



Risk Assessment: Club Runs

Date:	Assessed by:	Location:	Review:
October 2025	Allison Haycox Submitted for Approval by Club Chair and Committee 14/10/25	Applies to weekly club runs in the local areas of Telford, Wellington and the Wrekin/Ercall. Surfaces include road, footpaths, trails, fields etc. Conditions include all weathers and all light conditions	October 2026 Or when new risks identified via Accident Reporting review
<p>Context: Wrekin Road Runners aims to ensure the Health and Safety of members by assessing the risks associated with local club runs. Control measures will be put in place to minimise the risks associated with outdoor physical activity and guidance provided to members so they may make risk based decisions whenever they choose to participate in club activities.</p>			

What are the Hazards?	Who might be harmed and how?	Existing Controls (What are we already doing to control risk?)	Risk Rating	Further Controls (What else to do?)	Action owner
Inadequate Leading	Run group as a whole could be placed in danger Eg: treacherous routes for weather conditions, risk from traffic, natural hazards etc.	<ul style="list-style-type: none"> • All run leaders are known to the club Chair/Secretary who schedule club runs. • All run leaders receive guidelines on best practice for leading run groups • Where possible run leaders are licenced by UKA (have completed LIRF training). • Routes are already familiar to leader or reced in advance of running with a group. • Where run groups comprise of a mix of experienced runners, long-standing members and/or club officials these are encouraged to intervene if high risk activity/behaviour observed. 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. • Club to fund training for more run leaders to gain LIRF if required. • Club to maintain register of LIRF qualified Run Leaders 	Committee and UKA trained leaders

Risk Assessment: Run Group Participants

<p>Run group is too large to lead safely</p>	<p>Runners get separated from the group resulting in potentially unsafe situations for run participants . Runner may become ill or injured and leader is unaware.</p>	<ul style="list-style-type: none"> ● Run leader to maintain count of members throughout run and ensure adequate looping. ● Group may be split into additional smaller groups to reflect ability where sufficient leader numbers allow. ● A responsible back-marker for the group may be allocated. 	<p>M</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. ● Maintain a ratio of leaders to runners of 12:1 or lower 	<p>Leaders</p>
<p>Uneven Ground/Trip Hazards</p>	<p>Runners trip or stumble resulting in injury</p>	<ul style="list-style-type: none"> ● Runners to wear appropriate footwear. ● Runners at front of group warn others following of hazards by shouting. ● Runners with any additional requirements to run with an assigned run-buddy or rotational buddy system ● Runners to wear head or chest torches when running in low light levels ● Leader to be aware of areas of hazard from their own recce or route familiarity 	<p>L</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Leaders</p>
<p>Traffic</p>	<p>Runners are hit by vehicles resulting in injury:</p> <ul style="list-style-type: none"> ● Vehicles emerging from driveways; ● Vehicles on roads / lanes; ● Bikes, scooters etc. sharing paths 	<ul style="list-style-type: none"> ● Runners encouraged to wear hi-viz clothing. ● Group advised to run on pavements as far as possible. If only option is to run on the road, stay to the right (facing traffic) or position of maximum visibility. ● On paths and shared spaces runners to observe for bikes, mobility scooters etc. and alert other runners to hazard. ● Code of conduct to remind all runners they are responsible for their own safety. ● Leader/Lead runners and back stop to shout warning to following group if traffic approaches unexpectedly. ● Runners watch out for themselves and each other 	<p>M</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Leaders</p>

Risk Assessment: Run Group Participants

Accidents caused by bumping or jostling	Runners trip and fall resulting in injury	<ul style="list-style-type: none"> • Runners run responsibly keeping a sensible distance between themselves and runners ahead and beside them. 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. 	Leaders
Unexpected obstacles in path	Trips or falls resulting in injury. Grazes to lower legs, foot & ankle injuries from running through very rough ground cover.	<ul style="list-style-type: none"> • Lead runners warn of unexpected hazards by shouting a clear warning. (E.g. Cars, tree roots, pot holes, bollards, vegetation, dog mess, road signs, kerbs etc.) • If planned route is very overgrown the leader will make a decision whether to proceed with extreme caution or choose an alternative route. 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. 	Leaders
Stiles	Runner slips and falls when climbing a stile resulting in injury	<ul style="list-style-type: none"> • Care taken when climbing stiles particularly in wet weather where they may be slippery. • Badly maintained/broken stiles avoided or climbed with care • Lead runner and or back stop to ensure everyone has managed to get over stile climbed with care before continuing the run. 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. 	Leaders
Steep and/or slippery surface	Runner slips or skids on steep slopes and/or slippery surfaces resulting in injury	<ul style="list-style-type: none"> • Walk if conditions are particularly challenging. • Assist other runners traversing hazards • Looping enables runners to run/jog/walk at their own pace without pressure of having to keep up with others 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. 	Leaders
Run group getting lost	Running group follow unknown routes and end up running further than expected - overuse injuries &/or anxiety of getting back on time.	<ul style="list-style-type: none"> • Group Leaders are familiar with area and follow planned routes of estimated distance • Local knowledge within group is shared if it becomes necessary to deviate from the planned route. 	L	<ul style="list-style-type: none"> • Runners encouraged to look out for themselves and others. 	Leaders

Risk Assessment: Run Group Participants

<p>Runner(s) becoming separated from the group</p>	<p>Individual runner becomes separated from group, possibly on their own and in unfamiliar surroundings. Anxiety caused to individual runner who is potentially vulnerable and frightened. Unsafe situations regarding members of public,</p>	<ul style="list-style-type: none"> ● Leaders co-ordinate groups, encouraging looping and maintaining a headcount. ● Back runners (trusted participants, ideally LiRF qualified) ensure that nobody falls behind / gets separated. ● Run distances and duration are declared to members to ensure appropriate groups are selected. ● If a runner indicates they wish to leave the group mid-run, a Last Minute Risk Assessment (LMRA) to take place on whether it is appropriate for the runner to return on their own or be accompanied by another runner. 	<p>M</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Leaders</p>
<p>Dogs / animals</p>	<p>Runners chased by and/or jostled/attacked by domestic, farmed or wild animals – resulting in trips, falls, bites and other possibly serious injuries.</p>	<ul style="list-style-type: none"> ● Adhere to warning signs on farmland regarding cattle in fields etc. ● Observe animals before entering field - if any aggressive behaviour observed choose alternative route. ● If running near dogs on or off lead, slow to a walk if appropriate. Note: Avoid turning your back on the dog. Seek assistance from dog owner if appropriate. ● If horse riders are encountered on lanes, slow to a walk when approaching to avoid spooking the horse. 	<p>L</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Leaders</p>
<p>Very Hot Weather</p>	<p>Runners may suffer from a range of symptoms from mild dehydration to heatstroke. Running in heat can potentially be fatal</p>	<ul style="list-style-type: none"> ● Runners advised to wear kit appropriate to conditions. ● Runners encouraged to take on plenty of fluid particularly on longer runs. ● Running pace slowed to accommodate excessive temperatures ● Club runs cancelled if conditions are considered dangerous. 	<p>L</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Chair and leaders</p>

Risk Assessment: Run Group Participants

<p>Cold Weather</p>	<p>Runners may suffer from mild discomfort of extremities to more serious hypothermia. This may impact more on runners with underlying health conditions. Icy conditions increase risk of injury from slipping</p>	<ul style="list-style-type: none"> ● Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. ● Run routes planned to account for conditions. ● Care taken to avoid patches of ice. ● Club runs cancelled if conditions are considered dangerous. 	<p>L</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Chair and leaders</p>
<p>Asthma & other medical conditions</p>	<p>Runner suffering from asthma whilst on a group run and unable to continue. Runner suffers a severe attack with breathing difficulties requiring medical assistance.</p>	<ul style="list-style-type: none"> ● Runners who have asthma and choose to run to advise run leader and ensure they carry an inhaler on ALL runs. ● Runners asked as a group if there are any conditions the run leader should be aware of. <p>Notes: The decision whether to run or not is left to the discretion of the individual - but they must accept that they run at their own risk.</p>	<p>M</p>	<ul style="list-style-type: none"> ● Members with medical conditions to advise leaders if possibility of impacting on run 	<p>Committee</p>
<p>Running in the Dark</p>	<p>Runners fall or trip - unable to see obstructions/running surfaces. Other road/trail users collide with runners resulting in injury. Runners in unfamiliar surroundings may be anxious about getting separated from the run group.</p>	<ul style="list-style-type: none"> ● Runners wear hi-vis clothing in low light or night runs. ● Runners wear head or chest torches. ● Winter evening runs to follow well-lit routes. ● Off-road runs are not undertaken during the darker months. 	<p>L</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Leaders</p>

Risk Assessment: Run Group Participants

<p>Runner becomes ill/injured during run</p>	<p>Injured/ill runner's condition may deteriorate. Other runners within the group may become distressed or ill themselves due to waiting around in cold conditions</p>	<ul style="list-style-type: none"> ● Group leaders carry mobile phones so they may telephone for assistance from other leaders, injured runners emergency contact or 999 etc. ● Avoid mobile phone blackspots if known about. ● Appropriate number of leaders trained in outdoor first aid which covers the management of the wider group during an incident. ● Other leader/responsible group member to lead majority of the group back to base to minimise those impacted. 	<p>M</p>	<ul style="list-style-type: none"> ● Runners encouraged to look out for themselves and others. 	<p>Committee and Leaders</p>
<p>Safeguarding issues</p>		<ul style="list-style-type: none"> ● Leaders and volunteers to have correct DBS. ● Suitable safeguarding training taking place for leaders and volunteers ● Safeguarding policy in place 	<p>H</p>	<ul style="list-style-type: none"> ● Code of Conduct for all members 	<p>Committee and Welfare Officers</p>