

## Goyt Valley Striders Risk Assessment v1.0

In line with current risk assessment practice and England Athletics/Fell Runners Association guidance – Goyt Valley Striders considers the risk of various hazards harming people involved in its activities; takes steps to eliminate, reduce or manage those risks and further assesses the residual risk with such controls in place to ensure that only tolerable risks remain.

While the assessment of likelihood and extent of injury can be classified on a Low-Medium-High scale, some of the club's risk assessments use a 5x5 matrix as described below; this has been distilled from guidance by Health & Safety Executive.

It is Goyt Valley Striders policy to eliminate Intolerable risks, reduce Substantial risks to as low as reasonably practical (ALARP) levels and further manage Moderate risks so that all the Club's activities only present Tolerable risks to any person involved.

The five categories of risk impact are:

1. Minor - No injuries
2. Medium - 1 or more non-Reportable injuries
3. High - 1 or more Reportable injuries
4. Significant - 1 Serious injury or Fatality
5. Severe - Multiple Serious injuries or Fatalities

The five categories of risk probability are:

- A. Almost Certain
- B. Probable
- C. Possible
- D. Remote
- E. Very Unlikely

The risk matrix that combines the risk impact and risk probability to identify overall level of risk is:

	<b>1 Minor</b>	<b>2 Medium</b>	<b>3 High</b>	<b>4 Significant</b>	<b>5 Severe</b>
<b>A - Almost Certain</b>	5 (Green)	10 (Yellow)	15 (Amber)	20 (Red)	25 (RED)
<b>B – Probable</b>	4 (Green)	8 (Yellow)	12 (Amber)	16 (Red)	20 (Red)
<b>C – Possible</b>	3 (Green)	6 (Yellow)	9 (Yellow)	12 (Amber)	15 (Amber)
<b>D – Remote</b>	2 (Green)	4 (Green)	6 (Yellow)	8 (Yellow)	10 (Yellow)
<b>E - Very Unlikely</b>	1 (Green)	2 (Green)	3 (Green)	4 (Green)	5 (Green)

where overall level of risk 1-5 is classed as Tolerable, 6-10 is Moderate, 11-15 is Substantial and 16-25 is Intolerable (and these are coloured Green, Yellow, Amber, Red accordingly)

Activity name: **Club training runs**

Date & time (duration): **Weekly, Tues & Thurs, 7pm, Sat 8am (1-2 hours); Wed 7pm (Oct -March) and ad-hoc activities.**

Location: **Starting and finishing at Whaley Bridge Canal Basin, with no set route specified.**

**Summer Away Run location variable, arranged in advance.**

Staffing: **Designated run leader & sweeper for each group**

## RISK ASSESSMENT

Category	ID	Hazard	Persons at Risk	Risk Impact	Risk probability	Risk rating	Safety measures	Residual Risk
<i>Club runs</i>	CR1	Severe Weather – Wet, Cold, Windy or Hot – may lead to Hypothermia, Dehydration, Heat exhaustion	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Kit requirements appropriate for planned route and conditions to be communicated by run leader(s) prior to session. Activity postponed if extreme conditions forecast.	3 or 4 (Tolerable)
	CR1.2	Terrain – may result in a slip, trip or fall	Participants	3 (High)	C (Possible)	9 (Moderate)	Suitable footwear (trail shoes) recommended	6 (Moderate)
	CR1.3	Distance, elevation and/or pace – may exceed individual fitness leading to retiral	Participants	1 (Minor)	C (Possible)	3 (Tolerable)	Participants briefed. Inform run leader/sweeper if leaving group before returning to pre-agreed finish location.	3 (Tolerable)
	CR1.4	Navigation errors – may lead to getting lost	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Participants briefed. Designated sweeper for each group. Periodic headcount during activity. Buddy system in place for new/inexperienced participants, and/or if group size exceeds 25 participants. Inform run leader/sweeper if leaving group before	3 (Tolerable)

Category	ID	Hazard	Persons at Risk	Risk Impact	Risk probability	Risk rating	Safety measures	Residual Risk
							returning to pre-agreed finish location.	
	CR1.5	Remoteness – may lead to delays in assistance	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Participants briefed. Run leader to carry fully charged mobile phone.	3 (Tolerable)
	CR1.6	Vehicle collision – at any road crossing	Participants	4 (Significant)	D (Remote)	8 (Moderate)	Participants briefed. High-vis clothing encouraged. Head torch required during reduced light conditions.	4 (Tolerable)
	CR1.7	Animal encounters – in farm / stock grazing	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Run leader to be aware of livestock on planned routes, including suitable diversions where necessary.	4 (Tolerable)