

Risk Assessment: Wadhurst Runners regular runs

Date:	Assessed by:	Location :	Review :
14 / 03 /22	Alistair Howitt	Wadhurst	6/8/26

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Current Risk Rating	Mitigation	Resultant Risk Rating	What else can you do to control this risk?		
Running on roads without pavements where car speeds may be high.	Cars colliding with runners	- Whenever possible routes planned to avoid such areas. - Identification of such areas which may be part of regular running routes e.g. Best Beech Hill and Near Wadhurst Station	L	- Groups to stop before entering such areas, runners to be warned of the risk and then to proceed with caution together over the affected sections - Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury	• L			

Cattle and other livestock on trail runs	Cattle or other livestock injuring runners when crossing fields	Awareness of livestock in fields	L	- Assess risk when livestock encountered and consider alternative route - Ensure group leaders carry mobile phone to take action (call 999) in case of emergency & serious injury	L		
Running at Night during the winter months	Increased risk of collisions with cars and injury from obstacles, potholes and uneven surfaces	- Recommend use of Head torches. - Include in intro announcements made by the club captain or deputy. - All runners to wear Hi-Viz vests – which the club can provide.	H		L		
Runners get separated from the run group or simply go missing.	Runners could have incurred injury unknown to the group or cannot maintain a pace to keep up with the group.	- Have regular regroupings during group runs - Group leaders count runners at each re-group and ensure no-one is missing. - Keep re-enforcing point to always advise group leader if runners want to cut the route short.	M		L		
Tick bites	Runners at risk when running off road through fields	Warn runners to check for ticks after runs	L		M		

NB Copy and paste rows as required