

Group risk assessment	Woodthorpe Huffers & Puffers
Group venue & area	Warm up/stretching at park adjacent to The Vale and all pre-planned routes
Assessed by	Gemma Poulter
Date written assessment completed	27/4/25

Task/activity being assessed	Hazards present/generated	Who may be harmed by the hazards	Precautions already in place to remove/reduce the risk of accident	Additional precautions needed to remove/reduce risk identified
Group safety before the first & every session	1.Venue/location 2. Ability of participants 3. Participants with injury, ill-health or those who need reasonable adjustments but have not communicated this	Group leader, helpers, participants	<p>Ensure safe place for belongings (car boots).</p> <p>Ensure all feel safe at venue &amp; on route.</p> <p>Ensure Club's health disclaimer is completed prior to first session &amp; reviewed by run leaders(s) and/or Health &amp; Safety- &amp; Membership secretaries.</p> <p>Committee members and run leaders review copies of all health disclaimers.</p> <p>Committee members &amp; run leader retain contact details &amp; review medical conditions prior to new members joining C25k programmes or the club.</p> <p>Participants to be directed to consult their GP if any doubt.</p> <p>Ensure participants carry any medication they may need on each session.</p> <p>Committee member to hold welcome</p>	

			<p>discussion with each new member to confirm any required adjustments prior to first run.</p> <p>Participants &amp; members advised to carry their “in case of emergency” (ICE) contact details on the lock screen of their mobile ‘phone as run leaders won’t have access to these when out on a run.</p> <p>All participants asked to confirm they will act accordingly.</p> <p>Encourage all new club members to be added to club WhatsApp group to enable effective and responsive communication.</p>	
General safety on every occasion	<ol style="list-style-type: none"> <li>1. Injury/illness unreported by participants</li> <li>2. Inappropriate clothing or poor visibility of group</li> <li>3. Possible dehydration/low energy</li> <li>4. Injury/illness during a session</li> <li>5. Unsuitable footwear</li> <li>6. Runners getting left behind/lost</li> </ol>	Run leader, helpers, participants	<p>Perform visual safety check &amp; health/injury enquiry before each session.</p> <p>Ensure clothing suits conditions.</p> <p>Reflective clothing to be worn in fading light/dark.</p> <p>ICE details to be available from participants during each session.</p> <p>A UKA qualified run leader to lead each C25k or back to/learn to run session.</p>	

			<p>New members should be pre-advised in beginner pack re water &amp; snacks.</p> <p>Participants should have been advised to have eaten no more than 2 hours prior to session.</p> <p>First aid to only be given if currently qualified.</p> <p>Club policy on the management of injured/ill runners to be adhered to.</p> <p>Advice on suitable footwear to be given in beginners' information emails</p> <p>Faster runners loop back to rest of group to ensure no one runs out of sight.</p> <p>Back marker is the last runner of the group and no other runners go behind them.</p> <p>A participant familiar with the route accompanies any participant who needs to discontinue their run back to their car.</p> <p>Should a participant become injured and require medical attention, two participants to stay with them until medical support/ambulance arrives.</p>	
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Running routes	<p>1. Uneven ground, potholes, slippery ground, mud, street furniture, bins, debris, rubbish bags, parked cars</p> <p>2. Visibility</p> <p>3. Ability of the group</p>	Group leader, helpers, participants, members of the public	<p>Course has been checked prior for suitability within guidelines advised in UKA leadership risk assessment.</p> <p>Participants forewarned of route obstacles.</p> <p>Routes selected have good lighting.</p> <p>Road safety rules adhered to.</p> <p>Session kept to appropriate duration.</p> <p>Ongoing risk assessment by run leader with ongoing adaptation as required.</p> <p>Ability of slowest/least able sets the session time with faster paced runners looping back.</p>	<p>Pre-check route close to session</p> <p>Always have a contingency planned as advised by UKA run leaders' training</p>
Traffic/road crossings	All traffic-including other members of the public, runners, cyclists, crossing traffic	Group leader, participants, helpers, members of the public	<p>Use any &amp; all crossings available.</p> <p>Cross as a group.</p> <p>Take personal responsibility.</p> <p>Reinforce every week.</p> <p>Respect all users of the highway.</p> <p>Adhere to the highway code.</p>	Ensure group procedures for regrouping at crossings and end of roads are reiterated each week
Weather	Variations in weather making it too hot, cold, wet, slippery or windy	Group leader, participants, helpers	Weather reports to be checked by all club run participants and by run leader for learn to run/C25k/back to running sessions prior to and on the day.	

			<p>Participants to be advised on suitable clothing, water &amp; sunscreen.</p> <p>Cancellation to be considered if snow, ice or lightening is forecast &amp; message posted in club WhatsApp group to confirm cancellation of club run due to adverse weather conditions.</p> <p>Club members to check WhatsApp group for messages about cancellations before travelling to the run meeting point.</p> <p>Carefully monitor participants for difficulties.</p>	
Animals	Presence or behaviour of animals & their owners	Group leader, participants, helpers	<p>Ensure runners keep alert to &amp; aware of things around them.</p> <p>Be informed of any fears or phobias &amp; support as appropriate.</p> <p>Respect other street users &amp; take them seriously.</p> <p>Adhere to the countryside code when on farmland.</p>	
Members of the public	Getting in the way of runners causing accident/injury	Group leader, participants, helpers	<p>Ensure runners are respectful of other road users.</p> <p>Avoid areas considered unsuitable.</p> <p>Use local knowledge.</p>	
Other hazards	Different paces of participants	Group leader,	Ensure backmarker for slowest paced runners	

		<p>participants, helpers</p>	<p>&amp; helper or leader with faster paced runners.</p> <p>Use loops between landmarks for faster runners to ensure group stays together &amp; within sight.</p> <p>Reiterate group crossing and regrouping arrangements at each session.</p> <p>Consider in advance potential splitting into 2 groups if significant difference in pace &amp; ability of fastest &amp; slowest participants.</p> <p>If implemented, discuss before the session ensuring qualified run leader with each group &amp; sufficient helpers.</p>	
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