

# Penny Lane Striders Risk Assessment

<b>Task To Be Assessed:</b>	Running in groups as part of Penny Lane Striders official training	
<b>Assessor Name:</b>	Anne Oxbrough	
<b>Number Of People:</b>	Typically 10-30 per group	Assessment Date: 18/07/22
<b>Who:</b>	Penny Lane Striders members and guests (guests may attend up to two sessions)	
<b>Activity Description:</b>	Groups of runners led by one leader on city or countryside roads and footpaths and off road/XC running through fields, woodlands, beaches and upland fells. This risk assessment covers UK locations only.	

Hazard Checklist – use this to identify the hazards to be considered:

No.	Hazard
1	Slip, trip, fall
2	Illness or injury during the run
3	Ticks, insect bites and stings
4	Vehicle movements
5	Extreme temperatures and precipitation
6	High wind, Extreme wind
7	Lightning
8	Getting lost
9	COVID-19
10	Tides
11	Cliff tops or exposed locations
12	Injury by wild or domestic animals

		Assessment of Risk			*for L-C-R risk matrix see final page	Residual risk*			
Hazard	Risk	L	C	R	Control Measures	L	C	R	Action By
Slip, trip, fall	Injury to themselves or others due to falling over.	3	3	9	<ul style="list-style-type: none"> <li>Wear appropriate footwear for the conditions (road shoes or trail/XC shoes depending on the run). Runners should check with the leader or appropriate committee member ahead of the run if unsure.</li> <li>Always leave an appropriate amount of space between runners.</li> <li>In the dark, in locations without streetlights, runners should wear a head torch or body light to illuminate the ground.</li> <li>Runners should take extra care in icy conditions, paying attention to foot placement.</li> <li>Runners should adjust pace to allow for safe passage when crossing undulating, unstable or uneven ground.</li> </ul>	3	2	5	All runners
Becoming ill during a run	<p>Existing medical conditions may lead to illness.</p> <p>A new medical condition or injury may manifest during the run, including in a remote location.</p>	3	3	9	<ul style="list-style-type: none"> <li>All run leaders should carry a mobile phone during the session so that emergency services can be alerted at the earliest opportunity.</li> <li>Run leaders should always know their location so that it can be passed on to emergency services quickly. What3Words is the recommended app for location.</li> <li>Runners should make the run leader aware of any relevant medical conditions and any treatments before the run (e.g. asthmatics and location of their inhaler).</li> <li>All medications must be self-administered by the runner. Runners should remember that run leaders are not trained first aiders and will not administer medications.</li> </ul>	1	3	3	<p>Run leaders</p> <p>All runners</p>

Ticks, insect bites, stings	Lyme disease  Mild allergic reaction  Severe allergic reaction (anaphylaxis)	3	4	12	<ul style="list-style-type: none"> <li>• Runners should be tick aware in high-risk locations (e.g. rural areas with lots of bracken and woodland, fells) by avoiding brushing past vegetation and wearing long clothing.</li> <li>• Runners should check themselves after then run and remove any ticks safely. Monitor for signs of Lyme disease and seek medical advice where appropriate <a href="https://www.nhs.uk/conditions/lyme-disease/">https://www.nhs.uk/conditions/lyme-disease/</a></li> <li>• Stings and bites can be prevented by using insect repellent, mainly between March and October.</li> <li>• Insect bites and stings are usually mild and do not require any treatment.</li> <li>• Runners prone to severe allergic reactions are responsible for bringing their own epipen or similar treatments and notifying the group leader as required.</li> </ul>	2	2	4	All runners
Vehicle movements and pedestrians and other road users.	Getting run over whilst crossing roads.  Causing anxiety to other pedestrians	2	5	10	<ul style="list-style-type: none"> <li>• Take care in car parks and when crossing roads, adhering to all pedestrian and road rules.</li> <li>• Run leaders may ask the group to wait and then instruct the group when it is safe to cross. Runners should follow all instructions from run leaders.</li> <li>• Use pedestrian crossings where possible.</li> <li>• Always run on the pavement or pedestrian area where possible.</li> <li>• When running on the road, it should only be a quiet road, in daylight, and facing oncoming traffic (apart from on tight bends, where runners discretion should be used).</li> <li>• In the dark, runners should wear reflective clothing and a body light or headlamp to alert road users and other pedestrians.</li> <li>• Be mindful of other users of the pavement or route. When approaching a pedestrian take care to give them enough room to feel safe on the pavement. Cross the road to avoid them if necessary and if safe to do so.</li> </ul>	1	5	5	All runners Run leaders

Extremes of temperatures and precipitation	Sun burn and heat exhaustion.  Getting cold.  Hypothermia  Hyperthermia	4	3	12	<ul style="list-style-type: none"> <li>• Runners should check the weather conditions in advance of every run and dress appropriately for both the weather and the route conditions. Runners should check with the Committee (for road runs) or the off-road leader/captain) for off road runs if they are unsure of the route conditions (e.g. level of exposure).</li> <li>• For off road runs in more exposed or hazardous locations (e.g. fells) the group leader must let the runners know in advance of any mandatory kit requirements (e.g. typically full waterproofs, hat, gloves, water, emergency food, emergency blanket).</li> <li>• In hot weather runners should wear light and loose clothing, hat or visor and apply sunscreen. Runners should carry their own water if required and have water ready for the end of the run.</li> <li>• In cold weather runners should wear warm clothing layers, hats/gloves as appropriate.</li> <li>• Runners should note that becoming wet can lead to significant drops in body temperature. Runners may be asked to carry a mandatory kit list including rain jacket.</li> <li>• In upland/fell locations runners should note that the temperature may be 5-10C less than at lower elevations.</li> <li>• The Committee and/or off road leaders/captain may cancel runs in the event of extreme weather or dangerous conditions underfoot.</li> <li>• Leaders/the Committee will avoid scheduling runs for the hottest part of the day, particularly on routes with no shade.</li> <li>• In upland/fells or other hazardous locations off roads leaders will check the weather forecast two hours prior to the run to decide whether it should go ahead. This should include <a href="https://www.mwis.org.uk/">https://www.mwis.org.uk/</a> where appropriate to that run's location.</li> </ul>	3	2	6	All runners                    The Committee  Off road leaders
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High wind Extreme winds	Getting hit by debris, falling branches  Getting hit by trees  Getting blown off exposed cliffs or hills.	2	4	8	<ul style="list-style-type: none"> <li>Runners should note that high winds can lead to significant drops in body temperature.</li> <li>The committee/off road-leaders will cancel runs in exposed locations and through woodlands when wind speeds are forecast to regularly exceed Beaufort 6 (30MPH) – strong breeze. <a href="https://www.rmets.org/resource/beaufort-scale">https://www.rmets.org/resource/beaufort-scale</a></li> <li>The committee will cancel runs in all locations when wind speeds are forecast to regularly exceed Beaufort 8 (40MPH) – gale force, where branches are at risk from falling and wind impedes progress.</li> </ul>	1	2	2	All runners  The Committee  Off road leaders
Lightning	Getting struck by lightning	2	5	10	<ul style="list-style-type: none"> <li>The committee/run leaders to cancel runs in exposed locations when lightning is forecast.</li> <li>If in an open area during a thunderstorm seek shelter immediately indoors.</li> <li>Get off upland areas as quickly as possible (ridges, hill tops). Keep low to the ground but keep as little contact to the ground as possible (e.g. do not lie flat, but crouch in a ball protecting your head).</li> <li>Stay away from water bodies, pylons, barbed wire fences etc.</li> <li>Do not shelter under isolated trees.</li> </ul>	1	5	5	All runners  The Committee  Off road leaders

Getting lost – whole group or single runner	<p>Runner becomes tired, ill or injured due to unanticipated longer run or change in conditions.</p> <p>Anxiety and distress due to getting lost.</p>	3	2	6	<ul style="list-style-type: none"> <li>• The run leader will always know the route, through a pre-run recce or prior knowledge of the area.</li> <li>• Prior to running in a remote location the run Leader should inform a responsible non-runner of the run destination and an estimate of the expected completion time.</li> <li>• The run leader will allocate a back marker so that runners at the back do not get lost. All runners should be prepared to act as back marker.</li> <li>• All groups should regularly loop back at the request of the leader, particularly at path/road junctions, to ensure that runners are not left behind.</li> <li>• In upland or similar hazardous locations where visibility may be reduced due to cloud or fog, the run leader must have the skills to navigate in low visibility conditions and must carry an ordnance survey map of the route and compass. There must be a second leader who also knows how to navigate in these conditions.</li> <li>• In upland or similar hazardous locations where severe weather can lead to significant hazards (e.g. unexpected snow or wind making the run hazardous in upland areas) the leader must have several escape route plans that can be used if there is a need to get off the route quickly. There must be a second leader who also knows the escape routes.</li> </ul>	2	2	4	<p>Run leaders</p> <p>Off road leaders</p> <p>Members</p>
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COVID19	Catching and spreading COVID19	3	3	9	<ul style="list-style-type: none"> <li>All runners should follow the latest government guidance on reducing the spread of COVID19. <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></li> <li>Do not attend group runs if you have any symptoms of, or have tested positive for, COVID19.</li> <li>Do not enter indoor spaces (e.g. the sports centre) if you have any symptoms of, or have tested positive for, COVID19.</li> <li>Practice good hygiene e.g. cover nose and mouth when coughing or sneezing and wash or sanitise hands afterwards, to avoid spreading diseases.</li> </ul>	2	2	4	All runners
Tides	Getting caught by an incoming tide, risk range from getting wet to drowning.	4	5	20	<ul style="list-style-type: none"> <li>Check tide times prior to all runs and plan the route and timing accordingly.</li> <li>Use local knowledge or other sources (e.g. property owner such as council, wildlife trust) to determine the local hazards of the incoming tide.</li> </ul>	1	5	5	Run leaders
Cliff tops or exposed rocky outcrops, narrow ridges	Falling from a height.	2	5	10	<ul style="list-style-type: none"> <li>Avoid planning routes on narrow uneven paths in these locations.</li> <li>Where this is not possible walk through these sections of the route.</li> <li>Never use the route in high winds (see earlier) or poor visibility.</li> <li>Runners should always be aware of the potential for falling debris from above or a head, triggered by a landslide or other pedestrians.</li> </ul>	1	5	5	Run leaders
Injury by wild or domestic animals	Getting kicked, bitten or trampled	2	4	8	<ul style="list-style-type: none"> <li>When in the presence of farm or wild roaming animals slow pace to prevent scaring the animals.</li> <li>Wild roaming animals are not tame and should always be passed at a wide distance and not approached.</li> <li>Runners should always close gates behind them.</li> </ul>	1	2	2	All runners

Assessment conclusion:	YES
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(i.e. have all foreseeable hazards been identified and control measures put in place to ensure that the risk is as low as reasonably practicable?)	
Agreed by	This risk assessments has been agreed by the PLS Committee 25 <sup>th</sup> July 2022
Review Date:	<p>Formal Review: July 2023.</p> <p>When a new route is proposed, it should be risk assessed by the proposer and any amendments should be incorporated.</p>



# Risk Matrix

		CONSEQUENCE				
		1 Insignificant	2 Minor	3 Moderate	4 Major	5 Critical
LIKELIHOOD	1 Rare	1 NO ACTION	2 NO ACTION	3 MONITOR	4 MONITOR	5 MONITOR
	2 Unlikely	2 NO ACTION	4 MONITOR	6 MONITOR	8 ACTION	10 ACTION
	3 Possible	3 MONITOR	6 MONITOR	9 ACTION	12 ACTION	15 URGENT ACTION
	4 Likely	4 MONITOR	8 ACTION	12 ACTION	16 URGENT ACTION	20 STOP
	5 Almost Certain	5 MONITOR	10 ACTION	15 URGENT ACTION	20 STOP	25 STOP

## Risk = Likelihood x Consequence

### Likelihood:

- 1 Rare - this will probably never happen
- 2 Unlikely - do not expect it to happen / recur but it is possible it may do so
- 3 Possible - might happen or recur occasionally
- 4 Likely - will probably happen / recur but it is not a persistent issue
- 5 Almost Certain - will undoubtedly happen / recur, possibly frequently

### Consequence:

- 1 Insignificant – no or minimal injury / insignificant damage to equipment or property
- 2 Minor – minor damage to property, or minor injury or illness requiring minimal medical intervention
- 3 Moderate - injury requiring medical assistance and could result in time off work, damage to property requiring repair
- 4 Major – major injury or damage to property, leading to prolonged time off work, increased time in hospital, and likely prosecution
- 5 Critical – incident leading to multiple permanent injuries, irreversible health effects, or death. Permanent loss of facility, or persecution

### Risk Factor / Residual Risk Factor:

- NO ACTION (1-2): No further action, but ensure controls are maintained and reviewed
- MONITOR (3-6): Look to improve at next review or if there is a significant change
- ACTION (8-12): Improve within a specified timescale
- URGENT ACTION (15-16): Take immediate action and stop activity if necessary; maintain existing controls rigorously
- STOP (20-25): Stop activity immediately