

Pennine Fell Runners

Activity name: **General fell running (not race events)**

Date & time (duration): **Daytime or evening**

Location: **Hayfield or nearby Peak District**

Staffing: **None, all participants looking after their own health and safety**

Risk Assessment

Area	ID	Hazard	Persons at Risk	Risk impact	Risk probability	Risk rating	Safety measures	Residual Risk
<i>Training evening -or- Club event</i>	TR1.1	Severe Weather – Wet, Cold, Windy or Hot – may lead to Hypothermia, Dehydration, Heat exhaustion	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Suitable kit (along FRA lines) advised & shorter / lower level route considered in poor conditions	4 (Tolerable)
	TR1.2	Terrain – may result in a slip, trip or fall	Participants	3 (High)	C (Possible)	9 (Moderate)	Suitable fell-running footwear advised at all times	6 (Moderate)
	TR1.3	Course length – may exceed individual fitness leading to on-fell retiral	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Participants discuss route before setting off & mobile phone details held for arranging assistance	3 or 4 (Tolerable)
	TR1.4	Navigation errors – may lead to getting lost	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Participants run in groups & mobile phone details held for arranging assistance if separated	4 (Tolerable)

Area	ID	Hazard	Persons at Risk	Risk impact	Risk probability	Risk rating	Safety measures	Residual Risk
	TR1.5	Remoteness – may lead to delays in assistance	Participants	2 (Medium)	C (Possible)	6 (Moderate)	Participants run in groups & mobile phone details held for arranging assistance if separated	4 (Tolerable)
	TR1.6	Vehicle collision – at any road crossing	Participants	4 (Significant)	D (Remote)	8 (Moderate)	Participants run in groups and use common sense for own safety	4 (Tolerable)
	TR1.7	Animals encounter – in farm stock grazings	Participants	3 (High)	C (Possible)	9 (Moderate)	Participants run in groups and be familiar with guidance around animals for own safety	6 (Moderate)
	TR1.8	Darkness & terrain - may result in slip, trip or fall	Participants	3 (High)	B (Probable)	12 (Substantial)	Suitable head-torch strongly advised at most times of year; and Suitable fell-running footwear advised at all times	6 (Moderate)
	TR1.9	Darkness & navigation errors – may lead to getting lost	Participants	2 (Medium)	B (Probable)	8 (Moderate)	Suitable head-torch strongly advised at most times of year; and Participants run in groups; mobile phone details held for arranging assistance if separated	4 (Tolerable)

Area	ID	Hazard	Persons at Risk	Risk impact	Risk probability	Risk rating	Safety measures	Residual Risk
	TR1.10	Course length – may exceed individual’s capacity to finish within agreed target time leading to fellow participants carrying out initial searches beyond anticipated home time prior to MR Team assistance request.	Participants	2 (Medium)	B (Probable)	8 (Moderate)	Participants agree achievable route before setting off & mobile phone details held for arranging assistance; head torches carried by all even on daylight events.	6 (Moderate)
<i>Health</i>	PH1.1	Attendance – unknown disease carrier attending leads to infection	Spectators & Participants & Volunteers	4 (Significant)	C (Possible)	12 (Substantial)	Attendees briefed & any Social distancing advised in line with guidelines for that date.	8 (Moderate)
	PH1.2	Participation – touching gates, stiles or other surfaces leads to infection	Participants & Local Community	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed; hand hygiene good practices shared	8 (Moderate)
	PH1.3	Injury – first aid assisting an injured participant leads to infection	Participants & First Aid volunteers	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed; Face as well as hand coverings advised for first aiders in line with guidelines if relevant at that date.	8 (Moderate)

Area	ID	Hazard	Persons at Risk	Risk impact	Risk probability	Risk rating	Safety measures	Residual Risk
	PH1.4	Mass attendance – unknown disease carrier attending leads to widespread infection	Spectators & Participants & their Community(s)	5 (Severe)	C (Possible)	15 (Substantial)	In epidemic times ... Club captures contact details and pre-activity health for all participants; along with agreement to engage in any Track & Trace scheme	10 (Moderate)

Collated by Alistair Stevenson, and agreed by PFR committee in January 2024.