

Eden Runners Risk Assessment - Fell/Trail Running Sessions V4

Fell/Trail running sessions are held each week throughout the year and are open to any ability senior member of the club. The sessions are led by coaches who are club members, hold the Fell and Trail Leadership in Running Fitness (FT LiRF) or LiRF qualification, been DBS checked and hold a licence. Currently there are about 280 ER members. Off road sessions are held on Monday evening (fell running) and Thursday morning (Trail running) each typically attracting 10-20 runners. In addition, during May to October, the Wednesday evening club session is held on trails/fells and attracts between 50-80 runners. This entails separate groups at different locations. The maximum number of runners per coach is 12 in accordance with current England Athletics insurance requirements.

NB - The use of the term 'coach' also includes 'run leader'. **COVID-19 is assessed in its own right at the end of the risk assessment**

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| Venue: | | Various Fells and trails near Penrith | Location of first-aid kit: | | Coach to carry first aid kit. COVID-19 requirement - to include hand sanitizer, a minimum of 2 pairs of PPE gloves (to use and a spare) and 2 face masks (one for injured party, one for coach) |
| Address: | | | Stocked and maintained: | | Coach to notify H&S lead if any kit is used. |
| Group: | | Eden Runners | Location of first-aid kit: | | Coaches may or may not be first aid trained. Call for medical assistance if required. NB Guidance on First Aid Training requirement where running in remote and hard to access areas was updated January 2022. |
| Date: | | | Location of telephone: | | |
| Time: | | Various - Evening typically 18:30 - 20:00 | Location of toilets: | | N/a |
| Participants: | Number: | Up to 12 plus 1 coach (England Athletics Insurance constraint) OR more stringent depending on conditions and or abilities | Location of changing rooms: | | N/a |
| | Age: | Ages 18+ | Venue contact: | | N/a |
| | Ability: | all abilities | | | |

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| Lead coach name: | Various - all LiRF qualified as a minimum | RISK ASSESSMENT REVIEW DATE | 17/10/2022 |
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| Name of person conducting risk assessment: | Version | Amendments | Signed and Date: |
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| Emma Nielsen | V1 | | 13/07/2020 |
| Emma Nielsen | V2 | Introduction Replace the maximum number of runners per coach is 5 in accordance with current England Athletics and government guidelines to the maximum number of runners per coach is 12 in accordance with England Athletics insurance requirements. | 23/07/2020 |
| Emma Nielsen | V3 | Introduction Added - NB: Running or training in a public space <u>can</u> take place in unlimited numbers as long as the activity is taking place within a COVID secure Environment* however a maximum of 2 groups in one place at any one time is currently ER policy. The use of the term 'coach' also includes 'run leader'. Medical Issues – membership form now captures medical conditions and emergency contact as does Team App. Spread of COVID-19 Added not attend session if isolating for any reason. Replaced ratio of runners to coach to 12:1 (was 5:1) | 25/08/2020 |
| Emma Nielsen | V4 | Outdated COVID requirements removed. Added: Coach to notify H&S club lead if any first aid kit used (to enable a replacement to be provided) Added: ratio of runners:coach, may be more stringent depending on conditions and runner ability. | 17/01/2022 |

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| | | <p>Note that first aid training requirement guidance changed in January 2022. Added: club to organise outdoor first aid training under medical issues section.</p> <p>Added: Coaches to carry club issued emergency kit for reducing hypothermia onset.</p> <p>Updated the kit to be carried by all runners – to include waterproof trousers (in line with FRA minimum kit) and for coaches a bivvi bag and 2 person shelter</p> <p>Residual risk on slips, trips and falls upgraded to medium to take into account hypothermia risk of injured person</p> | |
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| Hazard: | Persons at Risk | Potential Risk: | Action(s) to Alleviate Risk: | Residual Risk/Actions Required |
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| <p>Road Traffic Accident Vehicle hitting runner on route to fell/trail or as part of the route.</p> | <p>Runners Coach Persons in cars Cyclists</p> | <p>Likelihood LOW Impact HIGH</p> | <ul style="list-style-type: none"> • All runners to wear hi – viz clothing in dusk/dark conditions. • Appropriate initial safety briefing to be provided prior to the start of the session. • Use roads with pavements where possible, if not, runners to be single file and use right hand side to see oncoming traffic. • Road crossing as a group/s (depending on the size) where possible. | <p>MEDIUM</p> |

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| <p>Others – walkers, runners, dogs: Dogs attacking runners. Runners colliding with walkers.</p> | <p>Runners Coach Pedestrians</p> | <p>Likelihood LOW Impact LOW</p> | <ul style="list-style-type: none"> • All runners to remain vigilant for dogs and allow plenty of room for the dog and dog walker to pass. • Coach to divert runners away from any dogs present. • All runners to allow plenty of room for pedestrians to pass | <p style="text-align: center;">LOW</p> |
| <p>Slips, Trips and Falls Uneven surfaces Typical ankle and foot injury Onset of hypothermia</p> | <p>Runners Coach</p> | <p>Likelihood MEDIUM Impact MEDIUM</p> | <ul style="list-style-type: none"> • Appropriate pre session safety briefing, to point out any known hazards, crossings and trip hazards. • All runners to have appropriate footwear and clothing • All runners to carry FRA minimum kit. • Coach to carry emergency kit for reducing onset of hypothermia - bivvi bag and 2 person shelter on all remote and hard to access areas where help may take a long time (over 30 minutes) to arrive. | <p style="text-align: center;">MEDIUM Bivvi baga and shelter's to be sourced and given to all trail/fell coaches.</p> |

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| <p>Getting lost Anywhere along the route</p> | <p>Runners Coach</p> | <p>Likelihood LOW Impact MEDIUM</p> | <ul style="list-style-type: none"> • All runners to sign in – Team App, or verbally to the coach at session start. • Coaches to take 'register' (Team App) • All runners to check out at the end of the session. • Coach to deliver route briefing at start of each session. • Coach to establish ability of runners and curtail the 12:1 ratio if deemed necessary. • All runners must carry minimum kit • Coach must carry mobile phone with What3words App or similar | <p>LOW</p> |
| <p>Medical Issues</p> | <p>Runners Coach</p> | <p>Likelihood MEDIUM Impact HIGH</p> | <ul style="list-style-type: none"> • Coaches to be made aware of any runners that have a medical condition. Coaches to remind participants at the start of each session to make them aware before the run starts. • All new club members to declare any medical conditions upon joining ER and if and when they emerge. • Existing club members to register on Team App and provide details or notify their coach of any medical conditions • Emergency contact details to be held by the club. | <p style="text-align: center;">MEDIUM</p> <p>All coaches to be trained in first aid including outdoor first aid where appropriate.</p> <p>System for declaring medical conditions to be implemented. ACTIONED</p> <p>Team App use and membership form to be updated to</p> |

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| | | | | capture this data. ACTIONED System for enabling access to emergency contacts to be implemented PART ACTIONED |
| <p>Adverse Weather Conditions</p> <p>Affects of snow, fog, extremes of temperature – heat and minus temperatures on participants</p> | Runners Coach | <p>Likelihood – LOW</p> <p>Impact – MEDIUM</p> | <ul style="list-style-type: none"> • All participants to be appropriately dressed for weather conditions • Coach to check weather conditions at intended training location prior to the session commencing. • The session will be cancelled or changed to an appropriate location if weather conditions make it unsafe to travel to the location and/or the location conditions are unsafe. • All participants MUST carry minimum kit – waterproof jacket and trousers, hat, gloves, whistle, foil blanket, headtorch in reduced light and emergency food. | <p>LOW</p> <p>Remind runners of kit requirements</p> |
| <p>Weather related Hazards</p> <p>Slippery running surfaces due to rain or ice.</p> | Runners Coach | <p>Likelihood - LOW</p> <p>Impact – MEDIUM</p> | <ul style="list-style-type: none"> • The route’s weather conditions must be checked prior to the session. • Hazardous areas to be avoided and pointed out to all runners. • If extremely hazardous the session will be cancelled. | <p>LOW</p> |

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| <p>Spread of COVID-19 coronavirus</p> <p>On 27 January, Covid rules relaxed to:</p> <ul style="list-style-type: none"> • No requirement to wear face covering but Government suggests continue to wear a mask in crowded or indoor spaces where you may come into contact with people you don't normally meet. • As of 17 January self isolation for those with Covid reduced to 5 full days upon 2 consecutive days of negative testing. <p>No compulsory implications for the club. It is suggested to continue mask wearing for inside gatherings. Covid does remain a threat.</p> | <p>Participants Coach</p> | <p>Likelihood – LOW</p> <p>Impact – HIGH</p> | <ul style="list-style-type: none"> • A coach or participants shall not attend a session if they are displaying any COVID-19 symptoms OR are isolating for whatever reason • A register of participants shall be kept to facilitate tracking and tracing if needed. Team App booking system shall be used. • The inside gathering of a large group/s in close proximity shall be avoided. Session briefing to occur outside. • If a participant requires first aid treatment or assessment by the coach following an incident/injury, the coach must wear COVID-19 PPE (gloves and mask) and provide the casualty with a mask to wear. | <p style="text-align: center;">MEDIUM</p> <p>Keep abreast of government and England Athletics guidance</p> <p>Make all aware.</p> <p>Remind everyone of public health guidance via Team App, facebook and ER website where there is a significant change .</p> <p>Make coaches aware of PPE requirement</p> <p>Ensure first aid kit has required covid-19 items. TO CHECK</p> |
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