

	<b>Risk</b>	<b>Who might be affected</b>	<b>Risk Rating</b>	<b>What are we doing (mitigation)</b>	<b>Additional potential action</b>	<b>Action by whom</b>
1	Runners getting lost	Participants & Leaders	M	Ensure leaders are knowledgeable and competent to follow a route. Ensure runners and leaders don't leave anyone behind.	Have a Run leader training programme. Publish example run routes on the website.	Club Trustees and Management Group
2	Runners have physical overload	Participants	M	Ensure leaders are able to identify risks due to physical overload and plan to reduce to an acceptable level	Review guidance and have a plan for leaders to deliver	Club Trustees and Management Group
3	Weather issues, esp high winds, lightning, ice, and high heat		H	Session coordinator should check the weather and ensure that the leaders, or event organiser, is aware and is taking necessary precautions. Session coordinator to decide whether to cancel the runs.	Ensure that all involved can make decisions on reasonable conditions and what to do if the weather changes. In hot weather run leaders to advise on fluid intake for participants.	Club Trustees and Management Group
4	Ill health & minor slips and trips, falls	Participants & Leaders	M	Ensure leaders are advised what to do if first aid is required and have access to the correct equipment to deal with first aid situations as appropriate.	Create a first aid policy Train leaders. Have a training programme for first aiders and publish a list including on the website and notice board.	Club Trustees and Management Group
5	Safeguarding	All	M	Ensure the Club has an appropriate safeguarding policy	Session coordinator to identify any vulnerable participants and ensure they are placed in an appropriate group and advise the Run Leader.	Club Trustees and Management Group
6	Collisions/ Accidents	All	M	Ensure Run Leaders are aware how to reduce collisions. Advise participants to wear hi viz and/or lights in dark conditions	Require participants to wear lights in higher risk situations and where training conditions more risky (e.g. interval sessions in dark places)	Club Trustees and Management Group

7	Pre-existing medical conditions	Participants	M	Participants requested to advise Run Leader of any pre-existing medical conditions that could affect their running.		Club Trustees and Management Group
8	Unsuitable routes	Participants	M	Ensure run leaders have access to a list of suitable routes for groups if required, and how to adapt for different seasons and weather conditions. Run Leaders to monitor route conditions and risk assess the route as the group proceeds.	Provide possible and risk assessed routes for different groups.	Club Trustees and Management Group