



RIVERSIDE RUNNERS - RISK ASSESSMENT FORM

RR-TRAINING-2025/26		Description of Activity: Club runs and training sessions					Date: 23/09/2025		
Potential Hazards	People, etc at Risk	Risk Rating			Control Measures:	Risk Rating			
		Initial Risk				Residual Risk			
		(Existing Controls)				All controls in place			
		S	L	R		S	L	R	
Club runs (relevant to juniors and seniors)									
Slips, trips and falls: Route - uneven ground, holes, tree roots, low branches	Runners	2	2	4	Runners are aware of club run route prior to setting off and that it may be multi-terrain. Runners to be briefed of hazards prior to the session. Runners are used to running on uneven ground.	2	1	2	
Collision with vehicle: Road crossing	Runners, other road users	3	2	6	Runners are encouraged to be cautious of road crossing, give way to traffic and to follow the highway code.	2	1	2	
Collision with vehicle: No paths to run on at side of road	Runners, other road users	3	2	6	Where a path is available runners are asked to use it. Where no path is available runners are encouraged to run on the side of the road	2	1	2	

					facing the incoming traffic but to be aware of road bends and switch sides temporarily to ensure maximum visibility.			
Collision with other path users: Other path users on narrow points of route	Runners, other path users	1	2	2	Runners are encouraged to be considerate to other path users and to give way where necessary.	1	1	1
Poor visibility – rain, fog, darkness	Runners, other path/road users	2	2	4	Runners are encouraged to wear high visibility/light clothing. High viz/light clothing is mandatory during hours of darkness and reflective items/lights are encouraged.	1	1	1
Heatstroke, sunburn, hypothermia, lightning strike: Adverse environmental conditions	Runners	2	2	4	Runners encouraged to wear suitable clothing and footwear for the conditions. Carry water if required. Cancel or postpone the run/session if necessary.	1	1	1
Safeguarding								
Safeguarding issues	Runners, coaches	2	2	4	The Club has adopted the England Athletics Adult Safeguarding Policy & Child Safeguarding Policy. Coaches approved by the Committee, based on qualifications and/or experience. Coach to carry mobile phone to reach emergency contacts if necessary. Run Leader aware of nearest first aid kit. Runners leaving the session early are asked to	2	1	2

				inform the Coach/Run Leader. Junior coaching Coaches to be DBS checked. Coaches should not coach alone, at least one other coach or volunteer should work with them. Mixed male and female coaching and volunteer teams. Coaching group sizes of up to 15 athletes with 2 Leaders (can be 2 coaches or 1 Coach and 1 Volunteer). Attendees assigned to training groups based on age and ability. Attendees sign in at a predetermined location at the start of the session. Attendees are collected by parent/guardian at the end of the session, unless otherwise agreed with the Coach. Emergency contact numbers to be available. Coaches trained in Sports First Aid. First aid kit available.			
Use of indoor facilities							
Fire				a) Session Leader to be aware of local fire procedure and fire escape routes.			
Electrocution				b) Should they be required, electrical sockets and electrical equipment to be visually inspected prior to use. Only use if in good state of repair.			

Slips, trips, falls					c) Equipment set up as appropriate & when not in use to be stored away. Kit bags & drinks bottles stowed neatly by the wall. Water/liquid spills to be wiped up promptly.			
Collisions with others and walls					d) Maximum size groups appropriate for session (15 athletes to 2 Leaders). Session under supervision of Coach providing tuition and guidance. Activities to be structured mindful of			

Severity - Likelihood	Slightly Harmful (Minor - 1)	Harmful (Serious 2)	Extremely Harmful (Major 3)
Highly unlikely (Low 1)	Trivial Risk (1)	Tolerable Risk (2)	Moderate Risk (3)
Unlikely (Med 2)	Tolerable Risk (2)	Moderate Risk (4)	Substantial Risk (6)
Likely (High 3)	Moderate Risk (3)	Substantial Risk (6)	Intolerable Risk (9)

Prepared by:	Ann Ellmers
Reviewed by:	Emma Evans
Approved by:	Ann Ellmers
Next Review Date:	2026