



Version	Approved by	Date	Date of next Review
01	TACH Committee	01/06/2023	091/06/2025

Ref	Potential Hazard	Persons at risk	Risk rating	Measures to reduce risk to LOW	Acceptable (Y/N)
1.	Slips Trips & Sprains or feeling unwell	Runners may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips), ground with uneven camber, uneven or slippery pavements and trip over kerbs. Typically results in ankle & foot injuries.	M	<ul style="list-style-type: none"> ● Run leaders reccie route (where possible) to advise group of additional hazards during the run and ensure less experienced off-road runners are accompanied. ● Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury. ● Appropriate shoes for the conditions. Run leaders to advise on the terrain on the spreadsheet and/or at the start of a run. ● Advise runners to take additional layer and/or emergency blanket in case there is the need to stop, particularly in cold conditions. 	Y
2.	Running at Night during the winter months	Above risks, but risk is increased due to lack of visibility	H	<ul style="list-style-type: none"> ● All runners are advised to wear a head torch or torchlight when running at night. ● Those who do not are doing so at their own risk. ● All runners advised to wear Hi-Viz vests or brightly coloured clothing. ● Run against the prevailing traffic, where possible. ● Groups cross roads together. 	Y



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3.	Crossing busy roads	Runners may be involved in road traffic accidents	M	<ul style="list-style-type: none"> Choose routes to avoid crossing busy roads, where possible Make use of available safe crossing places, such as pelican crossings, where available. Where road crossings are unavoidable, advise runners to take care during the route briefing, calling out any crossing which is particularly hazardous 	Y
4.	Getting Lost	Whole group could get lost during a run.	L	<ul style="list-style-type: none"> Run Leaders should reccie route (whenever possible) Run Leaders to carry a means of navigation such as a map or mobile phone. 	Y
5.	Runners get separated from the run group or simply go missing.	Individual runner(s) could get lost or separated from the group. Runners could have incurred injury unknown to the group and can't make it back to the start.	M	<ul style="list-style-type: none"> Have regular regroupings during group runs. Run leaders count runners at each re-group and ensure no-one is missing. Designate a back runner for larger groups. Ensure that all runners are back at the finish point. Runners should call head/make themselves known if they are falling behind. Runners should look behind regularly to ensure they can see the runner behind them. 	Y
6.	Very Hot Weather	Runners could suffer from dehydration or sunburn/sunstroke (heat)	M	<ul style="list-style-type: none"> Advise runners to wear kit appropriate to conditions. Advise runners to take water particularly on longer runs. Remind runners to use high factor sun cream. If conditions are extreme and/or considered dangerous, run can be shortened/postponed/cancelled at discretion of Run Leader. 	Y



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7.	Cold Weather	Runners could be exposed to the cold. Presence of ice and snow could lead to slips, trips and falls.	M	<ul style="list-style-type: none"> • Runners are encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. • Advise runners care should be taken to avoid patches of ice. • If conditions are extreme and/or considered dangerous, run can be shortened/postponed/cancelled at discretion of Run Leader. 	Y
8.	Animals/ livestock	Interaction between runners/dogs and animals/livestock	M	<ul style="list-style-type: none"> • Remind runners to take care when entering a field with animals. • Remind runners there is the option to walk instead of run through fields of livestock. • If animals display any aggressive behaviour towards runners, choose alternative route. • Dogs will remain on a lead around livestock or be under the control of the owners. Dog owners must be prepared to take an alternative route to avoid livestock if needed. • Ensure closed gates are closed and open gates are left open. Let the person behind you know which it is. 	Y
9.	Fatigue	Runners may tire before the end of a run	L	<ul style="list-style-type: none"> • Remind runners to always make sure nobody is left running alone. Faster runners should sheepdog. • Encourage runners to start slowly and only push themselves cautiously. 	Y



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10.	Overgrown Vegetation/ Brambles/ Nettles/long grass	Runners could be scratched or stung or suffer from allergic reactions.	L	<ul style="list-style-type: none"> ● Run leaders should recce the run recently (whenever possible). ● Warn runners if route is expected to be particularly over-grown or if there is long grass, give them an opportunity to opt out. ● If route is impassable, take an alternative. 	Y
11.	Ticks	Runners could get ticks increasing the risk of Lyme disease.	L	<ul style="list-style-type: none"> ● Advise runners about the presence of ticks and the risk of lyme disease. ● Remind runners to check for ticks thoroughly following a run. ● If someone is bitten by a tick, it is essential it is removed correctly using the correct tools (i.e. tick tweezers or a tick card) and not simply pulled out. ● Advise runners if a rash appears at the bite site or they become unwell following a tick bite, they should see medical advice. 	Y
12.	General point	Runners	L	<ul style="list-style-type: none"> ● Only participate in the run if you are fit and healthy enough to run the distance specified. 	Y