**Spey Runners: Club Run Generic Risk Assessment**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| 4/5/2018 | Paul Watson | Fochabers | 1/5/2019 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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?** | **Resultant Risk Rating** | **Action by whom/**  **Date** |
| 1. Risk of injury due to road crossings (traffic hazards)  2. Risk of dehydration due to high air temperature  3, Risk of hypothermia due to low air temperature  4. Risk of injury due to falling from snow/ice on ground  5. Risk of injury due to falling as a result of water/mud on ground  6. Risk of injury due to falling due to darkness/poor visibility  7. Risk of falling as a result of trees - roots and branches  8. Risk of falling from running in proximity to river | L  L  L  M  M  M  M  L | M  L  L  M  L  L  L  H | *Club runners – risk of injury* | *1.Stop at all road crossings and observe normal road safety*  *2. Ensure runners have water and make frequent stops*  *3. Appropriate warm clothing to be worn*  *4. Assess danger and only run where safe*  *5. Assess danger and only run where safe*  *6. Ensure head torches and high visibility clothing is worn*  *7. Warn runners in advance*  *8. Warn runners in advance* | *L*  *L*  *L*  *M*  *L*  *M*  *L*  *M* | *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*  *L*  *L* | *Committee*  *1 May annually following AGM* |
|  |  |  |  |  | L |  | L |  |
|  |  |  |  |  | M |  | L |  |
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NB Copy and paste rows as required