

Penicuik Harriers

Generic Off-Road Training Risk Assessment (Excluding Hill & Fell Running)



Activity Name	Off-Road Training / Running (Excluding Hill & Fell Running)					
Name of organisation	Penicuik Harriers					
General description of the activity	Adult Endurance Club Training					
Number of attendees	24 Max	Athletes	1 or 2	Coaches (Max. 1:12 Ratio)	0	Spectators
Description of the area to be included in the risk assessment	Off-Road Club Training					
Any other relevant information	Training sessions supervised by UKA Qualified Coach or Leaders in Running Fitness					
Date of risk assessment	25/09/2026	Date of event	General	Assessment completed by (name/role)	David Cairns (UKA L3 Performance Coach)	
Note: This document should be read in conjunction with the Penicuik Harriers Generic Risk Assessments for Adverse Weather and Health & Wellbeing						

Category	Hazard	Who might be harmed and how?	Risk Rating	What controls are already in place?	What further controls / actions required?	Timescales for further actions	Risk Rating	Responsible Person
CLOTHING								
1. Clothing / footwear	Inappropriate to prevailing conditions	- Participants - Illness / injury - Slips / trips / falls	M	Advice on Club Training webpage to wear Hi-Viz clothing / footwear appropriate to the session / conditions	Advise participant of any clothing / footwear concerns / associated risks	Dynamic Review	L	Participants
VENUE								
2. Choice of off-road training venue	Environmental	- Participants / Leaders - Cuts, stings, grazing from brambles, overhanging branches, fences, etc. - Collision with obstacles - Slips, trips & falls from tree roots, uneven ground, etc.	M	Training venue selection: - Avoid exposure to excessive risks associated with rivers & open water - Utilise "off-road" paths, trails, walkways & open parkland	- Assess hazards - Warn participants as appropriate	Dynamic Review	L	Coach / Leader
3. Choice of off-road	Pedestrians, cyclists &	- Participants / Leaders / pedestrians / cyclists - Collision / trips / falls	M	- Advise participants: - Facility is shared with other users;	Remain alert to pedestrian's / dog walkers (with	Dynamic Review	L	Coach / Leader

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training venue	other facility users	Cuts, grazes or bruises		- pedestrians, dog walkers, children on bikes, cyclists, etc. - Warn group to stay alert & avoid collision	- extending leads) / cyclists - Ask dog walkers to keep dogs under control / on leash - Warn other users of ongoing activity			
4. Choice of off-road training venue	Livestock / wild animals	- Participants / Leaders - Injuries from contact / attacks, trips & falls	M	Avoid open farmland / contact with animals	Remain vigilant to presence of animals	Dynamic Review	L	Coach / Leader
5. Choice of off-road training venue	Off-road vehicles / motorbikes	- Participants / Leaders / riders - Collision & serious injury	M	Avoid venues with known likelihood of off-road vehicles / motorbikes	Remain alert to any vehicles using the facility (whether legally or otherwise)	Dynamic Review	L	Coach / Leader
6. Choice of off-road training venue	Underfoot conditions	- Participants / Leaders - Broken glass - Slippery surface / wet leaves / ice	M	- Clear any broken glass - Assess underfoot conditions / warn participants of potential hazards - Remain alert to changing conditions	Where underfoot conditions are unacceptable either relocate to a safer venue or cancel session	Dynamic Review	L	Coach / Leader
TRAINING SESSION								
7. Training Session	Collisions	- Participants - Slips / trips / falls / injury	M	Split participants into smaller ability-based groups	Monitor collision risk, adjust as appropriate	Dynamic Review	L	Coach / Leader
8. Training Session	Physical Overload	- Participants - Exhaustion / illness / injury	M	Monitor risk of physical overload	Modify individuals' session to suit	Dynamic Review	L	Coach / Leader

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9. Training Session	Unsuitable Activity	- Participants - Exhaustion / illness / injury	M	Mixed ability group training session set in accordance with good practice & appropriate recoveries between efforts	Modify individuals' session to suit their ability	Dynamic Review	L	Club Committee
10. Training Session	Lost or missing participant	- Participant - Getting lost or injured whilst out of direct contact with coach or training group	M	- Maintain members phone contact / emergency contact register - Head count on arrival / during / after training session / run - Brief group on route / course - Participants allocated to similar ability training groups - Participants to advise if dropping out or leaving - Maintain visual contact where possible	- Allocate "Lead" & "Sweep" runners (sweep runner to accompany last runner) or course marshalling - Provide coaches' phone number - Phone missing participant to check location - If no response, check emergency contact - Organise route / course sweep - If participant cannot be located call emergency services	Dynamic Review	L	Coach / Leader / Club Committee
Planned review date/period – Annually or Dynamic Review as Required								