



Risk Assessment for Club Activities

Table One: Clubs delivering their own activities

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Action by whom
Getting lost	All	Ensure the leader is knowledgeable and competent to plan and follow a route	M	Review moor running guidelines ensuring all coaches have reviewed its contents.	Club committee
Physical Overload	Participants	Ensure the leader is able to identify risks due to physical overload and plan to reduce to an acceptable level.	H	Develop guidelines for leaders to be aware as well as signs that indicate such an occurrence.	Club committee
Minor Medical (slips, trips and falls)	All	Ensure the leader is knowledgeable and aware of the ground conditions for the event and highlight any general or specific risks that might be encountered during the run.	M	Create a first aid policy within the club. Identify suitable first aid training needs as required.	Club committee
Weather conditions	Participants	Ensure that all involved can make decisions on reasonable conditions and what to do if the weather changes.	M	The leader to check and communicate the weather conditions prior to the run in order for the activity to be completed safely.	Club committee



Collisions	All	Ensure the leader has a good understanding of how to reduce the risk of collisions.	M	Ensure the leader is able to undertake onsite risk assessments in order to reduce collisions.	Club committee
Emergency Situations	All	Ensure the leader has considerable foreseeable emergency situations and is able to mitigate them.	M	Develop a club emergency action plan Guide the leaders in how to enact the plan Develop a welfare structure to support traumatic incidences.	Club committee
Unsuitable route	Participants	Ensure that the leader has an understanding of what a suitable route is for the participants taking part.	M	Ensure suitably experienced off-road leaders lead running groups on open moorland.	Club committee
Animals	Participants	Ensure that the leader has a good understanding of how to deal with common issues arising from animals during the event (eg, cows, sheep, dogs etc)	M	Provide guidance to leaders and runners on how best to respond to such events	Club committee



Or using UKA qualified leaders or coaches

Table Two: Competency framework

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Action by whom
Getting lost	All	Use a UKA licensed Leader or Coach	L	Increase the number of licensed leaders or coaches	Club committee
Physical overload	Participants				
Weather conditions	Participants				
Minor medical (slips trips falls)	All				
Collisions	All				
Emergency Situations	All				
Animals	All				
Unsuitable route	Participants				