



# Risk Assessment

## Calder Valley Fell Runners - Tuesday Evening Social Runs

CVFR Social runs will normally be 5-7 miles, if off road will generally have up to 2000 feet of climb and will be completed in 1½ to 1¾ hours, runners should be able to complete runs on that basis (runners will regroup throughout the run).

The general principle behind social runs and this risk assessment is that runners must take responsibility for their own safety on the hills. Inherent risks in fell running are the risks associated with running in natural, often mountainous, terrain in all weathers, including slips, trips and falls causing injury and hypothermia causing physical and sometimes mental impairment. These risks are exacerbated by fatigue, dehydration, running out of energy and extended exposure times due to getting lost. (Extract from FRA Guidelines for organisers).

**Assessed By:** Bob Howard (Membership Secretary)      **Updated:** 10th July 2020, incorporating Covid 19 precautions

**Conclusion of risk assessment;** residual risks are tolerable or moderate and as low as reasonably practicable.

Activity or Task	Identified Hazards and Risks	What or who might be harmed and how	Evaluation of Existing Risk and Precautions				Additional Control Measures Recommended						
			Existing Control Measures			Risk = Sev x Likelihood			Additional Controls Required	Risk = Sev x Likelihood			Action Required By
			S	L	R	S	L	R					
Social Run	Hypothermia	Runner	Generally short run (< 2 hours). Runners responsible for wearing/carrying suitable clothing. Regroup through run. Social run leader makes appropriate decisions in consultation with the group to adjust the route as necessary.	3	1	3	None identified	3	1	3			
Social Run	Hypothermia – caused by getting lost	Runner	Leader to have means of navigating as necessary. Social run leader makes appropriate decisions in consultation with the group to adjust the route as necessary. Ensure that new runners have someone to run with/keep an eye on them (may be a number of runners in turn).	3	1	3	None identified	3	1	3			
Social Run	Hypothermia – caused by debilitating injury	Runner	Runner count to ensure no one is lost/on their own for a significant time. Regroup through run. Ensure that new runners have someone to run with/keep an eye on them (may be a number of runners in turn).	3	1	3	None identified	3	1	3			

Social Run	Injury due to slip, trip or fall	Runner	<p>Runners to wear footwear appropriate for the terrain. Regroup through run. Number count of the group periodically to ensure no one left behind injured.</p> <p>In case of the need to self rescue (Mountain Rescue expect delay to their attendance to incidents), each group to carry basic first aid kit for self-administration. Each group to carry at least one working mobile phone.</p> <p>In case of the need to assist a runner, each individual to carry a face mask – this can be a clean buff.</p>	2	1	2	None identified	2	1	2	
Social Run	Infection with Covid 19	Runner, with secondary risk of passing it on to other household members	<p>Runners to not turn up if they have any symptoms of feeling unwell, or if a member of their household is feeling unwell, or if they have been in contact with anyone displaying symptoms of Covid-19.</p> <p>Runners to travel to run in vehicles on their own or containing only members of their own household.</p> <p>Runners to bring own means of cleaning hands.</p>	3	1	3	None identified	3	1	3	
Social Run	Infection with Covid 19	Runner, with secondary risk of passing it on to other household members	<p>Runners to maintain 2m social distancing with anyone who is not from their own household.</p> <p>Runners to maintain awareness of the risks of touching gates/stiles.</p> <p>For those who need to clear their nose while running, this is to be done away from other people.</p>	3	1	3	None identified	3	1	3	
Social Run	Infection with Covid 19	Runner, with secondary risk of passing it on to other household members	<p>Leader to identify running area allowing reasonable parking and running area, minimising risk of being busy with tourists and minimising risk of narrow tracks and handling of stiles/gates.</p> <p>Leader to ensure groups of 6 or less run together (socially distancing), and ensure each group has a nominated leader.</p> <p>Leaders of different groups to understand where each is planning to run</p> <p>Nominated leaders to note names of people within the group and send to a designated committee member to keep on file in case contact tracing is required.</p>	3	1	3	None identified	3	1	3	

## Emergency procedure

In the event of accident or illness (including showing Covid-19 symptoms on the run), group leader should assess the situation:

- Injured person to use first aid kit if appropriate
- If at all possible, injured person should self-rescue, maintaining social distance rules (eliminates contact risk)
- If assistance is needed, (elimination of contact not possible), risk can be reduced for each individual by sharing the assistance (ensure <15 minutes close contact wherever possible) and also by wearing of PPE (facemask), also by washing hands on completion
- If injured person cannot be moved, leader to contact mountain rescue (dial 999) to discuss options/await rescue

## Scoring System

### **Likelihood:**

Highly unlikely – scores 1

Unlikely – scores 2

Likely – scores 3

### **Potential severity:**

Slightly harmful scores 1

Harmful – scores 2

Extremely harmful – scores 3

	Potential Severity 1	Potential Severity 2	Potential Severity 3
Likelihood 1	1 Trivial	2 Tolerable	3 Moderate
Likelihood 2	2 Tolerable	4 Moderate	6 Significant
Likelihood 3	3 Moderate	6 Significant	9 Critical Risk