

Serpentine RC Trail Running Risk Assessment (applicable to all trail running locations)					
Revised 23.10.23 Version 0.2					
Risk name	Risk Description	Risk			Countermeasures
		Liklihood	Severity	Probability (after countermeasures taken)	
Uneven ground	Risk of trip/fall causing injury	H	M	M	Runners Remind runners of the risk of uneven ground on the trails. Remind runners to look where they are going. Remind runners to wear appropriate footwear. Runners at front of group to warn following runners of very rutted uneven ground by shouting.
Overgrown vegetation/brambles/nettles	Risk of trip/fall causing injury/stings or cuts	H	M	M	Runners Remind runners if route is likely to be particularly overgrown. Remind runners to look where they are going. If route is impassable runners to take an alternative.
Stiles	Risk of trip/fall causing injury. Risk of splinters.	M	M	L	Runners Remind runners to take care when climbing stiles, particularly in wet weather when they may be slippery. Extra care to be taken on badly maintained/broken stiles. Runners to be reminded to bring gloves which will minimise risk of splinters.
Slippery, muddy or icy ground	Risk of trip/fall causing injury	H	M	M	Runners Remind runners of the risk of slippery ground on the trails. Remind runners to look where they are going. Remind runners to wear appropriate footwear. Runners at front of group to warn following runners of very slippery ground by shouting.
Steps	Risk of trip/fall causing injury	M	M	L	Runners Remind runners to look where they are going. Remind runners that steps may be slippery.
Getting lost	Risk of participant running longer than expected and may not be equipped to do so (i.e. insufficient clothing, no food or water).	L	L	L	Runners Ask runners to run in groups and watch out for those in the group who may feel vulnerable. No one to be left on their own. Remind runners to run at a pace consistent with their ability. Make all routes available by gpx in advance and ask tell runners to either download onto a device they carry or print out a map (note mobile reception is not always possible). Ask all runners to have a look at the route in advance.
Animals/livestock	Risk of unnerving cattle or horses in fields leading to aggression and possible injury.	L	M	L	Runners Runners to observe animals before entering field. If any aggressive behaviour observed choose an alternative route.
Dogs	Accident/collision with other path users (people, dogs, cyclists) causing injury Risk of dog attack / bite	L	M	L	Runners Ask runners to be alert when running near dogs, particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate.
Very hot weather	Risk of dehydration and sunburn	L	M	L	Runners & Club Notify runners when extreme heat expected and may impact the trail run. Remind runners to check the weather forecast before they leave. Consider cancelling runs during extreme events. Runners to dress accordingly and carry sufficient water and food for the duration of the run. Remind runners to use high factor sun cream if appropriate.
Very cold weather	Risk of hypothermia	L	M	L	Runners & Club Notify runners when extreme cold expected and may impact the trail run. Remind runners to check the weather forecast before they leave. Consider cancelling runs during extreme events. Runners to dress accordingly.
Storms or other extreme weather events	Risk of falling branches or trees, flooding, paths becoming blocked causing route diversions, increase trip hazards	L	M	L	Runners & Club Monitor weather in advance of run and consider cancelling if extreme event is forecast. Remind runners to check the weather forecast before they leave. Runners to dress accordingly. Runners must be prepared to dynamically assess the controls laid out within this assessment in the event of sudden adverse weather, including thunder, lightening and fog.
Vehicles, traffic and road crossings	Traffic accident/collision with vehicle or cyclist causing injury. Possible damage to property.	M	H	M	Runners Remind runners to respect the rules of the road and everyone must do their own check for traffic. Club rule that runners must not wear headphones on club runs so that they can hear traffic and each other.
Participants not suitably fit to attend session or not capable of running on uneven surface	Risk of participant becoming unwell or having a medical event occurring during run. Risk of runner getting isolated or lost during run. Risk of runner falling over.	M	H	L	Runners See club code of conduct ( <a href="https://www.serpentine.org.uk/pages/training_coaching_code.html">https://www.serpentine.org.uk/pages/training_coaching_code.html</a> ). Make clear to runners that they need to be able to run approx 10min/miles on the flat, be ready for hills and have this sort of distance (12 - 15 miles) before.
Medical emergency	Participant having a medical emergency	L	H	M	Runners & Club Ask members to participate in activities only if they are fit to do so. Encourage runners to carry a small first aid kit each. Encourage runners to carry a mobile phone but be aware that mobile reception is not always possible.