



Risk Assessment: Outdoor Running

Date:	Assessed by:	Location :	Review :
31/07/2024	Stephen Melling Anna Hudson	Sefton Park	31/10/2024

It should be noted that this risk assessment is not exhaustive and will continue to be updated throughout the year.

What are the Hazards?	Who might be harmed and how?	How to mitigate?
Running on uneven ground	Runners may encounter slips and falls	<ul style="list-style-type: none">• Runners will be reminded that appropriate footwear needs to be worn for the expected ground• All runners will stick to well-known routes and public footpaths• Runners at front will warn following runners of particular dangers such as potholes or tree roots
Running on roads or trails in bad weather	Runners may encounter slips and falls	<ul style="list-style-type: none">• Care to be taken on route choice in icy or wet weather to avoid slippery paths• Training will be cancelled if no suitable route can be chosen• Reminders will be given to all runners that footwear should be worn• Sensible distance will be kept between runners

Getting Lost	Runners may become disorientated and unable to find their way home	<ul style="list-style-type: none"> • Group leaders will be familiar with route/s • If participants have not run the route before, an assigned member of the group will run with them
Losing a runner while out and about	Runners may become disorientated and unable to find their way home	<ul style="list-style-type: none"> • Running groups will be reminded to stick together • Appointed groups leaders will encourage mustering with front and back runners to collect stragglers • Runners will be reminded to select a group which is consistent with their ability • The pace of group to be made clear by groups leaders prior to session
Animals enroute	Runners and animals may be injured	<ul style="list-style-type: none"> • Care to be taken when out in public to be aware of loose dogs, make owner aware if dog is a nuisance • Alternative routes taken, if necessary, without hesitation • Any incidents to be reported back to group leaders
Overgrown routes	Runners may be injured by nettles or brambles	<ul style="list-style-type: none"> • Runners will be made aware in advance if routes may be overgrown. • Alternative routes will be available, or option to turn back if not suitable
Hot Weather	Runners may overheat and lead to injury/illness	<ul style="list-style-type: none"> • Runners should wear appropriate kit and if they feel they need to, carry water • Runners will be made aware of cafes and shops nearby • If conditions are considered extreme, runs can be postponed, cancelled or cut short
Pre-existing medical conditions	Runners may have pre-existing conditions that may worsen with running	<ul style="list-style-type: none"> • All runners will complete a disclaimer before joining the group • If any runners feel this may be relevant to them, to make group leaders aware and to instruct if there may be any necessary requirements should an emergency arise • Runners with pre-existing conditions must wear medical tags, ID or carry relevant medication with them and make group leaders aware in advance • Running and attendance is left to the discretion of the individual • All runners attend at their own risk
Injury or medical	Runners may injure themselves or	<ul style="list-style-type: none"> • All runners attend at their own risk • Runners with pre-existing conditions must wear medical tags, ID or carry relevant medication with them and make group leaders aware in advance

emergency during run	have a medical episode	<ul style="list-style-type: none"> • Group leaders to carry phones with them to contact emergency services • Where possible, named first aiders will attend and make themselves known to participants • Basic first aid to be administered where possible
Running in the dark	Runners may encounter Slips trips and falls due to poor visibility	<ul style="list-style-type: none"> • Runners will be encouraged to wear light or reflective clothing • Routes will be encouraged to be in areas with street lighting • Runners will be encouraged to wear head torches • For off road night runs, head torches are mandatory. No torch = no run
Traffic	Runners may be injured by traffic	<ul style="list-style-type: none"> • Routes will be chosen carefully to minimise running along busy roads • Reflective and bright clothing to be worn by runners where possible • Routes with pavements encouraged where possible • If forced to run on the road, groups to stay to the right facing the traffic • When crossing roads, pedestrian crossings to be used where possible • Runners at front and back of group will shout a warning if traffic approaches unexpectedly
Junior Outdoor Running	Junior runners may be at risk of all the above	<ul style="list-style-type: none"> • Group leaders will supervise groups (if under 16) at all times • Other adults and parents/carers to be aware of where the training is taking place including start and end points • Athletes to stay in view of the coaches during training
Attending Group runs	Safeguarding and Welfare	<ul style="list-style-type: none"> • All runners will be made aware of the Recovery Runners safeguarding policy • Group leaders/persons deemed relevant will have DBS checks • Any issues arising should be immediately reported to group leaders who will inform the safeguarding team