

Risk Assessment

Group name

Date of risk assessment

What are the hazards?	Who might be harmed?	What are you already doing?	Any further actions required?	Risk Rating after measures (High/Medium/Low)
Increment weather – making it too hot/wet or slippy to run.	Participants and leaders	<ul style="list-style-type: none"> • RunTogether leaders to give appropriate advice to participants dependent on weather conditions, e.g. use of hat and sun cream in the heat and plan sessions accordingly • Cancellation of sessions to be considered if weather conditions make it unsafe to run 		
Traffic/road crossings on route	Participants/leaders taking part in the session. Other members of public	<ul style="list-style-type: none"> • RunTogether leader to remind participants at the start of the session to use crossings provided and reinforce this weekly • Cross as a group where possible • RunTogether leaders to remind participants to take personal responsibility within the session 		
Ground conditions – uneven/changing ground conditions.	Participants and leaders	<ul style="list-style-type: none"> • RunTogether Leader to ensure the route is safe before taking the group out on the run • RunTogether Leader to advise participants of any changing/uneven ground conditions at the start of the session 		
Injuries through participation/medical conditions	Participants and leaders	<ul style="list-style-type: none"> • RunTogether Leader to have access to participant's medical conditions prior to starting the session • RunTogether Leader to ask participants at the start of each session whether anyone has any injuries they should know about/perform a visual check • RunTogether leader to deliver an appropriate warm up and cool down activity and plan sessions to suit varying ability levels • Qualified First Aider in attendance at the session • RunTogether leader to carry a mobile phone in case of emergencies 		

continued >

Risk Assessment continued

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Participants getting lost	Participants at session	<ul style="list-style-type: none"> • RunTogether leader to share route with the group before each run and explain the route at the start of the session • RunTogether leader to consider group management strategies such as loop backs and out and back routes to help keep group together • Run Leader's situated at the front and back of groups 		
Inappropriate running kit/equipment	Participants	<ul style="list-style-type: none"> • Run Leaders to send participants information on what they should be wearing at the session or direct to the RunTogether website • RunTogether leaders to do a visual check each week • RunTogether should encourage participants to wear high vis/bright clothing particularly when running in the dark 		
Other members of the public getting in the way of runners	Participants and members of public	<ul style="list-style-type: none"> • RunTogether leader to plan appropriate routes for the group • RunTogether leaders to remind participants to be respectful to other road users. 		
Enter as appropriate				