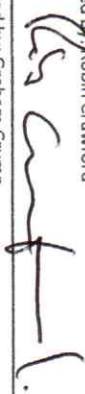
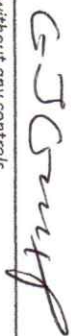


Yate & Sodbury Striders (YASS)
Risk Assessment: Run Group Participants

Review Date:	Document:	Location & Conditions:	Next Review:				
15th July 2026	Assessed by: Robin Crawford 	a. Applies to group running and physical training in areas local to YASS. Surfaces include road, trails, footpaths, fields etc. In all weathers, night & day. Also, b. Training sessions and events conducted as permitted at Yate Outside Sports Complex (YOSC).	This is a live document that may be updated at anytime as and when other risks are identified. A formal review is to be conducted annually. Next formal review 15th July 2027				
	Reviewed by: Graham Crump 						
Risk 1 - is the inherent risk assessment without any controls Risk 2 - is the risk assessment based on controls in place Risk 3 - is the risk assessment based upon any additional controls proposed							
Risks	Who/What and How ?	Risk 1 Existing Controls (what are we already doing to control risk?)	Risk 2 Further Controls (what else can be done)	Risk 3	Action Owner	Target Date	Completed
Unacceptable club practices	The Club is miss managed	M A Constitution and Rules and underpinning processes require the Committee and members to comply with club best practice, EA Standards and EA Codes of Conduct. Only those who are paid up as members and who have contributed their next of kin contact details and declared medical conditions may attend club sessions as members. An elected Committee, inclusive of Chair, Secretary, Treasurer, Member Secretary, SRB cleared Welfare Officer and Senior Coach meet routinely and ensure the effective running of the club. A review of standards, conditions, risk and monetary issues are conducted at each meeting. A Club WhatsApp page is currently used as a means for non confidential communications.	M Improve communication and access by members to regulating documents and updates and encourage awareness and compliance through an appropriately designed Club website.	L	RC	Completed	April 2024 - Completed, access is now achieved via the club website.

	Run Groups are not supervised		CIRF and LIRF or experienced runners to lead running groups. Members to be encouraged to achieve CIRF or LIRF Quals.		Group leaders to brief runners prior to start of run.		HC		On going. We now have four LIRF and two CIRF qualified run leaders. Further training of members, encouraged. An inhouse safety training session is being considered for experienced runners who do not hold CIRF or LIRF qualifications.	On-going
Operational Risk										
Running Route Surfaces (obstacles / uneven, slippery or flooded ground)	Runner trips, slips or falls resulting in injury. Routes along waterways flooding/rivers/canals presenting particular dangers: submerged hazards (objects/potholes), water borne bacteria, steep banks preventing easy exit, drowning, extreme cold.	M	Runners wear appropriate footwear and wear torches when dark. Runners warn others following of hazards by shouting. Runners run responsibly keeping sensible distance between eachother. Running with dogs is not permitted. Run leaders conduct a route risk assessment and provide a pre-run safety briefing that includes a description of the route surface/ condition. Run leaders may change the route if significant obstacles are known to be present, e.g flooding. Care is taken when running near water, and when climbing stiles particularly in wet weather.	M	N/A. (Participants are responsible for their own safety when running on uneven, slippery surfaces and have to be aware of kerbs, tree roots and any other potential running hazard).	L/M	N/A	N/A	N/A	N/A although subject to availability, LIRF members leading club running groups will advise.
Traffic	Runner is hit by vehicle resulting in injury: Vehicles emerging from driveways or parking spaces. Vehicles on roads / lanes. Bikes or scooters trying to squeeze past.	H	Runners advised to wear hi-viz clothing and use torches in low light conditions. Stay on pavements as far as is possible. If forced to run on the road and where safe to do so, stay to the right (facing traffic). On trails, towpaths, cycle and pedestrian ways, runners are aware of bikes or livestock and other	M	N/A. (Participants take personal responsibility when crossing roads and cannot assume traffic will give way).	L/M	N/A	N/A	N/A	N/A although subject to availability, LIRF members leading club running

Dogs / animals	Runners chased by and/or jostled/attacked by domestic, farm or wild animals – resulting in trips, falls and other possibly serious injuries.	M	Observe animals before entering area - if any aggressive behaviour observed choose alternative route. If running near dogs off leads, slow to a walk if necessary. Ask owners to shorten leads. General Note: Avoid turning your back on an aggressive dog. Seek assistance from dog owner (gentle reminder to owner of control responsibilities).	L	N/A. (Runners must be self-aware).	L	N/A	N/A	N/A
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	Runners advised to wear kit appropriate to conditions. Runners encouraged to take water and electrolytes, particularly on longer runs. No scheduled club runs during the hottest part of the day. In exceptional heat the group running pace is slowed to accommodate conditions. Runs cancelled at club level if conditions are considered dangerous.	L	N/A. (Runners must be self-aware; the club cannot anticipate undeclared /undiagnosed health conditions).	L	N/A	N/A	N/A
Cold Weather	Runners slip in icy conditions. Cold & wet temps result in injury; from mild discomfort of extremities, to frost bite and hypothermia.	M	Run routes planned to account for conditions. Run leaders advise on appropriate clothing/shoes for the run. Care taken to avoid patches of ice. Runs cancelled at club level if conditions are considered dangerous.	L	Runners must be self aware and wear appropriate clothing.	L	N/A	N/A	N/A
Asthma, diabetes & other medical conditions	Runner suffers an episode whilst on a group run. Mild - rest and be accompanied home. Severe asthmabreathing difficulties, chest tightness and possibly a rapid heart rate and cyanosis (blue lips) – requires urgent medical help (999). Diabetic runners have to stop during a run to measure and/or adjust glucose levels. Runner suffers epilepsy incident: Help protect them from danger or injury. Recovery position. Accompany to safety.	M	Runners with asthma do not run if they are suffering badly or if they fear an asthma attack is imminent. Note: The decision whether to run as a member or not is made by the run leader. Runners who have asthma and choose to run should alert the run leader and carry inhalers. Diabetic runners must run responsibly and carry any glucose/medication they may require. Runners with diagnosed epilepsy may wear medical bracelet, will run responsibly, and must alert the Run Leader if specific triggers are to be avoided. Code of Conduct & Run leader reminders to all members to avoid intermittent/flashing settings for running lights.	M	N/A. (Remind all runners to follow EA Code of Conduct and to notify run leader if a medical condition might affect them).	M	N/A	N/A	LRF pre run briefing / runner feedback. Member joining form advises.
Running in the Dark	Increased risks of trips or falls and road traffic hazards through reduced visibility.	H	Runners advised to wear hi-vis clothing in low light or night runs. Runners advised to wear head or chest torches. Routes for winter evening run groups are planned or selected according to the current conditions.	M	N/A. (Runners must be self-aware. Consider risks of trip hazard resulting from dogs on dark evening group runs).	M	N/A	N/A	N/A

										groups will advise.
Emergency Medical Condition	Runner sustains serious injury (e.g., RTA or head injury in a fall), or a sudden collapse due to underlying medical condition. Patient is unresponsive. Runner may have family or friends expecting them – and unexplained non arrival will be very stressful.	H	runners as they approach. Runners to obey any signage designating separation between other users. Where there is no signage, runners to run no more than two abreast or in single file if separation of one meter	M	Remind all participants inc members and guests, to carry ICE data (parkrun tags). Implement a simple process to enable runners without ICE data to be offered a temporary solution for an event. Run leaders to be first aid qualified and to carry a small first aid kit on higher risk (long, uneven or trail) runs. CPR familiarity and location of Defibrillators enroute.	L	BL/SC	Ongoing Reminders to running groups. LIRF members briefed.	LIRF members advised to contact exec committee member who have access to ICE details in members list.	
Route is longer than expected	Run leader adopts an unknown route which extends the planned distance. Could result in: Group running at a faster pace to return on time. Anxiety for any runner sharing transport. Overuse injury	L	Group Leaders are familiar with area and follow planned routes of estimated distance. Local knowledge within group is good (and shared).	L	N/A	L	N/A	N/A	N/A	
Pace is faster than expected	Group adopts a faster pace than typical for that run group resulting in: Less confident or inexperienced runners try to keep up. Risk of injury.	M	Run Leaders remind runners about group pace prior to runs and maintaining (not exceeding) expected target pace, consider sub groups with slower pace and/or adopt sheep dogging back to slower pace runners.	L	N/A	L	N/A	N/A	N/A	
Runner gets separated from group	Individual (potentially vulnerable) becomes separated – possibly in unfamiliar surroundings. Anxiety to the runner (personal safety). Run leader may be concerned.	M	Running groups stick together, appointed leaders to encourage grouping and frequent headcounts. In large groups or any with an identified vulnerable participant, a back-marker (trusted participants) ensures that nobody falls behind / gets separated. 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.	L	N/A. (Annual confirmation from Run leaders they are familiar with risks and best practice. Clear, simple process for run leaders wishing to ensure all runners are accounted for).	L	N/A	N/A	N/A	

Defibrillator locations:

<https://www.defibfinder.uk/>

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