



Risk Assessment for Routine Training

commencing from Selby RUFC or Brayton Green

Assessment completed by: Matt Thornton – Health & Safety Officer	Date: 1 st November 2024	Next review due: November 2025
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No.	What are the hazards?	Who might be harmed, and how?	What are we already doing to control the risks?	What further action can we take?	Who needs to carry out the further action?
01	Physical overload – due to physical condition, ill health or environment/weather	Athlete – training beyond personal limits (may be exacerbated by heat, or poor health at the time, before or during). Causes: muscle or joint pain or other physical discomfort. Weakness/exhaustion, and if left unchecked potential fainting resulting in fall and possible physical injury.	Athlete to personally assess own physical condition, weather & route difficulty prior to each session. In attending athlete confirms suitable physical condition for route & weather to participate.	The club's expectation is that everyone will assist another member who requires help. Running Group Leaders to recognise signs of that an athlete is struggling during a session.	All to read Member Participation Procedures. Running Group Leader.



02	Slips, trips, falls & collisions (including fixed items, people, animals, bicycles & vehicles)	Athlete, Public – falling over, including items of street furniture, route obstacles or people, animals, slippery underfoot conditions. Causes: possible bodily injury, which may prevent further running.	Athletes to remain vigilant and when in group warn others behind of obstacles (which may be moving) that may cause potential to slip, trip or fall. Running Group Leader to advise of any known obstacles within the route.	Regularly review routes to assess whether known obstacles can be removed from the route, or route changed to avoid. All to be aware of Emergency Procedures.	Running Group Leader; Committee.
03	Adverse weather conditions (hot/sunny, cold/icy, wet/raining/snowing)	Athlete - heat exhaustion, hypothermia prevents further running, slips, trips and falls. Causes: injury which could prevent further running.	In addition to the individual Athletes assessment of conditions the Running Group Leader to assess extreme weather conditions prior to the session to assess whether changes should be made to training, or cancellation.	In extreme weather conditions, members to dress appropriately for heat/cold and to carry water when hot.	Running Group Leader; Committee
04	Training in darkness: reduced visibility for runners and public	Athlete, Public – much heightened risk of slips, trips falls and collisions	Head/chest torches, and hi viz vest expected to be worn. Use routes along lit footpaths within town wherever possible	Remind members to wear reflective clothing and torches as winter approaches	Committee – every October
05	Isolation	Athlete – Personal Safety	Running Group Leader advises route to all at the start of the session; Running Group Leader to ensure all athletes are accounted for at the regrouping stops before recommencing.	Encourage all members to run in a minimum group of two or three, particularly more vulnerable members.	Running Group Leader; Committee



06	Unsuitable route	Athlete – potential for slips, trips, falls, collisions (or for training overload included in No.1)	All routes risk assessed prior to club run & only those with low/acceptable risk are permitted. Local recent knowledge to be taken into account of route selection where possible.	Regularly review routes to assess whether known obstacles can be removed from the route, or routes changed to safer alternatives.	Committee
07	Dealing with animals (dogs, cows, sheep, horses)	Athlete – domestic Animal interaction results in collision, slip, trip or fall. Bite from domestic animal. Farm animals within fields which route travels could cause a crush injury	Athletes to avoid interacting with animals during session. Give all animals a wide berth to avoid any unpredictable behaviour.	Regularly review routes to assess whether routes including animals can be temporarily avoided.	Committee
08	Crossing major roads or railway tracks	Athlete, Drivers – heightened risk of collision with traffic/ train	Care to be taken when crossing train lines, using recognised crossing points and obeying traffic lights. Follow Highway Code recommendations on road crossings.	Routes regularly reviewed to remove more dangerous crossings where possible.	Committee

Notes:

This Risk Assessment is to be read in conjunction with the Member Participation Procedures and the Health and Safety Policy.