

## THAME RUNNERS RISK ASSESSMENT

Adopted by the Committee on 27 February 2023, next review due 27 Feb. 2024

Reference	Hazard	Who could be harm	How could harm occur?	Likelihood	Severity	Mitigation
TR001	Wet weather	R	Slips on wet areas	Medium	Low	Obvious puddles should be avoided If there is heavy rain, run leaders should evaluate if the run can be conducted safely
TR002	Icy Weather	R	Slips and sliding on icy areas	High	Medium	If there is a significant level of ice on the ground, club running activities should not take place Any running taking place in below 0°C weather should account for the chance of ice, which may not be obvious If conditions are slippy, running speed should be reduced
TR003	Cold weather	R	Hypothermia	Medium	Medium	All runners should be appropriately dressed for the weather conditions and outdoor temperature Run leaders should monitor their group for any signs of hyperthermia during runs in cold weather
TR004	Hot weather	R	Heat related illness, such as heat stroke or hyperthermia, through dehydration	Medium	Medium	Run leaders to assess suitability of route in warm weather, ensuring enough shade is available Runners to ensure they're hydrated enough to run and carry water with them
TR005	Dark areas of run routes in winter	R	Trips and collisions with stationary objects that are harder to see in dark areas	Medium	Low	Runners should take extra care when running through darker areas
TR006	Narrow paths	R, P	Collisions with other people using the path or other runners	Medium	Low	Runners should take extra care when running through areas of narrow path If members of the public are in the narrow area, either allow them out before entering, or run past in single file if possible
TR007	Obstructions	R	Injury from running into or tripping over objects in the run route such as bollards or fencing sections	Medium	Medium	Runners to call out static obstacles along run route, ensuring all runners behind are aware
TR008	Moving vehicles around run route	R	Collision with moving vehicles, leading to injury	Low	High	Runners should only run in the road when an alternative is not available Runners should take extra care when crossing road Runners should wear high visibility clothing when running in the dark Runners should always be aware of their surroundings when running near roads
TR009	Wildlife	R	Unpredictable reactions with wildlife, leading to injury or distress	Low	Low	Where wildlife (non farm animals) is present on a route, runners should give a wide berth when moving past If particularly aggressive wildlife is encountered, runners should find an alternative route
TR010	Farm animals		Unpredictable reactions with farm animals such as cattle, leading to injury or distress	Low	High	Run leaders to assess possible alternative routes that don't cross land containing animals Extra care to be taken around cattle with calves When crossing land containing farm animals, runners to stay in a group and move slowly through field if necessary
TR011	Interactions with general public	R, P	Surprise from runners coming around corners or running behind someone	Low	Low	If runners are coming up behind members of the public, runners to make their presence known Runners to take a slow and wide line around corners, being prepared to stop
TR012	Lone runners	R	Minor injuries or other hazards identified in this document occurring while running alone could become more serious due to the lack of someone else to call for aid or to assist	Medium	Medium	Runners should always run in groups when running in club sessions Each group's run leader should regularly ensure that no members have been lost If runners are leaving early/cutting a route short, they must let the run group know and should let the run leader know when back home/at a vehicle safely
TR013	Running injury	R	Injury during running, such as cramp, twisted ankle etc	Medium	Medium	Warm ups, cool downs and stretching should be performed by all runners to reduce the chance of injury Runners should run at a comfortable pace If a running injury occurs, runners should let the run leader know immediately

Likelihood	Severity
Low	Minor injuries (bumps, scrapes etc), no professional medical attention required
Medium	Injuries requiring physiotherapist/minor medical attention
High	Major injuries requiring ambulance/hospital treatment, death

R = Runner/Club Member

P = member of the Public