



## TUESDAY EVENING CLUB RUN RISK ASSESSMENT

Prepared: PHammersley  
Reviewed: LJohnston  
Date: 14.08.2026

### Description of Event

The Tuesday night club run is an event that is open to all members of the club and prospective new members.

Its purpose is to encourage members to run once a week with other club runners.

It functions by participants meeting at a pre-arranged location, and running along a pre-determined route and finishing at the start point. Routes are determined by ability/speed of runner to provide a run of between 45 minutes to 1 hour duration.

Groups are provided to suit different speeds, Slow approx 6-30 min/km; Medium approx 5-30min/km & fast 4 min to 4-30min/km.

### Risk clarification and required action

| Likelihood |                    | Severity |          |         |       |              |
|------------|--------------------|----------|----------|---------|-------|--------------|
|            |                    | 1        | 2        | 3       | 4     | 5            |
|            |                    | Minor    | Moderate | Serious | Major | Catastrophic |
| 1          | Extremely Unlikely | 1        | 2        | 3       | 4     | 5            |
| 2          | Unlikely           | 2        | 4        | 6       | 8     | 10           |
| 3          | Likely             | 3        | 6        | 9       | 12    | 15           |
| 4          | Extremely Likely   | 4        | 8        | 12      | 16    | 20           |
| 5          | Almost certain     | 5        | 10       | 15      | 20    | 25           |

| Risk Classification |    |    |    |                                                                                                                           |  |
|---------------------|----|----|----|---------------------------------------------------------------------------------------------------------------------------|--|
| Low                 | 1  | to | 5  | Ensure assumed control measures are maintained and reviewed as necessary                                                  |  |
| Medium              | 6  | to | 11 | Additional control measures needed to reduce risk rating to a level that is equivalent to a test of "reasonably required" |  |
| High                | 12 | to | 25 | Activity not permitted. Hazard to be avoided or risk to be reduced to tolerable level                                     |  |

The risk classification is the product of the likelihood and the severity.

| Potential Severity of harm occurring |              |                                                         |
|--------------------------------------|--------------|---------------------------------------------------------|
| 1                                    | Minor        | Minor injury e.g. cut / bruises                         |
| 2                                    | Moderate     | Moderate injury e.g. sprains, pulled muscles            |
| 3                                    | Serious      | Serious injury or illness broken bones, hospitalisation |
| 4                                    | Major        | Major Injury- Life changing Injury                      |
| 5                                    | Catastrophic | Catastrophic Injury - Fatality                          |

| Risk ID | Hazard                 | Consequences                                                                                                       | Likelihood | Severity | Product | Risk   | Mitigation                                                                                                                                                                                                                                                                              | Likelihood | Severity | Product | Residual Risk | Outstanding Actions Required                                                                           | Timescales | Responsible Person        |
|---------|------------------------|--------------------------------------------------------------------------------------------------------------------|------------|----------|---------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|---------|---------------|--------------------------------------------------------------------------------------------------------|------------|---------------------------|
| 1       | Inexperienced runners  | Inappropriate clothing- hypothermia or over heating<br>Over exertion causing injury or illness (too much too soon) | 3          | 2        | 6       | Medium | Ensure new/inexperienced members/runners are "greeted" before the start of the event and an assessment made of their ability (eg. ask what time they do park run in etc). Suggest an appropriate group to join and assign a member of that group to keep an eye out for the new runner. | 2          | 2        | 4       | Low           | Develop groups to ensure that each group has a leader to keep an eye out for all runners in that group | Dec-26     | P Hammersley / L Johnston |
| 2       | Running from cold      | Pulled muscles                                                                                                     | 3          | 2        | 6       | Medium | Ensure warm up undertaken before the start of each event                                                                                                                                                                                                                                | 2          | 2        | 4       | Low           |                                                                                                        |            | P Hammersley / L Johnston |
| 3       | Running into obstacles | Knocked unconscious, injury                                                                                        | 2          | 5        | 10      | Medium | Develop a culture of shouting warnings whilst running                                                                                                                                                                                                                                   | 1          | 3        | 3       | Low           | Introduce a safety thought pre warm up to develop an awareness of hazards. Lead by example             | Dec-26     | P Hammersley / L Johnston |
| 4       | Crossing Roads         | Road accident- death                                                                                               | 3          | 5        | 15      | High   | Routes where possible to avoid road crossings, Establish road crossing protocol of waiting for a re-grouping AFTER road crossing to prevent dashing across a road to keep up. Use the green man.                                                                                        | 1          | 3        | 3       | Low           | Introduce a safety thought pre warm up to develop an awareness of hazards. Lead by example             | Dec-26     | P Hammersley / L Johnston |



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|    |                                                                   |                                                                                                                                      |   |   |    |        |                                                                                                                                                                                        |   |   |   |        |                                                                                               |        |                                            |
|----|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---|---|----|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|--------|-----------------------------------------------------------------------------------------------|--------|--------------------------------------------|
| 5  | Slips, Trips, Falls                                               | Knocked unconscious, injury unable to move leading to potential hypothermia/shock, unable to move victim needing medical assistance. | 2 | 4 | 8  | Medium | Adopt winter routes along well lit paths for running in dark.<br>Provide standalone smart watches for group leaders to make emergency calls                                            | 2 | 2 | 4 | Low    | Encourage runners to be bring phones                                                          | Oct-26 | PRR Committee                              |
| 6  | Medical Emergency                                                 | Heart attack, stroke etc                                                                                                             | 2 | 5 | 10 | Medium | Provide standalone smart watches for group leaders to make emergency calls                                                                                                             | 2 | 4 | 8 | Medium | Purchase watches and phone plans                                                              | Oct-26 | PRR Committee                              |
| 7  | Medical Emergency                                                 | Blood sugar crash causing dizziness, unconsciousness                                                                                 | 2 | 3 | 6  | Medium | 4 to 5 jelly babies are generally sufficient to raise blood sugar levels. Encourage runners to carry them and not skip meals before the run.                                           | 2 | 2 | 4 | Low    | Introduce a safety thought pre warm up to develop an awareness of hazards.<br>Lead by example | Oct-26 | P Hammersley / L Johnston                  |
| 8  | Personal threat /intimidation /mugging                            | Attempted mugging / rape                                                                                                             | 2 | 4 | 8  | Medium | Ensure no one gets isolated whilst running<br>Ensure a group size of 3 minimum ideally with a male present<br>Select routes that are well lit in winter and avoids known trouble spots | 1 | 4 | 4 | Low    | Develop a culture of being aware of each other whilst running                                 | Oct-26 | P Hammersley / L Johnston                  |
| 9  | Exceptional adverse weather                                       | Ice, wet & cold, high winds, extreme heat. Slip & falls, hypothermia, heatstroke, dehydration<br><br>THUNDERSTORM                    | 4 | 4 | 16 | High   | Ensure route appropriate for weather condition.<br>Shorten run, select shaded route or paths that are gritted.<br>Cancel event<br>Thunderstorm cancel event                            | 1 | 4 | 4 | Low    |                                                                                               |        | P Hammersley / L Johnston                  |
| 10 | Pulled muscles/injury                                             | Pulled muscles/injury                                                                                                                | 4 | 2 | 8  | Medium | Encourage cool down and stretching at the end of each run                                                                                                                              | 2 | 2 | 4 | Low    |                                                                                               |        | Run group leaders / P Hammerley/L Johnston |
| 11 | Road Accident-Car hits runner, darkly clad runner on a dark night | Death                                                                                                                                | 3 | 5 | 15 | High   | Encourage appropriate clothing, especially in winter. Bright clothing, reflective clothing, head torches                                                                               | 1 | 5 | 5 | Low    | Encourage runners to be seen and be safe                                                      |        | P Hammersley / L Johnstone                 |