



## Senior Trail Running

### Risk Assessment and Management Plan

Activity	Information	Activity	Information
Type of Event	Guided trail runs	Date of Initial Assessment	Sept 2020
Start Location	Varied	Event Timings	Start: 1830 Est. Finish: 2000
Finish Location	Varied		
Risk Assessor	Laura Johnstone		

### Risk Assessment Key

Column	Category	Column	Category
<b>A</b>	Risk Identifier – numeric	<b>D</b>	Assessed risk level – the likelihood and potential severity of the risk
<b>B</b>	Location of risk	<b>E</b>	Persons at Risk – <b>A/</b> Competitors, <b>B/</b> Others – specify
<b>C</b>	Hazard – what could cause harm	<b>F</b>	Control Measure to mitigate and reduce risk -

## 1. Risk Assessment Management Plan

	Race Route				
A	B	C	D	E	F
ID	Location	Hazard	Risk Level H. M, L	Persons at Risk	Control Measure
1	On the trail	Tripping due to uneven ground, tree roots, low branches etc	L	A	Leader to mention of any specific locations which may be more hazardous eg known slopes, underfoot conditions. Head torches in winter months. Leader to carry a mobile. First aid kit at start/finish.
2	On the trail	Lost runner	L	A	Route explained at the start and periodically while running. Frequent re-groups – members all aware of where to regroup. Leader to carry a mobile. Group running.
3	On the trail	Slipping / lost footing	M	A	Route described prior to starting and specific, known terrain hazards highlighted. Participants advised to wear trail shoes if the conditions/terrain require them. Head torch in the winter months.

