



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 with the Club's Health and Safety Policy when engaged in Club activities.

As a Club we take the management and mitigation 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 experienced English Athletics Coaches and Leaders trained and experienced in planning and delivering safe sessions in line with UK Athletics guidance and best practice. They are 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.

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, these are the responsibility of the race director.

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 designed to provide a template from which specific run/ session risk assessments can be created as required.

CHIPPENHAM HARRIERS RISK ASSESSMENT



Risk Assessment
Assessed by Michael Bright
Creation Date Oct-22

Last Review
Reviewed By
Date of Next Review

Feb-25
David Walker
Jan-26

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. 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		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
	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	
4	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

5	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 been run for a while consider a recce run to identify potential hazards (e.g. especially tricky terrain) and include in pre-run brief
6	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 recce'd 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
7	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 responsibly 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	
8	Injury occurred from climbing over stiles, gates etc	Runners may be injured when climbing over a stile, especially if broken or badly maintained, resulting in injury	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 stiles to be avoided if possible or climbed with care. 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 stiles to local council, land-owner, parish wardens etc as appropriate

9	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
	Crossing railways, watercourses	Runner being injured from collision with train, getting wet, drowning	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	Away runs - Coach/ Leader to advise runners of any potential hazards from crossing railways/ watercourses as required.	Low	
10	Getting lost	The group becomes lost with resulting in potential injuries	Low	Use of established routes, Coach/ Leader to be familiar with the area and if necessary to have map/	Away runs - route to be recceid in advance/ coach/ leader to accompany/ GPS	Low	
11	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).
	Fatigue/unsuitable route or session for runner's ability	Runners may tire before the end of a run/ session	Medium	Coaches/ Leaders to be clear on the distance, pace and terrain demands of runs/ sessions. Routes/	Tuesday Night Coached Efforts - Coaches	Low	
12	Farm/ Wild Animals	kicked, bitten, attacked by a	Medium	animals where known. Dynamic risk assessment	likelihood of calving cows and carefully	Low	farmers if known
	Insect/ tick bites and stings	reaction on contracts lime	Medium	required. Runners to consider wearing long socks/	run, first aid training level should cover	Low	tweezers etc for first aid kits for away
13	Dogs	bitten a dog	Medium	particularly when they are off leads and owners not	through a regular dog walking area, or	Low	dangerous dog ensure incident is
	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
14	runner)	bitten by dog. Runners trip	Medium	not accompany a runner during a run/ session which		Low	
	Running with a buggy	in injury to runner, child in	Medium	followed if a runner would like to use a buggy during		Low	

15	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	
16	Cold Weather/ Snow and Ice	ice and snow. Runners may	Medium	weather and wear clothing appropriate to the	floor can be slippery in cold conditions,	Low	main routes and therefore more likely to
	Inclement weather/ heavy rain/ thunder & lightening	Conditions may it 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	
17	Asthma	attack on run/ during session	Medium	suffer with asthma. Asthmatics must always carry		Low	
18	Medical Conditions/ Illness	emergency or becomes very	Medium	condition likely to impact on their ability to engage in		Low	available for some club sessions. Coach/
19	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	
20	Ear or headphones	fails to hear instruction or	Medium	coached/ lead sessions/ run. Bone conducting		Low	
21	Equipment failure	injury to runner	Medium	session and ensure it is safely stored after usage in	Night Youth - equipment is safely and	Low	
22	Poor Safeguarding	Coach/ Leader, Club Member,	Medium	and coach/ lead within age limit terms of license.		Low	
23	Transmission of COVID	between members and/or	Low	where the risk of transmission is low. We will	guidance/ requirements from	Low	Together App to register and check in
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Ref	Description	Date	Added/Removed	Comment