



RUN GROUP RISK ASSESSMENT

(Road/Trail)

Event	DHR Run Groups	Date	29/05/2021
Completed by	Simon Dolman		
Reviewed by	Simon Dolman	Review Date	29/11/2024

Risk	Risk Rating L/M/H	Control Measures	Residual Risk L/M/H
Traffic or Pedestrian Conflict	M	<ul style="list-style-type: none"> • Hi Viz clothing to be worn in dark conditions during winter months. • Run with consideration of other road/path users who may not see you. • If running on roads without a footpath, ensure the group runs facing the flow of traffic by default, crossing (in good time) to the opposite side on tight bends to aid visibility. • Avoid routes with no footpath/lights in dark conditions. • Pre run briefing session to raise awareness. 	L
Crossing Roads	H	<ul style="list-style-type: none"> • Run leader to manage allocated run group & use pedestrian crossings where possible. • Do not assume the runner stepping out has ensured the road is clear. • Do not attempt to cross the group on blind bends. 	M

Trips / Falls	H	<ul style="list-style-type: none"> • Pre run briefing session to raise awareness of type of ground to be encountered e.g. curbing, paving stones. • Wear appropriate footwear for the terrain. • Run leaders to be spaced throughout run group. 	M
Members Health Conditions	M	<ul style="list-style-type: none"> • Members with health conditions that could affect running (Breathing issues, muscle injuries etc) should inform the run leader. • Members to run within their abilities & be responsible for their own medication. 	L
Runners Getting Lost	M	<ul style="list-style-type: none"> • Pre run briefing session to raise awareness of route & who the run leaders are. • Take personal responsibility for yourself and select route/group appropriate to ability / conditions. • Run leader to appoint 'Back-marker' when appropriate. • Take personal responsibility for yourself to follow the run leader and notify them should you leave the group mid run. 	L

Animals / Livestock	L	<ul style="list-style-type: none">• Pre run briefing session to raise awareness.• Keep group together and move through stock in a calm manner.	L
Adverse Weather Conditions (Heat, rain, snow, ice, wind)	L	<ul style="list-style-type: none">• Individuals to take responsibility for their ability and running equipment / clothing.• Run leaders to remind members regarding protection advice in pre run brief.• Routes to be adapted to weather when required.	L