



EVESHAM VALE RUNNING CLUB

RISK ASSESSMENTS - CROSS COUNTRY RUNNING



HAZARD	WHO/HOW AFFECTED	CONTROL MEASURES
1) Terrain e.g. uneven ground, mud under bridges	Athletes- injuries from tripping and falling	<ul style="list-style-type: none">➤ Club spokesperson to inform and warn runners at start of run➤ Routes to be checked for particular hazards➤ Correct footwear to be worn
2) Weather- Icy/foggy	Injury or illness from extreme weather conditions	<ul style="list-style-type: none">➤ Club spokesperson to inform runners at start of run➤ Committee to check long range forecast➤ If too dangerous do not run
3) Visibility- Dark/Light	Injuries from collisions	<ul style="list-style-type: none">➤ No off road running in poor visibility unless equipped with head lamp (1W)
4) Animals- Dog Biting leg etc	Athletes injured from attacks	<ul style="list-style-type: none">➤ Avoid areas where free running animals-Keep to footpaths➤ Be alert and aware➤ Follow instructions
5) Vegetation e.g. brambles, nettles	Athletes injured from cuts/grazes/stings	<ul style="list-style-type: none">➤ Club spokesperson to inform and warn runners at start of run➤ Routes to be checked for hazards➤ Athletes to be alert➤ Runners to wear correct attire for the route
6) Obstacles e.g. styles, wire fences	Athletes injured from cuts/grazes and bruises	<ul style="list-style-type: none">➤ Club spokesperson to inform and warn runners at start of run➤ Routes to be checked for hazards➤ Athletes to be alert➤ Runners to wear correct attire for route



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5) Provocative behaviours by others e.g. kids throwing stones at runners	Verbal or Physical abuse to athletes	<ul style="list-style-type: none">➤ Always run in a group➤ Call for help if required via mobile phones. Each group to carry mobile phone with them➤ Do not antagonise children
6) Wearing IPODS or other media devices	Athlete is distracted and therefore cannot hear traffic	<ul style="list-style-type: none">➤ CLUB RULE- No ipods or other media devices
7) Lone Running	Athlete intends to run alone or gets dropped off the back of a group	<ul style="list-style-type: none">➤ Signing in registration at Start and finish of run➤ Everyone allocated to a group. Each group to carry mobile phone➤ Allocated route leader to each group➤ Runners to remain in pairs where possible
8) Lost	Athletes gets lost	As above <ul style="list-style-type: none">➤ The club keeps all contact details at club meeting point- Patients 1st contact name would be called. Then it would be escalated as required.