

SUTTON STRIDERS RUNNING CLUB

HEALTH & SAFETY RISK ASSESSMENT

DATE: 25th Feb 2026 ACTIVITY: Running/Jogging/Walking

HAZARD/RISK	CONTROL MEASURES	RISK LEVEL	Information / responsibility
Leading sessions	<ul style="list-style-type: none"> • A run leader is provided for all running sessions. They will: <ul style="list-style-type: none"> o provide a pre-run briefing o organise introductions o provide time-keeping where necessary o be well acquainted with the route o monitor the group to ensure no one is left behind o provide any further support required by group members o count runners at beginning and regular intervals to ensure no one is missing o have regular re-groups during group runs • Every session either allows for different abilities or a 'no drop policy' is operated • Members run at their own risk and are expected to run at a pace that is appropriate for their ability 	Medium	Information and reminders given at pre run briefing and throughout run
New runners	<ul style="list-style-type: none"> • The club provides introductory information, advice and a taster session for all new runners • New runners are introduced to the group and are given details about the session • New or inexperienced runners are accompanied on the run and given appropriate levels of support 	Low	Information on website, personal contact, pre run briefing and during run
Route surfaces and potential hazards (Slips, Trips and Falls)	<ul style="list-style-type: none"> • Members to be advised on type of route surfaces i.e.: off-road, trail or road routes both before and at the beginning of each run • Advice on type of running shoe is given e.g., trail shoes or trainers. • Individuals take their own responsibility for care when running on uneven, slippery surfaces and to be aware of kerbs and any other potential running hazards. • Members are requested to warn other runners of impending hazards e.g., pedestrians, kerbs, low signs, roots etc. • Ensure group leaders carry mobile phones to contact emergency services or other help in case of emergency and serious injury 	Medium	Pre-run briefing and on Facebook/WhatsApp. Runner's responsibility
Traffic and road crossing	<ul style="list-style-type: none"> • Where possible members should cross roads as a group 	Medium/High	Pre-run Briefing and during session/run

	<ul style="list-style-type: none"> • Road is clear • Members to be advised not to run in roads unless absolutely necessary and to use paths, pavements and designated crossings where available. 		
Weather conditions and clothing	<ul style="list-style-type: none"> • Appropriate clothing and running footwear to be worn at all times to suit weather conditions. • Members are advised and reminded to wear appropriate clothing during darker evening runs, including lights, hi vis, reflective clothing etc. • Group leaders to provide spare reflective items e.g., arm bands • Severe weather conditions may result in training runs being cancelled and members to be notified 	Low to High	Facebook/WhatsApp/pre-run. Runner's responsibility
Routes / session details	<ul style="list-style-type: none"> • Route and/or session details to be made available for members to view in advance (when appropriate) • Members to take personal responsibility to make sure they know the route that they are running and to be aware of which runners are in their group • Routes to reflect current running conditions e.g., weather, daylight/darkness 	Medium	Facebook/WhatsApp/pre-run gathering
Lone runners	<ul style="list-style-type: none"> • Members to be advised that they should be aware of fellow runners around them and to ensure no one is left to run completely alone • During the run, if members are aware of a 'lone' runner, they are to advise run leaders at the earliest opportunity 	Medium	Pre-run gathering and during run
Phone/Music	<ul style="list-style-type: none"> • We ask members not to use earphones whilst on club runs or during sessions 	Low	Runner's responsibility
Health issues	<ul style="list-style-type: none"> • For personal health issues all members are advised to consult their GP before taking part in running club activities • Members have a responsibility to inform the Run Leader of any pre-existing or current health issues • Members have a responsibility not to run if unwell • A qualified first aider should be available at each session • Where possible and practicable group leaders should be aware where local defibrillators are located 	Low to High	Runner's responsibility
Following instructions	<ul style="list-style-type: none"> • Members to follow instructions from run leaders regarding the route, clothing, personal safety etc 	Low	Pre-run gathering and Facebook pre run
Interaction with the public	<ul style="list-style-type: none"> • Members to be considerate at all times with the general public/other pavement users and to take personal responsibility for their actions. • Runners should only run maximum two abreast 	Low	Runner's responsibility
Animals / livestock	<ul style="list-style-type: none"> • Members to be cautious when running past dogs or running near livestock and animals. If necessary 	Medium	As encountered by runners/group