

Risk Assessment: Tring Running Club - Group Runs

Date	Assessed by	Location	Review on
19/07/2021	Hilary Needleman, Adrian Fails	Outdoor Running Activities	31/01/2022 or when any updated Government/UKA guidance is released

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/ How achieved	Done
Accidents whilst on club runs	Any club runner through slip/trip/fall or traffic accident	All runners are informed about kit required for safe off-road and night running (eg trail shoes, head torches, reflective clothing) and that they should make their own choice of kit to suit their requirements. Spare head torches are available on club meeting nights. Run leaders are advised to carry a charged mobile and in case of emergencies call 999. Groups are typically large enough so that at least one person should remain with a casualty whilst others seek help.	L	Club to advise run leaders to give assistance if they feel it is safe to do so. Run leaders may wish to carry a mask to deal with unforeseen circumstances. Club to advise all runners to bring a charged mobile phone with them if they would be uncomfortable without this. Club to advise club members of apps such as "what3words" which can convey accurate location information.	L	Run Leaders Comms	Club Newsletter	Yes
Suitability of run groups	Health impact and possible sports injury	Pace and distance of run groups are advertised to ensure runners are aware of exertion levels. Club H&S guidelines specify that members should act in	L	Run Leaders and runners to be aware that fitness levels may have dropped during lockdowns, and due to illness, increasing sports injury risk.	L	Run Leaders Runners	Ongoing, as appropriate for group	

		accordance with medical advice in respect of any relevant health conditions. They are not required to disclose such information to the club but should satisfy themselves that any urgently-needed information would be immediately evident should they need assistance.		Leaders to include a warm-up phase at the start of each run appropriate to the group. Runners may consider returning to a slower pace group initially.				
Countryside hazards	Any club runner through slip/trip/fall or animal interaction	Runners advised to follow Countryside Code and be aware of typical rural environmental hazards.	L	Runners to wash hands when they get home from running and to use hand sanitiser when COVID-19 is prevalent.	L	All	Ongoing	
	Any club runner through group interaction or by being omitted from it.	Run leaders are required to take a headcount at the start of a run and to regroup at suitable points. Runners are required to inform the main group should they wish to diverge from it during the run. Runners are required not to run with dogs during TRC group runs.	L	Nomination of a tail runner who is confident to lead a splinter group back to the start should that become necessary. Leaders should nominate a tail runner for each part of the group in this scenario.	L	Run Leaders	Before every club run	

Spread of Coronavirus (COVID-19)	Run Leaders, Club members, members' families, friends and contacts, the general public	TRC members are not currently using an indoor facility to meet, or change or socialise.	L	<p>Complying with Government Guidelines Legal restrictions have varied during the pandemic, and will continue to supersede any requirements contained here.</p> <p>The Club will remind Run Leaders and runners of the current public health guidance.</p>	L	Comms Covid Coordinator	Club Newsletter
			L	<p>Planning and Tracing Run leaders to advertise details of their runs in advance, where possible asking runners to respond to them directly if they are planning to attend. This can provide a (time-limited) contact tracing opportunity as well as ensuring that Run Leaders wait for any latecomers to turn up at the start location.</p>		Run Leaders Comms	Club Newsletter
			L	<p>Avoiding transmission through mixing During prevalence of COVID-19, runners are advised to continue to practice social distancing measures to reduce the risk of transmission.</p>	L	All Runners Comms	Club Newsletter
			L	<p>Handling Suspected cases <u>Club to require</u> runners to avoid running with others at all if they are symptomatic of COVID-19 (or suspect that they may be) or if they have been advised to isolate. Run Leaders to check everyone is symptom-free before each run and send home anyone who may be contagious. Advise the COVID-19 Coordinator of action taken.</p>	L	All Runners Run Leaders Comms Covid coordinator	Club Newsletter
			L	<p>Handling Subsequent cases <u>Club to require</u> runners who test positive, within the time-frame indicated by NHS Test & Trace, to advise the club's COVID-19 Coordinator, Hilary Needleman, by email on trackandtrace@tringrunningclub.org.uk or by text message on 07979 591239.</p>	L	All Runners Comms Covid Coordinator	Club Newsletter

			<p>Transmission prevention whilst running Club to remind everyone of the public advice. Runners to be mindful of those following and make best efforts to avoid any coughs/sneezes, etc being released into the path of other runners. Following another runner may increase exposure compared to running at a colleague's side.</p> <p>L</p> <p>Where COVID-19 cases are high Run leaders to plan routes that minimise the use of narrow paths, especially where there is close habitation (such as canal towpaths).</p> <p>Runners are expected to be considerate towards other trail users, stepping to one side, or take other appropriate action, to respect members of the public who prefer to maintain social distance.</p>	L	<p>Comms</p> <p>All Runners</p> <p>Run Leaders</p>	<p>Club Newsletter</p>	
			<p>Avoiding cross contamination While COVID-19 is prevalent runners are reminded to continue to use hand sanitiser and keep their own property apart from others' (eg car keys, drinks containers).</p> <p>L</p> <p>Wherever possible runners to avoid touching gates and stiles whilst on their routes and avoid holding gates open for each other.</p>	L	<p>Comms</p> <p>All runners</p>	<p>Club Newsletter</p>	