

Risk Assessment: ERC Organised Club/Training Runs

Date:	Assessed by:	Location :	Review :
11/11/2024	Gareth Jones	Various	01/11/2025

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Slips, trips and falls	Athletes tripping on tree roots or defective paving	• Notifying participants of routes on website when booking • Nominated backmarker to deal with any on route issues to participants	L	• Highlight any known risks on published route map • Mention any known risks at pre-meeting before activity • Ensure backmarker has contact details of club member/welfare officer to contact in case of emergency	L	Committee/ Run Leaders Committee/ Run Leaders Committee/ Run Leaders	Ongoing Ongoing Ongoing	
Weather	Athletes – slips on icy or wet surfaces	• Checking forecasts for likely hazardous weather conditions • Notifying participants of likelihood of hazards at pre-meeting • Determining if event should be cancelled • Nominated backmarker to deal with any on route issues to participants	L	• Ensure backmarker has contact details of club member/welfare officer to contact in case of emergency	L	Committee/ Run Leaders	Ongoing	

Time of day/lighting conditions	Athletes – unable to see likely hazards; colliding with other participants/pedestrians/ vehicles	Ensure planned routes chosen are well lit	M	- Ensure participants are wearing high visibility clothing or lights prior to event commencing - Notify participants of above requirement on events booking page	L	Committee/ Run Leaders Committee/ Run Leaders	Ongoing Ongoing	
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Risk Assessment Table

		Severity of Harm (Impact)		
		Low (L)	Medium (M)	High (H)
Likelihood	High (H)	3	4	5
	Medium (M)	2	3	4
	Low (L)	1	2	3