



RISK ASSESSMENT



Helensburgh
Amateur Athletic Club

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Group: HAAC Seniors

Assessment No: HAAC Seniors RA-02

Task / Session: Running on trails

Assessed by: Claire Heasman

Date of Assessment: 1 February 2025

Risk Assessment to be understood by all Group Leaders prior to taking Session.

Risk Assessment to be reviewed Annually, after an incident / accident, or if any of the Hazards or Activities change.

Task/activity you are assessing?	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every session?	Venue/location Car Parking Time of session - daylight hours Ability of participants Participants with known health problems injury / fitness – prior to session	Trail Run Leaders Participants	<ul style="list-style-type: none"> The HAAC Membership form, including health disclaimer (via Entry Central or manual form), should be completed by all members. This information may be shared with Run Leaders, first aiders and other Club personnel (if deemed appropriate). The club should have access to emergency contact details for each participant (Entry Central if not manually collected). Each Club session should have an assigned qualified Trail Run Leader (LiRF(trail)) and First Aider. 	-

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			<ul style="list-style-type: none"> • The Trail Run Leader and First Aider should ask attendees if they have any new / short term medical condition / injury which may affect the planned session.. • Advise runners to ensure any essential medication is carried where appropriate. • Cars parked at trailheads or meeting points for Club trail runs should be appropriately parked. 	
General safety on every session	<p>Injury/illness unreported by Participant</p> <p>Inappropriate clothing</p> <p>Visibility of group</p> <p>Possible dehydration or low energy</p> <p>Injury and illness during session</p> <p>Footwear</p> <p>Hi-Viz/Reflective attire</p> <p>Head torch</p>	<p>Trail Run Leaders</p> <p>Participants</p>	<ul style="list-style-type: none"> • Conduct a visual check and health/injury enquiry before every session. • If any doubt exists in a runner's ability to complete the session then the Trail Run Leader should attempt to adapt the session. If there isn't a suitable adaptation to the session, then the runner must be advised that they cannot participate on this occasion. • Clothing worn by runners should suit the conditions. • Appropriate footwear should be worn for trail / off road runs. • Trail Run Leader should confirm the planned route to participants prior to the start of the session. 	

			<ul style="list-style-type: none"> • Hi-Viz/reflective clothing and a head torch is mandatory during dark / twilight conditions. • Trail Run Leader to: <ul style="list-style-type: none"> • Carry a mobile phone • Whistle • Keep count of group at regular intervals • Manage session plan with appropriate warm up and cool down. • Brief runners when / where to stop and allow for regroup, if participants become spread out. • Trail Run Leader to ensure that no participant runs alone. • A qualified First aider must be present and carry an appropriate first aid kit and mobile phone on each session. 	
Running Routes	<p>Uneven ground, potholes, slippery ground, mud, debris, water crossings, puddles</p> <p>Visibility</p> <p>Ability of the group</p>	<p>Trail Run Leaders</p> <p>Participants</p>	<ul style="list-style-type: none"> • Route has been checked for suitability. • Routes selected which are appropriate to the runners within the group. • Participants forewarned of route obstacles. • The Land Reform Act 2003 rules must be adhered to by all participants. 	<ul style="list-style-type: none"> • Pre-check the route close to the day of the session • Always have a contingency plan.

			<ul style="list-style-type: none"> • On-going assessment by Trail Run Leader, with adaptation as required. • Ability of the slowest/ least able participant sets the session time / pace. 	
Traffic / Road Crossings / Water Crossings	All traffic, including other members of the public, runners, cyclists, crossing traffic	Trail Run Leaders Participants	<ul style="list-style-type: none"> • Cross as a group. • Take personal responsibility. • Reinforce every week. • Respect all other users of the trails. 	<ul style="list-style-type: none"> • Ensure group procedure for regrouping at any crossings is reiterated weekly.
Weather	Variations in weather making it too cold, wet, windy, hot or slippery	Trail Run Leaders Participants	<ul style="list-style-type: none"> • Weather reports should be checked leading up to and on the day. • Runners to be given advice on clothing, fluid intake and sun screen. • Cancellation to be considered if ice, snow, lightning or other inclement conditions which may put participants at risk are likely. • Monitor participants for difficulties. 	<ul style="list-style-type: none"> • Abandon run and return to Clubhouse / safe place if conditions deteriorate
Animals	Presence of and behaviour of wild animals, farm animals or animals and their owners	Trail Run Leaders Participants	<ul style="list-style-type: none"> • Ensure runners keep aware of and alert to animals around them. 	

			<ul style="list-style-type: none"> • Be aware of any fears and phobias in your group – and take them seriously. • Follow the Countryside Code when on farmland and trails. 	
Members of Public	Getting in way of runners, causing injuries or accidents	Public Trail Run Leader Participants	<ul style="list-style-type: none"> • Ensure participants are respectful of other trail users. • Avoid areas known to be unsuitable. 	

Name	Sign to acknowledge understanding of HAAC Seniors RA-02	Date	Annual Review 1 Date / Sign	Annual Review 2 Date / Sign
Debbie Savage				
Sarah Blandy				
Jill Rooney				

