



TITLE: Risk Assessment Template: This template has been produced on behalf of the Trail Running Association as a guide for trail race organisers. Note that the list of tasks and activities below is not intended to be exhaustive. Further tasks and activities may be added by the Assessor, and suggested tasks and activities in the list may be omitted from the Risk Assessment if not applicable.

Assessment Ref No:		Assessors Name:	
Event name:		Event date:	
Date of Assessment:		Review Date:	
Race Director's Name			
Location:			

Risk Rating Guide					
Severity		Likelihood (e.g. frequency, probability)			
Minor Injury / Incident	1	Improbable	1	Frequent	4
Serious Injury / Incident	2	Remote	2	Probable	5
Major Injury / Incident	3	Occasional	3		
Risk Rating = Severity x Likelihood					
Risk Rating Key:					
1-3 Low		Acceptable			
4-6 Medium		Investigate and, where practical, implement additional controls to reduce the risk			
7-9 High		Action must be taken to reduce the risk			
10-15 Very High		RISK IS TOO HIGH TO START EVENT OR CONTINUE			



Index No:	Description of the task / activity	Identify the Hazard and Reasonably Foreseeable Worst Case Injury (RFWCI) or other adverse consequences	Identify who is at risk, numbers at risk, and patterns of exposure	Details of controls that are to be implemented and factors affecting the likelihood of an accident occurring	Risk rating considering the controls to be implemented		
					S	L	R
Section A – Risks that are not COVID-19 specific							
A1	Travelling to and from the event and travel during the event	Road traffic or other accident <i>RFWCI = Damage to vehicles, Injury to driver and passengers</i>	Runners, officials, supporters, other helpers, third parties				
A2	Running/traversing the route.	Runners straying from the route/getting lost. Spectators getting lost. <i>RFWCI = Distress</i>					
A3	Participation in the run	Due to the nature of the event, runners may sustain any number of common injuries associated with this type of activity. <i>RFWCI = Sprains, strains, pulled muscles, dehydration.</i> <i>Plus: Aggravation of a predisposed medical condition e.g. Asthma</i>					
A4	Runner Tracking	Runner injured or lost on route. <i>RFWCI = Distress to runner and /or runner's friends/family.</i>					



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A5	Interaction with vehicular and or spectator traffic	Runners being struck by or running into vehicles or other persons not participating in the event e.g. spectators. <i>RFWCI = Broken limb</i>					
A6	Injuries and Illness	Untreated injuries and or illness due to inadequate medical provision available to the event. <i>RFWCI = Increased severity of injuries or deterioration of condition due to immediate medical care not being available whilst awaiting arrival of first aiders or emergency ambulance</i>					
A7	Trails/footpaths and ground conditions	Slips trips, falls, and uneven / changing ground conditions. Slippery ground conditions due to wet/adverse weather conditions. Accidents when traversing gates and stiles. <i>RFWCI = Fall resulting in bruising/broken limb</i>					



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A8	Adverse weather conditions	<p>Thermal discomfort due to extremes of temperature and/or wet weather.</p> <p><i>RFWCI = Hyperthermia/hypothermia/ heat stroke</i></p> <p>Secondary effects from adverse weather including: mud, heavy rain, strong winds, thunder and lightning, fog etc may result in the need to dynamically assess the controls laid out within this assessment.</p>					
A9	Contact with animals	<p>Interaction between runners and animals e.g. cattle, sheep, dogs.</p> <p><i>RFWCI = Bite or blunt trauma (kick, head butt etc) cuts and bruises, broken limb.</i></p>					
A10	Natural occurring hazards, trees etc	<p>Slip, trip, fall, or other injury caused by contact with the hazard.</p> <p><i>RFWCI = Cuts and bruises, broken limb, eye injury.</i></p>					
A11	Water hazards	<p>Where routes follow or cross waterways, lakes, the seaside, and so on, hazards associated with contact with water, including drowning, exposure, and water-</p>					



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		borne diseases e.g. Leptospirosis (Weil's Disease) <i>RFWCI = Contracting Leptospirosis</i>					
A12	Collisions between runners	Collision between runners during the start of the race. Collision between runners during the running of the race <i>RFWCI = Fall resulting in bruising/broken limb</i>					
A13	Setting up feeding stations, first aid stations, start and finish equipment, support tents. etc.	<i>Manual Handling injuries</i> <i>RFWCI = Sprain/Strain</i>					
A14	Officiating for the event e.g. stewarding the course, helping at feeding stations, setting up course markers, and so on	All hazards as mentioned above plus conflict between stewards and runners and or spectators/members of the public <i>RFWCI = Physical assault resulting in injured party requiring medical treatment and removal from duty.</i>					
A15	Car Parking	Car parking areas at race HQ, the start and finish, , including entries and exits, and at control points					



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		along the route <i>RFWCI = Damage to vehicles, Injury to pedestrians.</i>					
A16	Lost children	Children attending the event reported lost or found. <i>RFWCI = Distress, Abduction.</i>					
A17	Provision of refreshments before, during, and after the event	Sub-standard food and drink hygiene <i>RFWCI = food poisoning, requiring medical attention</i>					
A18	COVID-19 specific risks	Even though there are no coronavirus-specific legal restrictions in place, as of February 2022, Government guidance does recommend that anyone with COVID-19 should keep away from others. <i>RFWCI = Transmission of COVID-19 to a vulnerable individual.</i>					