TWH Risk Assessment - Activity - Club Night from Nevill HQ (road)

Event	Hazard	Actions to reduce risk	Action in event of occurrence
UNEVEN PAVEMENTS OR OTHER OBSTACLES SUCH AS FALLEN BRANCHES	Runners may be injured if they slip on uneven or slippery pavements or trip over kerbs or other obstacles. Typically results in ankle & foot injuries.	Route maps to highlight potential hazard areas and routemaster email to point out other issues	Accident forms available to use and utilisation of UK Athletics on-line accident reporting process, ifappropriate
GENERAL PUBLIC INTERACTION	Runners may cause a nuisance to local residents or members of the public	1)Weekly routes should avoid using the same roads regularly 2) Runners should minimise any noise in residential areas	Any incidents involving any third party shall be formally recorded with a committee member in accordance with England Athletics guidelines.
RUNNING IN THE DARK	Runners may find visibility more challenging	In pre session routemaster email 1) Hi Viz tops mandated and provided by club if necessary 2) Head Torches recommended 3) Unlit areas to be shown on route maps	
EXCESSIVE WEATHER	Runners may suffer from hot or cold weather conditions	1) Runners to be advised in routemaster email to wear appropriate clothing 2) Runners to be advised to carry water in extreme heat and/or water to be provided on route 3) Runs to be cancelled in winter if weather/underfoot condiations are deemed dangerous	
TRAFFIC	Runners may be injured through collisions with cars or through avoiding collisions with traffic	In pre session routemaster email 1) Hi Viz tops mandated 2) Head Torches recommended HANDICAP SPECIFIC - Headphones not to be worn 3) Runners to be reminded to use pedestrian crossings wherever possible	
LOST OR SEPARATED RUNNERS	Runners may become distanced from others in the group	1) Pre run route description on Board Map 2) Printed map copies available 3) First time runners allocated a buddy	
ANIMALS	Runners may come into contact with aggressive animals	1) If runners meet an unaccompanied dog they should slow to a walk and not turn their back until a safe distance away	
RUNNER HEALTH	Runners may have an injury during a run, or a sudden acute health problem e.g heart attack, asthma attack	1) Runners to be reminded that they should be medically fit to run, prior to club runs 2)Mobile phones should be carried by several club members to be able to call emergency services in the event of a serious incident	Accident forms available to use and utilisation of UK Athletics on-line accident reporting process, ifappropriate

TWH Risk Assessment - Activity - Club Night from Nevill HQ (Off road)

Event	Hazard	Actions to reduce risk	Action in event of occurrence
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. Foot and ankle injuries, also upper body injuries due to falls.	1) Hazards shown on route maps and described in pre run briefing 2) Suitable shoes for the route to be described in weekly route email	Accident forms available to use and utilisation of UK Athletics on-line accident reporting process, ifappropriate
EXCESSIVE WEATHER	Runners may suffer from hot or cold weather conditions	1) Runners to be advised in routemaster email to wear appropriate clothing 2) Runners to be advised to carry water in extreme heat and/or water to be provided on route	
LOST OR SEPARATED RUNNERS	Runners may become distanced from others in the group	1) Pre run route description on Board Map 2) Printed map copies available 3) First time runners allocated a buddy	
ANIMALS/LIVESTOCK	Runners may come into contact with aggressive animals	1) Runners to assess risk of crossing any fields with animals in situ 2) If runners meet an unaccompanied dog they should slow to a walk and not turn their back until a safe distance away	In the event of aggressive livestock, the relevant farmer should be informed at the earliest opportunity
GENERAL PUBLIC INTERACTION	Runners may cause a nuisance to local residents or members of the public	1)Runners should be familiar with the Country Code and follow protocals about closing gates etc 2) Runners should minimise any noise when passing through farms on public footpaths	Any incidents involving any third party shall be formally recorded with a committee member in accordance with England Athletics guidelines.

TWH Risk Assessment - Activity - Away from Nevill HQ

Event	Hazard	Actions to reduce risk	Action in event of occurrence
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. Foot and ankle injuries, also upper body injuries due to falls.	1) Hazards shown on route maps and described in pre run briefing 2) Suitable shoes for the route to be described in weekly route email 3) A first aid kit from the clubhouse to be taken to the event	Any incidents should be reported to a club committee member for future reference, and for making known to all club members when appropriate.
EXCESSIVE WEATHER	Runners may suffer from hot or cold weather conditions	1) Runners to be advised in routemaster email to wear appropriate clothing 2) Runners to be advised to carry water in extreme heat and/or water to be provided on route	
LOST OR SEPARATED RUNNERS	Runners may become distanced from others in the group	1) Regular regroups to be planned on route 2) Runners must always stay in groups, with no single runners out of sight of others 3) Attendance register must be signed in pre run and again post run	
ANIMALS/LIVESTOCK	Runners may come into contact with aggressive animals	1) Runners to assess risk of crossing any fields with animals in situ 2) If runners meet an unaccompanied dog they should slow to a walk and not turn their back until a safe distance away	In the event of aggressive livestock, the relevant farmer should be informed at the earliest opportunity
GENERAL PUBLIC INTERACTION	Runners may cause a nuisance to local residents or members of the public	1)Runners should be familiar with the Country Code and follow protocals about closing gates etc 2) Runners should minimise any noise when passing through farms on public footpaths	Any incidents involving any third party shall be formally recorded with a committee member in accordance with England Athletics guidelines.
CLUB TOUR	Runners exercising in unfamiliar territory	1) Routes to be assessed ahead of the tour 2) Maps outlining distances and hazards to be available to all participants 3) All runners to stay in groups	

TWH Risk Assessment - Activity - Track Training

Event	Hazard	Actions to reduce risk	Action in event of occurrence
EXCESSIVE WEATHER	Runners may suffer from hot or cold weather conditions	1) Runners to be advised in track session email to wear appropriate clothing 2) Runners to be advised to bring and use water 3) Sessions to be cancelled in winter if weather/underfoot conditions are deemed dangerous	First Aid to be available and awareness of nearest defibrillator
MUSCLE INJURIES	Runners may suffer strains due to insufficient pre session warm up or inappropriate footwear	1) Coaches led warm up and stretching 2) Runners should wear road shoes or spikes	First Aid to be available and awareness of nearest defibrillator
OTHER ATHLETES	Runners may fall from contact with other runners in close contact or overtaking	1) Coaches to advise of overtaking protocol 2) Coaches to ensure any other athletes at the track venue, do not cause a risk to runners in the session	First Aid to be available and awareness of nearest defibrillator

TWH Risk Assessment - Activity - Off Track Speed Training

Event	Hazard	Actions to reduce risk	Action in event of occurrence
EXCESSIVE WEATHER	Runners may suffer from hot or cold weather conditions	1) Runners to be advised in session email to wear appropriate clothing 2) Runners to be advised to bring and use water 3) Sessions to be cancelled in winter if weather/underfoot conditions are deemed dangerous	First Aid to be available and awareness of nearest defibrillator
GENERAL PUBLIC INTERACTION	Runners may cause a nuisance to local residents or members of the public	1) Weekly routes should avoid using the same roads regularly 2) Runners should minimise any noise in residential areas 3) If other clubs are training in the same place, to consider how to avoid overcrowding	Any incidents involving any third party shall be formally recorded with a committee member in accordance with England Athletics guidelines.
MUSCLE INJURIES	Runners may suffer strains due to insufficient pre session warm up or inappropriate footwear	Coached ensure attending runners have completed their own warm up and have suitable footwear for the conditions	First Aid to be available and awareness of nearest defibrillator
RUNNING IN THE DARK	Runners may find visibility more challenging	All sessions to avoid any unlit areas. Hi Viz tops and head torches to be recommended	
ANIMALS	Runners may come into contact with aggressive animals	1) If runners meet an unaccompanied dog they should slow to a walk and not turn their back until a safe distance away	
TRAFFIC	Runners may encounter residents and learner drivers	Sessions to be set up to minimise potential contact, or to be amended to avoid the risk	