	Medium	As per the Club Health and Safety Policy dogs should not accompany a runner during a run/ session which takes place predominately on roads. Dogs may accompany runners on off-road runs with the prior approval of the Coach/ Leader, subject to an appropriate risk assessment (see policy for more details on requirements). Advise dog owner of their responsibilities, as per H&S policy.		Low	

21	Running with a buggy	Accident with buggy resulting in injury to runner, child in buggy or member of the public	Medium	The Club H&S policy sets out a procedure to be followed if a runner would like to use a buggy during a session. Prior approval must be sought from the Coach/ Leader who will assess the potential risks and inform runner of their responsibilities under the H&S policy		Low	
22	Very Hot Weather	Runners may become ill with heat stroke	Low	Advise runners to wear kit appropriate to conditions and take water particularly on longer runs. Avoid running at midday, run early mornings or evenings. Consider shortening runs, or reduce volume of training session. If conditions are extreme run/ session to be postponed/ cancelled at the discretion of Coach/ Leader. Remind runners to use high factor sun cream.	Monday Night Physical Prep - the Dome can be especially hot in very hot conditions. Tailor session with less intensive exercise/ reduce volume. Consider alternative venue (outside in shade) or cancelling.	Low	Suggest carrying or bringing a drink to training, wet head, wear a hat/visor. Not always possible to avoid the heat, as races are often run in heat, so usefully to try to adapt, but use suitable kit to help you.
23	Cold Weather/ Snow and Ice	Runners may slip and fall on ice and snow. Runners may suffer hyperthermia in cold conditions	Medium	Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs/ Sessions will be cancelled by Coach/ Leader if conditions are dangerous.	Monday Night Physical Prep - the Dome floor can be slippery in cold conditions, especially if heating not been on. Coach to arrive early to ensure heating is on, dynamic risk assessment of dome floor conditions and cancel if required.	Low	Consider running on pavements next to main routes and therefore more likely to have been gritted. Wear trail shoes for road running when snow/ice
24	Inclement weather/ heavy rain/ thunder & lightening	Conditions may be too slippery to run or severe rain risks hyperthermia. Risk of being struck by lightening	Medium	Coaches/ Leaders to check weather forecast/ conditions and adapt session/ run or cancel as necessary. Coach/ Leaders to advise runners on weather conditions. Runners to wear appropriate clothing for weather conditions. Continued dynamic risk assessment during session	Away Runs - Coach/ Leader to check weather forecast and adapt route/ session or cancel accordingly. Run/ session to be cut short if weather conditions demand it.	Low	
25	Asthma	Runner suffers an asthma attack on run/ during session resulting in a medical emergency.	Medium	Advise runners to let Coach/ Leaders know if they suffer with asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is imminent. The decision whether or not to run or not is left to the discretion of the individual but they must accept that they run at their own risk. Coach/ Leaders undergo at least basic first aid training. In an emergency dial 999.		Low	Be aware of who in the club has asthma, diabetes, epilepsy. Most athletes with these conditions will be programmed to bring what they need, but good to be aware.

26	Medical Conditions/ Illness (could include allergic reaction/ illness due to food/ drink consumed on run)	Runner suffers a medical emergency or becomes very unwell during run or session and requires medical attention	Medium	Runners to advise Coach/ Leader of any medical condition likely to impact on their ability to engage in the session/ run. Any appropriate medication to be carried on the run. Runners to advise coach/leader of any allergies and only consumed food/ drink they know safe. Runners should not consume water from unknown safe sources. The decision whether or not to run is left to the discretion of the individual but they run at their own risk. Coach/ Leaders undergo at least basic first aid training. In an emergency dial 999.		Low	Club intends to purchase a AED to be available for some club sessions. Coach/ Leaders also encourage to be trained in its use and not location of publicly accessible AED's on run/ routes. Create a local map of AED's in the area and make available on club website.
27	Accidents caused by bumping or jostling	Collisions between runners result in injury	Low	Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them	Tuesday Night Efforts - risk of collision from runners overtaking or running too close to each other especially during summer track or Abbeyfield sessions. Encourage awareness of track etiquette	Low	
28	Ear or headphones	Runner using headphones fails to hear instruction or warning from coach/ leader or fellow runner; or fails to hear approaching traffic resulting in accident and injury	Medium	Runners not to wear ear or headphones during a coached/ lead sessions/ run. Bone conducting headphones may be used for some runs if volume at level that allows runners to still hear warnings and dangers		Low	Coach/ Leader to ask athletes to remove or turn down volume of headphones if becomes clear they cannot hear instructions
29	Equipment failure	Damaged equipment causes injury to runner	Medium	Coaches to inspect equipment and before each session and ensure it is safely stored after usage in line with Club Health and Safety Policy. Damaged equipment to be reported to Club Health and Safety Officer or Coach/ Leader Coordinator as soon as possible. Repair, Replace, or Remove damage equipment.	Monday Night Physical Prep/ Wednesday Night Youth - equipment is safely and securing stored in Club lockable cupboards within the Dome. Equipment expected before and after use. Coaches ensure only equipment suitable for the athletes ability/ age is used and in line with Coach licence, knowledge, qualifications. Coach to demonstrate appropriate use and continue to observe athletes to ensure equipment used appropriately	Low	

30	Poor Safeguarding	Inappropriate behaviour by Coach/ Leader, Club Member, Other towards child, young person or vulnerable adult	Medium	All Coaches/ Leaders to have undergone DBS checks and coach/ lead within age limit terms of license. Coach/ Leaders to comply with UK Athletics Code of Conduct. Sessions to be run with adequate supervision following UK Athletics guidance. Volunteers to be self-certified as a minimum and ideally fully DBS checked. Club members to be aware of an abide by Clubs Welfare and Safeguarding Policy		Low	
31	Transmission of COVID	Transmission of COVID between members and/or member of the public during a club session	Low	Our sessions predominately take place outside where the risk of transmission is low. We will continue to follow Government advice and guidance, presently there are no COVID restrictions. If necessary we will reinvoke our 6 point 'conditions' for participating in club activities during COVID.	Dome based sessions - we will follow any guidance/ requirements from government/ UK Athletics for indoor sporting activity. At present there are no COVID restrictions.	Low	If needed we will return to using the Run Together App to register and check in runners for sessions for track and trace purposes. We will also refresh the COVID risk assessments we produced for our club sessions.
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