

Risk Assessment: Holme Pierrepont Running Club

Date:	Assessed by:	Location :	Review :
February 2024	Hannah Matharu & Lauren Johnson	NWSC, Bingham track, public trails and footpaths and roads	February 2026

What are the Hazards?	Who might be harmed and how?	Risk Rating	What are you already doing?	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Inclement weather results in slippery surfaces	Athletes/volunteers slip/fall	L	1. Track to be cancelled if due to be icy 2. Track lead make athletes aware of surface conditions at start of training	Annual inspections and cleaning of track/field surfaces by Lex Leisure facilities management Follow up by H&S Officer to ensure undertaken and copy of Leisure Centre RA reviewed	L	Lex Leisure H&S Officer	On-going	Yes
Debris or obstacles on track	Athletes/volunteers slip/fall	L	1. Debris cleared off Track prior to training beginning	Comfortable to accept the risk based on existing controls	L			
Athlete congestion on track or during group runs	Athletes colliding or getting lost on club runs	L	1. Track lead ensures athletes are aware of busy track and need to be aware of other runners 2. Duty runner suggests splitting pace groups up if a	6-monthly reminder to members about responsibilities around congestion on club runs	L			Yes

			<p>group is looking too big to manage</p> <p>3. Members inform other group members if planning on splitting off from group run before end</p> <p>4. Members look after each other on club runs to ensure members do not get inadvertently left behind</p>			H&S Officer	6 monthly	
Athlete collapses during session	<p>1. Heart attack or similar.</p> <p>2. Fall resulting in head injury.</p>	M	<p>1. Club runners trained in First Aid and first-aiders known to club members</p> <p>2. First aid kit available in Watersports Centre and Leisure Centre.</p> <p>3. Club aware of medical conditions</p> <p>4. Defibrillator available in Leisure Centre Foyer and Reception, and main building of Watersports Centre and Duty Manager's van</p>	Communicate locations of defibs to members		H&S Officer	February 2024	Yes
Athlete/Coach struck by road vehicle, cyclist or pedestrian during road runs	Minor/Major Injury/Death	L	<p>1. Athletes plan routes with adequate lighting.</p> <p>2. Athletes advised to wear hi-visibility clothing/lights on website.</p>	6-monthly reminder to members about responsibilities around congestion on club runs		H&S Officer	6 monthly	Yes

			<p>3. Athletes advised to wear a light during darkness on website.</p> <p>4. Duty runner to advise athletes to split up pace groups if looking unmanageable</p>					
Athlete/Coach attacked by animal during road/trail run	Minor/Major injury	L	<p>1. Athletes to be vigilant of unsupervised dogs and other animals</p> <p>2. Athletes to either stop or walk slowly around at a safe distance if walking through a field of cows etc</p>	Comfortable to accept the risk based on existing controls	L			
Member of public put in unnecessary risk as a result of volume of club runners on pavement	Minor/major injury	L	1. All club runners to be mindful of surroundings	6-monthly reminder to members about responsibilities around congestion on club runs	L	H&S Officer	6 monthly	
Potential hazards on pub run route leading to slips, trips and falls or participant getting lost	Minor/major injury	L	1. Pub run lead to ensure confident with route before leading group	Comfortable to accept the risk based on existing controls	L			
Warm weather leads to dehydration	Minor/major injury	L	1. Club runners reminded in club comms of need to bring appropriate	Comfortable to accept the risk based on existing controls	L			

or light headedness of runners, sunburn or sunstroke			clothing, sunscreen and water to sessions 2. Consideration of cancelling more competitive/ speed-based sessions			H&S Officer	May 2024	
Failure to learn lessons from near-misses and accidents which do occur	Minor/major injury	M	1. Log all accidents in log in duty runner box or report to H&S Officer and remind members of this practice regularly 2. H&S Officer to monitor any trends and report to the committee as appropriate	6-monthly reminder to members about responsibilities around congestion on club runs	L	H&S Officer	6 monthly	Yes
Members enter cold water at Watersports Centre when flooding occurs on usual club run route leading to hypothermia, illness or drowning	Minor/major injury	L	1. In instances of flooding at the Watersports Centre, club runs to start from the main building car park and from there go straight onto the road	Comfortable to accept the risk based on existing controls	L			

NB Copy and paste rows as required