

Risk assessment template

Company name: RRR

Assessment carried out by: Sue Stileman

Event: Summer Steeplechase

Date assessment was carried out: June 2023

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?
Roads	Runners and other road users by cars and other road traffic	Runners are advised to wear high vis or bright colours, to keep to pavements where possible and to be vigilant at road crossings for cars and other road users. Also for any potholes or dropped kerbs which may cause trip hazards.	None
Uneven ground underfoot	Runners -paths are uneven, rooty, may have holes	Runners are advised that sections of the route are trail and likely to be uneven underfoot and to keep an eye on where they are putting their feet. They have also been advised to carry a basic first aid kit comprising: plasters, plastic gloves, antiseptic wipes, emergency foil blanket in case of any falls	None
Narrow paths, over head branches, brambles on the paths	Runners- summer vegetation across the paths and branches overhead	Runners are advised of these potential risks and to be watchful for them. Also to carry a basic first aid kit as detailed above.	None

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Weather	Runners- heat stroke, dehydration, cold, wet	Runners are advised to carry adequate water and to wear appropriate kit for weather conditions (ie sun hat, sun cream, shorts if hot and waterproof, long sleeves if cold/ wet)	None
Members of the public	Runner and the public sharing the route	Walkers, cyclists and dog walkers all use the Steeplechase routes - runners have been advised we do not have sole use of the routes and therefore to be mindful of other path users and to exercise caution when passing walkers, cyclists and dogs	None
Getting lost	Runners by finding themselves lost and unsure where they are	The routes are not marshalled and in some places not well signed. Runners have access to both GPX files showing the routes and downloadable maps. They have also been asked to location share on the Steeplechase WhatsApp group on the day and where possible to run with a friend/ in a group. Recce runs were also advised to make certain they knew the way. They have furthermore been asked to make certain they run with a fully charged mobile phone with Sue and Mark Stileman's mobile numbers added.	None
Livestock on the route	Runners - some of the fields may contain livestock such as cows and sheep	Runners are aware that livestock may be present and to slow down and walk calmly past them. Also, to keep all gates in and out of fields closed.	None

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Rivers	Runners - falling in or drowning. Some of the routes cross rivers	Runners are advised to exercise caution when crossing wooden and other bridges which may be slippery and present trip hazards	None
Fences, Stiles & Gates	Runners- slipping and falling when climbing fences, gates or stiles	Runners are advised to apply caution when using stiles or climbing over gates and fences which may present trip hazards	None
Insect & Tick Bites	Runners being bitten	The use of insect repellent is suggested and to check themselves for ticks when the run has finished	None

More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/