

Risk Assessment Form - Winter Forest Training

Venue Epping Forest	Activity/Event Social and training runs	Persons Involved Between 2 and 20 - MINIMUM 4 MEMBERS PER GROUP		
Risk	Who may be harmed	Precautions	Further actions/venue-specific risk	Risk rating
Darkness making hazards more difficult to see, leading to tripping and falling over tree roots, stones etc. causing injury.	Participants/leader	Head and body torches to be worn at all times to ensure visual acuity. Group leader and front runners to notify those behind of any visible hazards.	Spont to be updated 24 hours before the run to advise on necessary equipment	High
Darkness making hazards more difficult to see, leading to falling or slipping in mud or puddles	Participants/leader	Head and body torches to be worn at all times to ensure visual acuity. Group leader to advise in advance what type of footwear should be worn. Keep to a pace appropriate for the conditions.	Spont to be updated 24 hours before the run to advise on necessary equipment and footwear.	High
Ice and snow, very cold weather	Participants/leader	Weather appropriate clothing to be worn, along with head and body torches. Watch for black ice and test footing, adjust pace accordingly. Group leader and front runners to notify group of identified hazards.	If conditions are too treacherous, forest runs to be cancelled (at discretion of the committee).	High
Darkness leading to participants becoming separated from the group and becoming lost.	Participants	Group leader to ensure that advertised pace is maintained throughout the run and that regular loop-backs are undertaken to ensure participants remain in sight and together. Torches to be worn to facilitate this.	All runs to take place on main paths - <u>no trails during winter</u> .	Medium
Horses and horse riders	Participants/group leader/horses/horseriders	If horses are seen, the group leader and front runners must ensure that all runners come to a stop and walk. Walk slowly past the horse, not making jerky movements or running and listen carefully to any instructions from the horserider.		Medium
Bikes	Participants/group leader/cyclists	Wear head torches so runners can be seen, if a cyclist is seen, group leader and front runner to notify the rest of the group and ensure all runners move to one side of the path.		Medium
Dogs	Participants/group leader	If dogs are off lead, group leader to ensure all runners adjust pace and move to one side of the path. If dog appears to be aggressive, ask group to stop and wait for the owner to remove dog from the situation before restarting		Medium
Cows	Participants	Group leader and front runners to stop running and walk slowly and calmly past animals, give as wide a berth as possible, avoid coming between calves and their mothers and bulls.		Low
Lack of first aid training or knowledge of medical conditions	Participants	Run leaders to carry a mini-first aid kit and be first aid trained for minor injuries. <u>Run leader to carry a charged mobile phone at all times in case of emergency.</u>	All injuries and accidents must be reported to the Welfare Officer using orionharriessaferguarding@mail.com	Low

Approval:		
Signed:	Print Name:	Date:
Declaration by Club Committee Representatives:		
Signed:	Print Name:	Date: