

Spey Runners: Club Run Generic Risk Assessment

Date:	Assessed by:	Location :	Review :
6/12/2016	Paul Watson	Fochabers	1/5/2017

What are the Hazards?	Chance	Impact	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Result ant Risk Rating	Action by whom/ Date
1. Risk of injury due to road crossings (traffic hazards)	L	M	Club runners – risk of injury	1. Stop at all road crossings and observe normal road safety	L	General – brief all runners on the route prior to the run starting and point out any potential hazards. 4. If snow/ice pose significant danger cancel run 6. Do not allow members to run without head torches and high visibility clothing	L	Committee 1 May annually following AGM
2. Risk of dehydration due to high air temperature	L	L		2. Ensure runners have water and make frequent stops	L			
3. Risk of hypothermia due to low air temperature	L	L		3. Appropriate warm clothing to be worn	L			
4. Risk of injury due to falling from snow/ice on ground	M	M		4. Assess danger and only run where safe	M			
5. Risk of injury due to falling as a result of water/mud on ground	M	L		5. Assess danger and only run where safe	L			
6. Risk of injury due to falling due to darkness/poor visibility	M	L		6. Ensure head torches and high visibility clothing is worn	M			
7. Risk of falling as a result of trees - roots and branches	M	L		7. Warn runners in advance	L			
8. Risk of falling from running in proximity to river	L	H		8. Warn runners in advance	M			
			•	L	•	L		
			•	M	•	L		
			•	H	•	L		

NB Copy and paste rows as required