

## Windle Valley Runners

### Club training runs Risk Assessment

**Scope;** This risk assessment is intended to cover all club organised training runs in the local area. This includes Tuesday night interval training during winter and summer, Thursday night tempo runs, occasional track running and Sunday social and long runs. All club runners should be familiar with the contents of this risk assessment and run leaders on the control measures. Any questions or comments can be directed to any member of the WVR committee.

Key to risk rankings;

Likelihood	Severity	Ranking
1 = Highly unlikely	1 = Minor	1 – 5 = Trivial (no action)
2 = Unlikely	2 = Minor requiring medical attention	6 – 10 = Tolerable (monitor)
3 = Likely	3 = Minor requiring A&E	11 – 15 = Moderate (additional action required)
4 = Highly Likely	4 = Chronic injury	16 – 20 = Substantial (stop and assess)
5 = Certain	5 = Fatal	21 – 25 = Intolerable (stop immediately)

Item	Description of activity / task	Identify hazards and reasonably foreseeable injury (RFI)	Identify who is at risk, numbers and patterns of exposure	Details of existing controls	Risk Ranking		
					Likelihood	Severity	Risk Rating
1	Walking / Running / traversing the route	Participants straying from the route or getting lost  RFI – distress	All participants running the session for the duration of the session and limited period post run	The route will be published on the website showing both the route and immediate surrounding areas.  Run leaders to confirm the routes verbally prior to starting the session.  Tail end Charlie available where possible at Thursday sessions and to make themselves known.	2	1	1

				<p>Shorter route advertised alongside main route both online and verbally.</p> <p>Leaders alert to all runners in group, especially new or inexperienced runners</p>			
2	Participation in session	<p>Due to the nature of the training, runners may sustain a range of common running injuries.</p> <p>RFI – Sprains, strains, pulled muscles, dehydration or aggravation of pre-existing conditions such as asthma</p>	All participants running the session for the duration of the session and limited period post run	<p>Participants encouraged to warm up prior to the session beginning</p> <p>Periodic reminders to runners about eating more than an hour prior to session and coming fully hydrated</p> <p>Runners reminded to advise the run leaders of any pre-existing conditions or injuries</p> <p>Information available to all runners on website on the type of session, including the route.</p> <p>Run leaders to carry or have access to mobile phone.</p> <p>Where possible, first aid kit available at car park.</p>	3	2	6
3	Interaction with vehicles / crossing roads	<p>Participants hit by moving vehicles</p> <p>RFI – Broken limb or possible head injury</p>	All participants running the session for the duration of the session and limited period post run	<p>Road crossings are common through winter and summer training. Participants are reminded in pre-session briefs and before crossing roads about the hazard of traffic.</p> <p>If running on the road, runners reminded to keep to the righthand side facing oncoming traffic.</p> <p>During winter, all runners encouraged to wear high-viz and reflective clothing.</p> <p>Route published on website prior to session, so road crossing zones are identifiable.</p>	2	3	6
4	Medical arrangements	<p>Untreated injuries or illnesses due to inadequate medical provision.</p> <p>RFI – Increased severity of injuries or deterioration of</p>	All participants running the session for the duration of the session and limited period post run	<p>Mobile phone to be carried by at least one participant per group. For major incidents dial 999 immediately.</p> <p>Where possible, first aid kit available at car park.</p>	2	2	4

		condition due to immediate medical care not being available whilst awaiting arrival of emergency ambulance		<p>All minor medical incidents to be administered within the group.</p> <p>Any participant suffering an injury of sufficient severity will be directed to local A&amp;E: Frimley Park Hospital, Portsmouth Road, Frimley. GU16 7UJ. 01276 604604</p> <p>Alternative A&amp;E;</p> <p>St Peters Hospital, Guildford Road, Chertsey, KT16 0PZ. 01932 872000</p> <p>NOTE; During any pandemic, extra precautions should be taken when treating minor injuries such as latex gloves, masks and using the minimum number of people to treat the patient. If in any doubt, a friend or family member from the individuals household should be called to administer treatment.</p>			
5	Bumping into other runners	<p>Slips trips, falls, and uneven / changing ground conditions.</p> <p>Slippery ground conditions due to wet/adverse weather conditions.</p> <p>RFI - Fall resulting in bruising/broken limb/strain or sprain</p>	All participants running the session for the duration of the session and limited period post run	<p>Runners advised to:</p> <ul style="list-style-type: none"> <li>• Run responsibly</li> <li>• Leave adequate space between themselves and other runners</li> <li>• Overtake only when safe to do so</li> </ul> <p>Runners advised to always keep to the left and overtake on the right hand side, and to alert the runner in front if tricky overtaking situation (pavement and track)</p>	3	1	3
6	Ground conditions including mud, standing water or uneven ground	<p>Slips trips, falls, and uneven / changing ground conditions.</p> <p>Slippery ground conditions due to wet/adverse weather conditions.</p>	All participants running the session for the duration of the session and limited period post run	<p>All participants to exercise care when traversing the route.</p> <p>Route published on website prior to session.</p> <p>Runners reminded that they should walk if coming across a hazard and inform other runners of the hazard.</p>	3	2	6

		RFI - Fall resulting in bruising/broken limb/strain or sprain		During wet weather and as a result in the build-up of mud, ground conditions may deteriorate and become slippery. The run leader is to monitor the ground conditions and make a dynamic assessment of the need for further controls/cancellation of the training as appropriate.			
7	Weather conditions	<p>Thermal discomfort due to extremes of temperature and/or wet weather.</p> <p>RFI - Hyperthermia/hypothermia/ heat stroke</p> <p>Secondary effects from adverse weather including: mud, thunder and lightning, fog etc may result in the need to dynamically assess the controls in this assessment</p>	All participants running the course for the duration of the training session and limited period post run.	<p>All persons are advised to wear clothing appropriate to weather conditions.</p> <p>In cold weather runners are to be appropriately dressed, removing additional layers only prior to commencement of training.</p> <p>In wet weather, runners reminded to take care on grassy sections, corners and when crossing roads.</p> <p>In hot weather conditions persons shall be advised to apply sun block, wear a hat, take breaks in a cool sheltered area to avoid heat stroke, and to drink plenty of fluids to avoid dehydration.</p> <p>Extreme weather to be monitored by the run leader</p>	2	3	6
8	Contact with animals	<p>Interaction between runners and animals, e.g. dogs.</p> <p>RFI - Bite or blunt trauma (kick, head butt etc) cuts and bruises, broken limb.</p>	All participants running the course for the duration of the training session and limited period post run	<p>Routes in wooded areas are published online prior to session.</p> <p>Reminders in Swinley particularly, but also during Winter sessions, that any person coming into contact with any domestic animal should give adequate space, walk calmly past the animal, and make no attempt to interact with the animal in any way.</p> <p>Reminders that animals can become startled and behave in an unpredictable manner.</p>	2	2	4
9	Naturally occurring	Slip, trip or fall as a result of contact with the hazard.	All participants running the course for the duration of	Most routes used by the club are well trafficked and will have local knowledge from the group.	2	2	4

	obstacle e.g. fallen trees	RFI - Cuts and bruises, broken limb.	the training session and limited period post run	Any hazards come across on the route will be communicated to the group in advance via social media / email / leaders briefing.			
10	Pandemic	Runners contracting the virus from other runners and members of the public	All runners but particularly those in the vulnerable groups as defined by NHS.	<p>Following Government and EA guidance</p> <p>Maintain appropriate social distancing before, during and after the training session.</p> <p>Locations chosen to provide enough parking, space and facilities to safely accommodate the members.</p> <p>Discouraging those who are ill or are vulnerable from returning to training.</p> <p>Pandemic coordinator nominated from the committee to oversee this risk assessment and the implementation of controls.</p>	2	3	5

Risk assessment prepared by; L Pether

Date; 30th June 2025

Risk assessment approved by; D Roberts (Club Secretary) & A Krousti (Chairman)

Date; 30th June 2025

Next Review Date; 30th June 2027