

Eden Runners Risk Assessment - Fell/Trail Running Sessions V6

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 run leaders/coaches who have achieved as a minimum the Leadership in Running Fitness (LiRF) or Fell & Trail LiRF qualification, been DBS checked and are outdoor first aid trained. Currently there are 380 ER members. Sessions are held on Monday evening (fell running) and Thursday morning (Trail running) each typically attracting 15 - 25 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 run leader is **10:1** - In accordance with UK Athletics recommendation and insurance requirements (unless a dynamic risk assessment determines otherwise)

Venue:	Various fells and trails near Penrith	Location of first-aid kit:	Run leader to carry first aid kit and emergency kit for reducing hypothermia onset.
Address:		Stocked and maintained:	Run leader to notify club H&S lead if any kit is used.
Group:	Eden Runners	Location of first-aider:	Call for medical assistance if required. April 2022 – Mandatory - all NEW run leaders must have <u>appropriate</u> First Aid Certification ie OUTDOOR April 2023 – Existing run leaders must have <u>appropriate</u> First Aid Certification for their licence renewal. ie OUTDOOR (UKA requirement)
Date:	Review Undertaken 19/10/2023	Location of telephone:	Run leader must carry a mobile phone with what3words app or similar.
Time:	Various – Evening typically 18:30 – 20:00	Location of toilets:	N/a
Participants:	Number:	Location of changing rooms:	N/a
	Session numbers vary. Ratio 10:1 to be maintained <u>OR more stringent</u> depending on conditions, abilities, route etc.		
	Age & Ability:	Venue contact:	N/a
	Ages 18+ All abilities		

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Lead coach name:	Various - LiRF qualified as a minimum. Leads may designate a 'suitable volunteer' to assist if required.	RISK ASSESSMENT REVIEW DATE	17/06/2024
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Hazard:	Persons at Risk	Potential Risk:	Action(s) to Alleviate Risk:	Residual Risk/Actions Required
Road Traffic Accident Vehicle hitting runner on route to fell/trail or as part of the route.	Runners Run leader/coach Vehicle Drivers Cyclists	Likelihood LOW Impact HIGH	<ul style="list-style-type: none"> All runners to wear high - 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. 	MEDIUM
Collision with others: Walkers Dogs Runners Downhill Mountain Bikers Horse Riders Wild animals	Runners Run leader/coach Other fell/trail users	Likelihood LOW Impact LOW	<ul style="list-style-type: none"> All runners to remain vigilant for other trail/fell path users and respect their right of way/allow plenty of room. All runners to wear high - viz clothing and use head torches in poor light/visibility. Runners to be involved in on going assessment of the route and encouraged to flag any hazards. 	LOW

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<p>Slips, Trips and Falls Uneven surfaces Typical ankle and foot injury Onset of hypothermia due to inactivity following injury.</p>	<p>Runners Run leader/coach</p>	<p>Likelihood MEDIUM Impact MEDIUM</p>	<ul style="list-style-type: none"> • All new/unfamiliar routes to be reced in advance to identify hazards and more technical sections. • Plan route in advance considering experience level of the group, weather forecast and daylight. • All runners to have appropriate footwear and clothing. Coaches to take 1 full spare fell kit to the start of the session. • All runners and run leader/coach to carry club specified minimum kit to include charged head torch and spare/batteries as back up. • Appropriate pre session safety briefing, to point out any known hazards. • Run leaders/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>MEDIUM</p>
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<p>Getting lost Anywhere along the route</p>	<p>Runners Run leader/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 run leader/coach at session start. • Run leader/coach to take 'register' (Team App) at the start of every session. • All runners to 'check out' with the run leader/coach at the end of the session. • Run leader/coach to be familiar with the route and terrain surrounding the route choice. • Run leader/coach to be confident and competent in ability to navigate the terrain in which they are leading. A map and compass or navigation aid must be carried. • Run leader/coach to deliver route briefing at start of each session. • Run leader/coach to establish ability of runners and modify the 10:1 ratio if deemed necessary. • A sweeper to be nominated for each group within the session and a run count taken before, during & after. • During the session run leader/coach to check loading and progress is suitable for each member of the group. • Run leader/coach must carry mobile phone with What3words App or similar. • Ensure appropriate runner/run leader ratio to maintain safe training is maintained throughout the session. 	<div style="background-color: #92d050; text-align: center; padding: 5px; border: 1px solid black;">LOW</div>
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<p>Medical Issues Medical conditions Accident/Injury sustained during a run session</p>	<p>Runners Run leader/coach</p>	<p>Likelihood MEDIUM Impact HIGH</p>	<ul style="list-style-type: none"> • Existing/ diagnosed medical conditions are to be declared, and known by run leaders/coach, in respect of all runners. • Details of medical conditions and emergency contact details to be held by the club and be accessible to all run leaders/coaches via TeamApp. Bi-annual check to be undertaken. • All new club members to declare any existing medical conditions & ICE details upon joining. Information to be provided in Personal Details section on TeamApp. • Existing club members to register on Team App and provide details of any existing medical conditions & ICE. • All members to declare any emerging medical condition on TeamApp and/or notify their run leader/coach. • Run leader/coach to be aware of any runners with a medical condition taking part in their session. TeamApp check and ask participants at the start of each session. • Each group to have an Outdoor First Aid Certified run leader/coach. • Run leader/coach to ensure the distance/intensity of the session is suitable for the ability of the group. 	<p style="text-align: center;">MEDIUM</p> <p>System for communicating medical and ICE details to all run leaders to be implemented PART ACTIONED - still requires all runners to provide necessary information.</p> <p>All fell/trail run leaders/coach to be trained in outdoor first aid in accordance with guidance ACTIONED</p> <p>All run leaders/coaches to be encouraged and supported to take the Off Road LirF module ONGOING</p>
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			<ul style="list-style-type: none"> • Run leader/coach to visually monitor runners to check that they are engaged , safe and on task during the session. • All run leaders/coaches must carry a mobile phone. • In the event of an incident consider the entire groups safety and welfare. 	<p>The club to communicate to all run leaders any important policy updates/ways of working. ONGOING</p> <p>Database of run leaders/coaches to be held and maintained detailing qualification status. ACTIONED and ONGOING</p>
<p>Adverse Weather Conditions</p> <p>Affects of snow, fog Extremes of temperature: Heat</p>	<p>Runners Run leaders/coach</p>	<p>Likelihood – LOW Impact – MEDIUM</p>	<ul style="list-style-type: none"> • Route start location, with timings, to be posted on TeamApp • All participants to be appropriately dressed for weather conditions 	<p>LOW</p>

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Sun Minus Temperatures			<ul style="list-style-type: none"> • Run leader/coach to check weather conditions at intended training location prior to the session and adapt/change if necessary. • 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, fully charged headtorch and emergency food. • Check runners during the run and consider a buddy system for larger groups. • Support runners/adapt the route if the terrain becomes unsuitable/uncomfortable for any runner. 	
Weather related Hazards Ice, increased slippery surfaces /dangerous crossing due to rain	Runners Run leader/coach	Likelihood - LOW Impact – MEDIUM	<ul style="list-style-type: none"> • The weather conditions must be checked prior to the session and any adaptations to reduce risk made. • Hazardous areas to be avoided and pointed out to all runners. • If hazardous the session will be cancelled. 	LOW
Safeguarding	Runners Run leader/coach	Likelihood - LOW Impact – MEDIUM	<ul style="list-style-type: none"> • All sessions to be led by a qualified and licenced coach/run leader. • A register of attendees to be collated for each session. • Run leader/coaches to be aware of the ability of all runners in their session. 	LOW

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			<ul style="list-style-type: none"> Ensure recommended runners:run leader/coach ratio is adhered to. The club to appoint a welfare supervisor (male and female) Face to face safeguarding training required at licence renewal for CiRF's and level 2 coaches. 	CiRFS to undertake face to face safeguarding training upon licence renewal ONGOING
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RISK LEVEL	ACTION & TIMESCALE
LOW	No further preventative action is necessary. Monitoring is required to ensure, so far as is reasonably practicable, that the controls are maintained.
MEDIUM	Efforts should be made to reduce the risk. Risk reduction measures should be maintained
HIGH	Activity should not be started until the risk has been reduced.

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Historical amendments

Name of person conducting the risk assessment	Version	Amendments
Emma Nielsen	V1	
Emma Nielsen	V2	<p>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.</p>
Emma Nielsen	V3	<p>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'.</p> <p>Medical Issues – membership form now captures medical conditions and emergency contact as does Team App.</p> <p>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)</p>
Emma Nielsen	V4	<p>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)</p> <p>Added: ratio of runners:coach, may be more stringent depending on conditions and runner ability. Note that first aid training requirement guidance changed in January 2022. Added: club to organise outdoor first aid training under medical issues section.</p>

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		<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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Name of person conducting risk assessment:	Version	Key Amendments	Signed and Date:
Emma Nielsen	V5	<ul style="list-style-type: none"> • Location of First Aider - Updated to OUTDOOR First Aid certification required for all new trail/fell run leaders and upon licence renewal for existing (UKA requirement) • Runner/Run Leader Ratio reduced to 10:1 in line with UKA recommendation, or, more stringent subject to risk assessment. • Slips, Trips, Falls – Added * All new/unfamiliar routes to be reced in advance to identify hazards and more technical sections. <ul style="list-style-type: none"> * Plan route in advance considering experience level of the group, weather forecast and daylight. * All runners and coach to carry club specified minimum kit to include charged head torch and spare batteries as back up. • Getting Lost – Added * Run leader to take register (TeamApp) at the start of every session. * Run leader to be familiar with the route and terrain surrounding the route choice. * Run leader/coach to be confident and competent in ability to navigate the terrain in which they are leading. A map and compass or navigation aid must be carried. * Run leader/coach to establish ability of runners and modify the 10:1 ratio if deemed necessary. * A 	14/02/2023

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sweeper to be nominated for each group within the session and a run count taken before , during and after. * Ensure appropriate runner/run leader ratio to maintain safe training is maintained throughout the session.

- **Medical Issues – Added** * Existing medical conditions to be declared and known by run leaders. * Details of medical conditions, emergency contact and ICE to be held and be accessible to run leaders/coach.
*Run leaders to ensure the distance/intensity of the session is suitable for the ability of the group.
* Each group to have an outdoor First Aid certified run leader/coach. * All run leaders/coach to be trained and certified in First Aid in accordance with current recommended requirements ie OUTDOOR
- **Medical - Action Required – Added** *All fell/trail run leaders to be trained in outdoor first aid in accordance with guidance AND encouraged and supported to take the Off Road LiRF module.
* Database of run leader qualification status to be held and maintained. * Bank of suitable volunteers to be established.
- **Added Safeguarding section.**
- Covid assessment section has been removed
- Requirement for covid provisions in First Aid kit has been removed