

Penicuik Harriers

Generic Road Running Risk Assessment



Activity Name	Road 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	Road Running (This may be during warm-up runs to / from meeting point to training venue or on Group road runs)					
Any other relevant information	Training sessions supervised by UKA Qualified Coach or Leaders in Running Fitness					
Date of risk assessment	27/09/2026	Date of event	Weekly	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
TRAINING VENUE								
2. Training venue choice	Exposure to traffic	- Participants / Leaders - Collision with traffic or other road users; cars, bicycles, pedestrians, etc.	M	- Club training venue selection to avoid running on open roads as far as practical - Club group "warm up" or training runs on or adjacent to open roads should follow procedures outlined below	- Participants who are unfamiliar with the training route should be paired with experienced group members - Ensure group stays in contact and nobody becomes isolated	Dynamic Review	L	Coach / Leader

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GROUP CLUB RUNS ON OR ADJACENT TO OPEN ROADS								
3. Running on or adjacent to open roads	• Exposure to traffic	• Participants / public / other road users • Collision with traffic or other road users; cars, bicycles, pedestrians, etc.	M	• Run on footpaths where provided, not on the road • Stay alert to traffic & cars pulling out of driveways	• Allocate "Lead" & "Sweep" runners (sweep runner to accompany last runner) wearing Hi-Viz to group	• Dynamic Review	L	Coach / Leader
4. Running on or adjacent to open roads	• Crossing Roads	• Participants / other road users • Collision with traffic or other road users; cars, bicycles, pedestrians, etc.	M	• Avoid crossing open roads where possible, use designated road crossing points	• Regroup at road crossing point & cross together	• Dynamic Review	L	Coach / Leader
5. Running on or adjacent to open roads	• Pedestrians	• Participants / pedestrians • Collision / slips / trips / falls	M	• Training route / venue is shared with other users; pedestrians, dog walkers, children on bikes, etc., stay alert	• Exercise due consideration & warn other users	• Dynamic Review	L	Coach / Leader
6. Running on or adjacent to open roads	• Dogs, pets & wild animals	• Participants / pedestrians • Collision / slips / trips / falls	M	• Avoid contact with animals • Stay alert to dog walkers and possibility of extended dog leads	• Exercise due consideration & warn dog walkers	• Dynamic Review	L	Coach / Leader
7. Running on or adjacent to open roads	• Visibility on open roads	• Participants / other road users • Collision with traffic or other road users; cars, bicycles, etc.	H	• Highlight risk in the event of poor visibility, fog, mist, low dazzling sun, etc.	• Cancel session if visibility level is particularly poor	• Dynamic Review	L	Coach / Leader
TRAINING SESSION								

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8. 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
9. Training Session	• Physical Overload	• Participants • Exhaustion / illness / injury	M	• Monitor risk of physical overload	• Modify individuals' session to suit	• Dynamic Review	L	Coach / Leader
10. 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
11. Training Session	• Lost or missing participant	• Participant • Getting lost or injured whilst out of direct contact with 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								