



Assessment completed by:	Steve Dorrall (Club Secretary/H&S Advisor)	Group / Establishment:	Burnham on Sea Harriers	Date	28 March 2025
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What is the activity being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
<p>This risk assessment applies to the various club runs that are ran on a Tuesday or Thursday evening, Sunday morning or other occasion where a run is organised by a Burnham Harriers Run leaders. Details of the commonly organised runs are listed below and includes events such as Couch-2-5km</p> <p>Burnham Harriers is an England Athletics affiliated running club. Further details regarding affiliated clubs and benefits can be found here: Benefits of Club Affiliation - England Athletics</p> <p>Benefits include Public Liability Insurance cover up to £50 million.</p>	<p>This risk assessment was completed with the feedback of experienced run leaders who deliver the runs described below.</p> <p>Risk assessment is shared to all members via the Harriers Facebook page and hosted on the Burnham Harriers website: Health & Safety Burnham on Sea Harriers (burnham-on-sea-harriers.com)</p>	Is the assessment 'generic' or specific to the situation?
		Generic
<p>Tuesday Night Club Run: Tuesday night club run normally covers a distance between 4 (6.4km) to 5 miles (8km) and is run at a pace approximately between 9.30-to-10.30-minute miles (equivalent to a 28 – 30-minute parkrun). Nobody gets left behind. The club run route commonly follows streets, footpaths, and the beach in the Burnham and Highbridge area, although an occasional run may be organised at locations such as Berrow, Brean or Brent Knoll. Stops do occur to ensure that the group remains together, monitored and managed by the run leader.</p>		
<p>Fab 5: Fab 5 club run normally covers 5km or 3.1miles. Fab 5 is run at a pace of approximately 8minute kilometre (equivalent to a 40minute parkrun). The group remains together throughout, stopping to accommodate different paced runners or where a break may be required. The Fab 5 is intended for:</p> <ul style="list-style-type: none"> • People who are trying to increase or maintain their fitness by completing two or three 5km runs per week. • Anyone looking to return to running following injury. • Anyone wishing to complete a gentle recovery run following a recent hard race. • This level run is designed to accommodate Couch-2-5km graduates looking to build their running frequency and stamina before moving onto increased distances or runs at a faster pace. • The run is designed to be run at a slower pace to enable sustained running for longer durations rather than running at 100% output or pace. 		

Super 7: Super 7 is a run covering 7km or 4.4miles. The run is set at a pace of 7minute kilometres or 11.16minutes per mile pace (equivalent to a 35minute parkrun). The run commonly involves a stop part way around the route although further breaks occur to ensure that nobody is distanced from the main group.

Trail: Trail runs include locations such as Brent Knoll, Brean Down, Crooks Peak, Mendips, Quantock Hills, and other local off-road settings. Routes can include steep ascents and descents and night time runs along footpaths, bridal paths, forest trails etc. Trail trainers are essential for runners on these routes.

Couch-2-5km: Couch-2-5km follows the NHS 9-week programme providing an opportunity for new runners to build confidence and endurance with the initial aim of completing a 5km run. The programme involves a mixture of walking and running, gradually increasing the running ratio over walking. Burnham Harriers Couch-2-5km is led by experienced run leaders to provide advice, encouragement and guidance through the entirety of the programme.

Speed: Speed sessions take place at various locations including Ralph's Wood (grass), Hill Lane in Brent Knoll (road), Crooked Lane rail bridge, Cookson Park, Seafront (300 floodgate loop/Yacht club area), Huntspill Lanes from the fisherman's car park. Sessions include pyramid repetitions, shallow hill sprints, lamppost intervals (fast and slow), Paired relays, Moneghetti Fartlek, 300m intervals, 400m intervals, 1mile/1km/500metre intervals. Sessions are designed to build speed and endurance

Thursday social run: Gentle run for anyone wishing to run at a slow/casual pace for runners looking for a slow, casual run to build confidence running with others and for the social benefits that running with others provide. This run commonly starts at the Sea Front café, following a route along the sea front, river path and returning along Marine Drive. Stops are included in the run to keep everyone together ensuring that nobody is left behind.

Handicap: 5km run using the Burnham and Highbridge parkrun route. Participants declare their best parkrun/5km time and the slowest timed runner sets off first, with the fastest timed parkrun/5km runner setting off last. Everyone's run is timed and course is marshalled to ensure everyone safely navigates the course.

Cross Country: Route uses the grassed areas, trails and banks located in and around Apex Park. Course is flagged/marked for all runners to follow, supported by colleagues from the club who time, marshal and supervise the activity. Activity is timed and supported by Harriers members to ensure safety and safe completion of the route.

Club walk: Club Walk enables members and prospective non-members to conduct a club walk. The walk is organised to support runners looking for activity and exercise where injury prevents them from running. The walk also provides a social/positive mental health aim for members who may not want to run. Walk distance is approximately 2 to 3 miles (4 to 5km), duration of around 40minutes to 1 hour. Group walks together, wearing Hi-Viz materials when walking in darkness or poorly lit conditions.

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done
		S	L	S x L				
		<p>Runner's slip, trip or fall by way of slippery surface, kerbs, street furniture or collision with other runners or pedestrians.</p>	<p>Runners will be expected to be aware of obstacles or hazards when running. Routes are pre-determined by Run Leaders and communicated to a run group before departure. Runners are advised to observe and assess hazards dynamically as they run. Front runners can warn the rest of group of any upcoming hazards. Run groups will commonly have a back runner to monitor the group and support the group, especially if someone has an incident.</p>	2				
<p>Environmental - winter running (dark)</p>	<p>Club runs (October - March) are commonly run in the dark owing to limited daylight/early sunset. Routes are planned that have adequate street lighting.</p> <p>On routes where there is limited or no lighting, members can assess organised club runs and routes via Spond to determine a run that is suitable for their pace and ability.</p> <p>Runners are expected to wear Hi-Viz clothing, head-torches/body lights to increase visibility.</p> <p>Runners run as a group ensuring that nobody is left behind and pace is adjusted to accommodate everyone in the group.</p> <p>Non-members are welcome to run with the group on taster runs, but will be encouraged to take membership after 3 to 5 club runs to gain the benefits of being a</p>	3	1	3	<p>Club runs are split into groups led by EA qualified run leaders (see above run types). Each group run at a predetermined pace which is posted on Spond allowing members to choose an appropriate group to run with.</p> <p>Run leaders post planned club runs on Spond as an event. Members can view routes and indicate their intention to attend so run leaders recognised approximate run group numbers.</p> <p>Groups run together to support each other and</p>	All	already in place	

	member with an England Athletics affiliated club (insurance, safety, and welfare support).				for safety. Runners wear torches, Hi-Viz materials.			
Off-road routes (terrain and conditions for trail runs or runs not on tarmac or concrete)	<p>Runs including trail runs and some club runs such as Burnham or Berrow Beach have surfaces which can be muddy or unpredictable owing to tide and changing surfaces.</p> <p>Trail runs include steep ascent and descents, also covering surfaces where hazards such as tree stumps, branches, gates, stiles, stones and rocks or water/muddy terrains are encountered. Slip and trip hazards are common on these routes.</p> <p>Sprains/strains are possible injuries owing to the uneven surfaces experienced on these routes.</p>	3	2	6	<p>Runners are encouraged to wear suitable shoes for off-road running e.g. trail trainers.</p> <p>Run leaders must account for varying abilities of runners when off-road running owing to their ability to ascend or descend routes or navigate terrains at a pace that they can comfortably run.</p>	all	Run leaders when delivering a trail or off-road run.	
Environmental - summer running	<p>Club runs include both road and off-road routes. Destinations include (but not limited to) Burnham/Berrow/Brean Beach, Brean Down, Brent Knoll, Crooks Peak, Quantocks where slips, trips, twists may occur.</p> <p>Beach runs pose hazards including tides and mud – run leaders check tide times and areas of the beach to avoid where mud is known to be present.</p> <p>Runners run as a group ensuring that nobody is left behind and pace is adjusted to accommodate everyone in the group.</p> <p>Non-members are welcome to run with the group on taster runs, but will be encouraged to take membership after 3 to</p>	2	2	4	<p>Runners are familiar with the routes and can run at own pace. Run leaders check tide times before running on the beach.</p> <p>Run leaders check their planned route including conditions or terrain where routes may be affected by weather, animals, road closures or another unexpected situation.</p> <p>Run leaders organise club runs starting from various</p>	All	already in place	

	5 club runs to gain the benefits of being a member with an England Athletics affiliated club (insurance, safety, and welfare support).				destinations involving different terrains or surfaces giving runners a choice of route options on an organised club run.			
Animals, pedestrians, cyclists, and other users on run routes - potential collision whilst running.	Runners run as groups but must observe and respect other users, creating space and avoiding contact between pedestrians, dogs, cyclists, or other users. Run leaders and runners alert groups to approaching hazards such as approaching public, street furniture, steps, vehicles, or other visible obstacles.	3	1	3	Contact with animals and other users can happen, however, front runners are asked to let everyone know of any oncoming people, animals, or hazards.	All	already in place	
Weather - Variable conditions that can cause runners to overheat/dehydrate in warm conditions. Feel cold, possible drop in temperature in cold, wet conditions.	Forecasts checked prior to run and runners can make the decision not to run in inclement weather. Run Leaders communicate with each prior to the club run and announcements are made on the Harriers Facebook page. Suitable clothing to be worn for the conditions including jackets, Hi-Viz clothing, lights etc. Runs can be cut short; shelter sought or return to base/cars if there are signs that conditions are inappropriate for running or runners are cold/struggling with the conditions.	4	2	8	Forecasts checked prior to run. Runners are encouraged to wear appropriate clothing for the conditions. Run Leaders reserve the right to postpone a run if conditions are deemed dangerous e.g. icy, snow etc.	All, but Run Leaders can decide whether to run and suitable route	already in place	
Runners Personal Safety: Threats of anti-social, violent, or aggressive behaviour towards club runners	Run Leaders can report incidents to the Police (non-emergency 101) giving incident details, location etc. Run leaders communicate runs (via Messenger or WhatsApp) where anti-social, harassment or other unwanted behaviour occurred including what happened and	2	3	6	Runners affected by an incident can gain additional support from the club welfare officer, colleagues, or England Athletics via welfare@engl			

	<p>where so future routes avoid these locations.</p> <p>Runners should not engage with individuals or groups who are threatening or aggressive and seek to divert their run.</p> <p>All Burnham Harrier members are required to observe and agree to the club run etiquette: Health & Safety Burnham on Sea Harriers (burnham-on-sea-harriers.com)</p>				<p>andathletics.org or call 07464 522426.</p> <p>Run Leaders or club Officials can contact the local PCSO where incidents arise.</p> <p>Incidents or near misses to be reported on the England Athletics Incident reporting form: Report an Incident.</p>			
<p>Injury - Potential injury to runners during a club run. Injuries can include muscle strains, twists, injuries from falls.</p>	<p>Runners are aware that they run at their own risk, but should let others know if they start to feel unwell or an injury sets in.</p> <p>Runners can stop and arrangements made for their safe collection and any further attention.</p> <p>Trained first aiders among the group. Call 999 for emergency situations.</p> <p>Run leaders have been provided with small first aid kits to treat minor injuries (carried when running with groups).</p> <p>Runners are recommended to carry an ICE card (e.g. parkrun wrist band, barcode card or similar) so that in the event of an incident run leaders or colleague have a suitable point of contact to respond to an incident if called.</p>	3	2	6	<p>Run Leaders commence warm-up and warm down exercises, stretches or runs before and after the actual run. Runners are welcome to slow down or return to base/place of safety if they do not feel comfortable, letting the run leader know if they need to withdraw or pull away from an organised run.</p>	<p>Consider additional first aid training</p>	All	

<p>Lone Running - Possible lone runners where runners are left behind or drop back.</p>	<p>Lone running is avoided, where possible, as sessions are split into groups with tail runners to support back runners and keep groups together or to provide support to runners who may become detached from the main group.</p> <p>There are instances where a runner may choose to split from the group due to injury, or personal circumstance means they need to finish run early. In such cases, the runner advises the run leader so they are aware that the individual has safely split from the group.</p>	2	2	4	<p>Any club runner who splits from the group lets the group know. Arrangements can be agreed to confirm safe return.</p>	All, run leaders	All	
<p>Traffic - Possible injury or harm to runners from vehicles, knocked over, collisions</p>	<p>All runners must observe roads and crossings, being prepared to stop where there is the risk of runners and vehicles coming into contact. Where runs occur on country roads with no pavements, runners should run on the right-hand side to face oncoming traffic.</p> <p>Front runners should also call out to groups to warn of oncoming traffic, making themselves and the group visible aware of potential hazards, street furniture and crossings.</p>	4	2	8	<p>Runners should run facing oncoming traffic where possible. Hi-Viz clothing to increase sightings by drivers.</p>	All	All	
<p>Safeguarding – runners show signs of vulnerability, mental health, or wellbeing concerns.</p>	<p>Burnham on Sea Harriers have a Welfare Officer available to deal with safeguarding concerns.</p> <p>Run leaders/members is a friendly club with several members willing to listen to anyone who has concerns or signs of vulnerability, having completed safeguarding, welfare, or mental health courses.</p>				<p>Contact England Athletics Welfare Team: 07464 522426 or completion of their incident form: https://www.uka.org.uk/su-bmit-a-concern/</p>			

New and expectant mothers	<p>Apparent that the club has runners who are pregnant. Runners are encouraged to run during pregnancy, but for their safety would be advised to run with colleagues to assist them if need assistance.</p> <p>Consultation with the runner is important to gauge their fitness, wellbeing, and ability so they do not overexert themselves, or cause injury.</p> <p>Medical advice should be sought either via the runner or a medical expert to ensure their safety as their pregnancy progresses.</p>				<p>Exercise in pregnancy - NHS (www.nhs.uk)</p>			
Visual Impairment runners	<p>Runners with visual impairments participate in club runs and may require support from fellow members to navigate the route or where conditions may be dark or impact upon their vision when running.</p> <p>Runners with visual impairments should let the appropriate run leader know on a planned run so that arrangements can be made to support the runner especially if there are many hazards on route.</p>	3	2	6	<p>Ideally, trained VI guides should run with members with visual impairment. Further detail on training and supporting visually impaired runners can be found here: Supporting blind and partially sighted people in athletics and running clubs.</p> <p>Burnham Harriers supports members wishing to train and qualify to become a VI running guide.</p>	VI runner, run leaders and anyone supporting a VI runner.	all	

Assessment to be shared and approved by Burnham Harriers club members - AGM

Assessment approved by:		Date:		Members' comments	
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