

## Risk Assessment: West 4 Harriers (W4H) Club Training Activities

Date:	Assessed by:	Location :	Review :
13/09/2023	Rachel Berry (on behalf of W4H Committee)	Chiswick, London, W4	September 2025
<p><b>Activities being assessed:</b>            This Risk Assessment covers all of the West 4 Harriers Club official training sessions on the following training nights; Monday, Tuesday, Thursday and Sunday, all year round.            This assessment does not cover member participation in external, organised running related events; including W4H teams in relay races, championship events, grand prix events or cross country races which are covered by assessments made by the respective event organisers.</p>			

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?	Resultant Risk Rating	Action by whom	Target date	Complete
<p><b>CLUB MEMBERS GENERAL HEALTH &amp; SAFETY</b></p> <p>*Group safety and serious health issue eg. stroke, heart or asthma attack</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training or run session</p> <p><i>How:</i> Unexpected health incident occurs during a group run or training session</p>	<ul style="list-style-type: none"> <li>All our training routes and locations are accessible by the emergency services.</li> <li>There are W4H members who are First Aid trained, but it cannot be assumed that they will always be available at every training or run session.</li> </ul>	M	<ul style="list-style-type: none"> <li>Encourage Club members to carry a mobile phone for use in emergency whilst out running.</li> <li>Encourage Club members to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication.</li> </ul>	L	Run Leader/ Coach	31/12/23	In progress



<p><b>OBSTACLES</b></p> <p>* Street furniture (eg. benches, bollards, waste bins, shop street signs, lamp posts)</p> <p>* Trip hazards (eg. uneven pavement, steps, slopes, bollards, barriers, undergrowth and overhanging tree branches)</p> <p>* General (eg. Pedestrians, Animals, Traffic)</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training session.</p> <p><i>How:</i> Tripping, slipping or running into the hazard examples listed. Resulting in an injury to their person.</p>	<ul style="list-style-type: none"> <li>Runners to maintain their own awareness and point out obstructions to each other.</li> <li>Before each training session begins, the Run Leader or Coach reiterates the need for awareness of other path users; walkers, cyclists and to keep to the left hand side where possible.</li> <li>Groups set off in relevant ability groups to avoid congestion. Detail hazards in the pre-run briefing and advise caution.</li> </ul>	<p><b>M</b></p>	<ul style="list-style-type: none"> <li>Continue to remind runners in the pre-run briefing that we do not have priority on pavements and paths; to be mindful of giving way to pedestrians, operate in a single file where necessary, caution when running round corners especially if at speed.</li> <li>When possible, training groups will be led by qualified Group Leaders (Run Leaders and/or a Coach).</li> <li>Maintain open club dialogue – ask runners to keep the Committee and Club members informed if they see or are made aware of any adverse changes to the routes that are used for training.</li> <li>The Run Leader and/or Coach will remind runners to follow the Highway Code rules for pedestrians. Run groups should wait for each other junctions and crossings and aim to cross together.</li> </ul>	<p><b>L</b></p>	<p>Run Leader/ Coach</p>	<p>31/12/23</p>	<p>In progress</p>
<p><b>ADVERSE WEATHER</b></p> <p>* Examples: Inclement weather; stormy, cold, wet, snow, icy conditions.</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training session.</p> <p><i>How:</i> Risk of injury to the above group due to the</p>	<ul style="list-style-type: none"> <li>The Run Leader and/or Coach in charge assesses the conditions to the best of their ability at that time, and makes a decision to cancel or amend the planned session accordingly.</li> </ul>	<p><b>M</b></p>	<ul style="list-style-type: none"> <li>We will continue to advise runners prior to training sessions. In the pre-run briefing email, we advise runners to wear appropriate clothing for the conditions, bring water, use sun-cream and</li> </ul>	<p><b>L</b></p>	<p>Run Leader/ Coach</p>	<p>31/12/23</p>	<p>In progress</p>



<p>Oppressive heat; sunshine</p>	<p>extreme conditions; trips/falls/feeling ill.</p>	<ul style="list-style-type: none"> <li>• Updates are communicated to Club members via the W4H email group. If the training session proceeds, runners are advised in the pre-run briefing email and at start of the workout to take care and if they decide to run, it is at their own discretion.</li> <li>• We have W4H members who are First Aid trained, but it cannot be assumed that they will always be available at every training or run session.</li> </ul>	<p></p>	<p>insect repellent where applicable.</p>	<p></p>	<p></p>	<p></p>	<p></p>
<p><b>NIGHT TIME TRAINING</b></p> <p>*Running in the dark; poor visibility</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training session.</p> <p><i>How:</i> Unable to see obstructions, changes in level, holes etc..</p>	<ul style="list-style-type: none"> <li>• In the pre-run briefing email, Club members are advised to wear high-viz clothing and to use a good quality head-torch to identify obstructions with.</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>• Aim to use training routes with good street lighting and with as few obstacles as possible.</li> </ul>	<p>L</p>	<p>Run Leader/ Coach</p>	<p>31/12/23</p>	<p>In progress</p>
<p><b>TRACK TRAINING</b></p> <p>*Osterley Track *Barn Elms Track</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training session.</p> <p><i>How:</i> Risk of injury to the above group due to the extreme conditions; trips/falls/feeling ill.</p>	<ul style="list-style-type: none"> <li>• The Run Leader and/or Coach in charge assesses the conditions to the best of their ability at that time and makes a decision to cancel or amend the planned session accordingly.</li> <li>• Updates are communicated to Club members via the W4H email group. If the training session proceeds, runners are advised in the pre-run briefing email and at start of the</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>• The Run Leader and/or Coach will continue to advise runners prior to training sessions. In the pre-run briefing email, they will advise runners to wear appropriate clothing for the conditions, bring water, use sun-cream and insect repellent where applicable</li> </ul>	<p>L</p>	<p>Run Leader/ Coach</p>	<p>31/12/23</p>	<p>In progress</p>

		<p>workout to take care and if they decide to run, it is at their own discretion.</p> <ul style="list-style-type: none"> <li>We have W4H members who are First Aid trained, but it cannot be assumed that they will always be available at every training or run session.</li> <li>Barn Elms track is only used during Spring/Summer months when light visibility is good, as there is no flood lighting available.</li> </ul>						
<p><b>HILL TRAINING</b></p> <p>*On road (various) *Richmond Park</p>	<p><i>Who:</i> All Club members; Runners, Run Leaders, Club Coaches, participating in the training session.</p> <p><i>How:</i> Risk of injury to the above group due to tripping, slipping or falling over.</p>	<ul style="list-style-type: none"> <li>Before each training session begins, the Run Leader and/or Coach reiterates that we do not have priority on pavements and footpaths; to be mindful of giving way to pedestrians, operate in a single file where necessary, caution when running downhill especially if at speed.</li> </ul>	M	<ul style="list-style-type: none"> <li>Continue with good club communication prior to and during the run/training session.</li> </ul>	L	Run Leader/ Coach	31/12/23	In progress

NB Copy and paste rows as required