



# Gay Outdoor Club

## Generic Risk Assessment - Running

This generic risk assessment is designed for events corresponding to the activity defined as running in the club's Health and Safety Policy and should be considered in conjunction with other applicable documents shown in that document.

The purpose is to give a checklist of hazards which might occur on an event and suggestions as to how they may be controlled. Those measures should be applied as appropriate to the nature of the event. If the event takes place in public venues appropriate to the activity (e.g. Sports Halls or Gymnasia) then the risk management strategies of the venue should be followed.

The 'Residual Risk' in the following table is that remaining with the control measures in place.

<b>Category</b>	<b>Hazard</b>	<b>Potential consequence</b>	<b>Control measures</b>	<b>Residual Risk</b>
Planning	Mistake in measuring route length or severity	<ul style="list-style-type: none"> <li>Exhaustion</li> <li>Lateness</li> </ul>	<ul style="list-style-type: none"> <li>Have route checked by an experienced leader</li> <li>Recce the route</li> <li>Use a known route</li> <li>Bear in mind season and location affecting sunset time</li> <li>If event requires public transport, check times</li> </ul>	Minimal
	Failure to communicate nature of event	<ul style="list-style-type: none"> <li>Participants not fit enough</li> <li>Inappropriate equipment</li> <li>Lack of food or water</li> </ul>	<ul style="list-style-type: none"> <li>Event description must include:               <ul style="list-style-type: none"> <li>Length</li> <li>Terrain</li> <li>Pace</li> <li>Whether food is to be brought</li> </ul> </li> </ul>	Minimal
Leadership	Mistakes arising from lack of experience	<ul style="list-style-type: none"> <li>Get lost</li> </ul>	<ul style="list-style-type: none"> <li>Leaders to have experience appropriate to the trip</li> <li>New leaders to be shadowed by an experienced leader</li> <li>Recce the route</li> </ul>	Minimal
	Navigational errors	<ul style="list-style-type: none"> <li>Get lost</li> </ul>	<ul style="list-style-type: none"> <li>Do not rely on GPS but if possible have one available in case of getting lost</li> <li>Ask other, experienced, participants for help at an early stage</li> <li>If error is large, amend route so it is not longer than planned</li> </ul>	Low
	Management of participants	<ul style="list-style-type: none"> <li>Group gets split</li> </ul>	<ul style="list-style-type: none"> <li>Count the group at the start and at regular intervals</li> <li>Stop regularly and after obstacles</li> <li>Appoint a backmarker</li> </ul>	Low

<u>Category</u>	<u>Hazard</u>	<u>Potential consequence</u>	<u>Control measures</u>	<u>Residual Risk</u>
	Not maintaining planned pace	<ul style="list-style-type: none"> <li>• Lateness</li> <li>• Curtailment</li> </ul>	<ul style="list-style-type: none"> <li>• Allow a safety margin in planning finish time</li> <li>• Have contingency plans</li> </ul>	Minimal
Participant	Participant not fit for event	<ul style="list-style-type: none"> <li>• Unable to complete the event</li> </ul>	<ul style="list-style-type: none"> <li>• Assess whether participants are fit enough for the event. If in doubt, discuss your concerns with them and decide whether they should be excluded from the event</li> </ul>	Low
	Participant becomes incapacitated during event	<ul style="list-style-type: none"> <li>• Unable to complete the event</li> </ul>	<ul style="list-style-type: none"> <li>• Any participant who experiences a problem must advise the leader immediately</li> <li>• Leader to monitor participants in order to identify anyone who appears to be in difficulty</li> <li>• If a participant is unable to complete the event, the leader will agree arrangements for them to return</li> <li>• Have contingency plans</li> </ul>	Low
	Dogs	<ul style="list-style-type: none"> <li>• Lack of control</li> </ul>	<ul style="list-style-type: none"> <li>• Advise dog owner of their responsibilities</li> <li>• Advise dog owner when you know of livestock in the area</li> </ul>	Minimal
	Children	<ul style="list-style-type: none"> <li>• Lack of control</li> </ul>	<ul style="list-style-type: none"> <li>• Advise parent/guardian of their responsibilities</li> </ul>	Minimal
Equipment	Lack of appropriate clothing	<ul style="list-style-type: none"> <li>• Hypothermia</li> </ul>	<ul style="list-style-type: none"> <li>• Advise participants of clothing recommended</li> <li>• Ask if any participants are under equipped</li> </ul>	Low
	Lack of food and water	<ul style="list-style-type: none"> <li>• Dehydration</li> <li>• Exhaustion</li> </ul>	<ul style="list-style-type: none"> <li>• Advise participants of food and water recommended</li> <li>• Ask if any participants are under equipped</li> </ul>	Low
Route	Crossing roads	<ul style="list-style-type: none"> <li>• Collision</li> </ul>	<ul style="list-style-type: none"> <li>• Use bridges / pedestrian crossings where available</li> <li>• Actively manage the crossing</li> <li>• Cross in small groups</li> <li>•</li> </ul>	Low
	Running on roads	<ul style="list-style-type: none"> <li>• Collision</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the highway code rules</li> </ul>	Low
	Crossing railways	<ul style="list-style-type: none"> <li>• Collision</li> </ul>	<ul style="list-style-type: none"> <li>• Only cross using bridges / approved crossings</li> <li>• Actively manage the crossing</li> <li>• Cross in small groups</li> <li>•</li> </ul>	Low
	Crossing watercourses	<ul style="list-style-type: none"> <li>• Getting wet</li> <li>• Drowning</li> </ul>	<ul style="list-style-type: none"> <li>• Use crossings (bridge / ford) where available</li> <li>• Banks may be slippery or insecure</li> <li>• Expect engorged watercourses after rain</li> </ul>	Low

<b><u>Category</u></b>	<b><u>Hazard</u></b>	<b><u>Potential consequence</u></b>	<b><u>Control measures</u></b>	<b><u>Residual Risk</u></b>
	Stiles / Gates / Bridges	<ul style="list-style-type: none"> <li>• Risk of collapse</li> </ul>	<ul style="list-style-type: none"> <li>• Visually inspect, cross first and advise participants of any unexpected hazards</li> <li>• Do not overload the structure</li> </ul>	Low
Weather	Unforeseen weather resulting in wet / cold participants	<ul style="list-style-type: none"> <li>• Hypothermia</li> </ul>	<ul style="list-style-type: none"> <li>• Shelter from weather if it is likely to pass (head for pub / tea shop if possible)</li> <li>• Avoid alcohol</li> <li>• Do not make unnecessary stops</li> <li>• Consider curtailing event</li> </ul>	Low
	Severe weather forcing abandonment	<ul style="list-style-type: none"> <li>• Getting lost on route back</li> </ul>	<ul style="list-style-type: none"> <li>• Get weather forecast beforehand</li> <li>• Have contingency plans</li> </ul>	Minimal
	Effects of heat	<ul style="list-style-type: none"> <li>• Sun/heat stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Drink plenty of water</li> <li>• Wear a hat</li> <li>• Wear sunscreen</li> </ul>	Minimal
Accidents	Trips and falls	<ul style="list-style-type: none"> <li>• Injury to participant</li> </ul>	<ul style="list-style-type: none"> <li>• Advise participants of obstacles or difficult terrain where they may not have appreciated the risk</li> </ul>	Low
	Rock falls/Avalanche	<ul style="list-style-type: none"> <li>• Injury to participant or others</li> </ul>	<ul style="list-style-type: none"> <li>• Advise participants before traversing vulnerable areas where they may not have appreciated the risk</li> </ul>	Low
	Animal / insect / tick bites and stings	<ul style="list-style-type: none"> <li>• Delay to schedule</li> <li>• Allergic reaction</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of allergic reaction</li> <li>• If a serious reaction occurs, summon medical assistance</li> </ul>	Minimal