



Risk Assessment Document

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.

Name of Club		Esk Valley Fell Club	
Name of person completing this form	EVFC Training Coordinator	Position of person completing this form (coach, organiser etc)	EVFC Training Coordinator, Reviewed and Agreed by the EVFC Committee
Venue for event	Club Training Sessions – Within 10 mile radius of Stokesley	Date for event	Weekly - Monday and Tuesday Evenings
Name of person in charge of event		Run Leader – confirmed/advised at start of each Training Session	
Risk assessment Prepared by	Signed <i>I Rowan</i> EVFC Training Coordinator	Risk assessment dated	24 March 2026
Risk assessment Approved for Use by	Signed <i>P Conner</i> Club Secretary	Dated: 24 March 2026	

Emergency Information

<p>Start/ Finish Meeting Point</p>	<p>Meeting Point locations for each Tuesday Night Training Session are Specified on the EVFC Website www.eskvalleyfellclub.org And Communicated via the restricted Club Members WhatsApp group for Monday Night Training Sessions</p>	
<p>A&E Hospital: Urgent Treatment Centre:</p>	<p>James Cook University Hospital, Middlesbrough, TS4 3BW Friarage Hospital, Northallerton, DL6 1JG</p>	<p>Map available (where): Use Google Maps or Apple Maps on Mobile Phone to locate/ optimum route</p>
<p>Defibrilators</p>	<ul style="list-style-type: none"> • Great Ayton: Discovery centre, Working Mens Club, Conservative Club • Kildale: Village hall • Easby: The Byre, Borough Green House, TS9 6JJ • Newton Under Roseberry: Kings Head Inn • Pinchinthorpe: Woodland Walkway visitor centre 	
<p>Working telephone:</p>	<p>Mobile Phone</p>	<p>Functioning? Mobile coverage is generally good, ensure group has minimum of 2 working phones at start of Training Session</p>
<p>First Aid cover</p>	<p>First Aider: First Aider to be confirmed/named at start of each Training Session</p>	<p>Located where? Part of group</p>

The Risk Assessment

It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.

NB: it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.

Hazard – note under these headings (see suggested examples to consider)	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation <ul style="list-style-type: none"> • What control measure? • Who is responsible?
Road Traffic	<ul style="list-style-type: none"> • Runner hit by a road vehicle. Potential fatality Likelihood is low as only minor roads used/crossed and majority of route will be off-road Unmitigated Risk is Medium	<ul style="list-style-type: none"> • Majority of routes will be off-road on trails or open moorland • Routes on road will be minimised • Group will run together and warn of approaching traffic – collective responsibility - especially front and back runners. • Pavements used where available. Mitigated Risk is considered Low
Navigational Error	<ul style="list-style-type: none"> • Getting lost, and extended time in exposed countryside. Likelihood is High • Fatigue related slips, trips, and falls. • Potential hypothermia if cold/ wet weather (see below). • Potential dehydration/ hyperthermia in hot weather (see below) Unmitigated Risk is Medium	<ul style="list-style-type: none"> • Run Leader will have local knowledge of the route(s) • Group will have a map and compass available, and sufficient navigational skills for the route • Group will stay together and have person(s) responsible for regularly monitoring front and back of the group. • Group will regularly ‘re-group’ and check all present • Use of GPS / navigational aids where appropriate • Group will carry some ‘emergency rations’ of high energy food Mitigated Risk is considered Low
Slippery and/or Uneven Surfaces	<ul style="list-style-type: none"> • Slips, trips, and falls. Likelihood is High • Potential for broken bone(s). Likelihood is Medium Unmitigated Risk is Medium	<ul style="list-style-type: none"> • Wear off-road running shoes suitable for the route and conditions • Run leader will advise group when worst conditions are likely and request Group take increased care and attention • Group to carry a First Aid kit • Group to carry a mobile phone for assistance in Emergency Mitigated Risk is considered Low

<p>Dark conditions</p>	<ul style="list-style-type: none"> • Potential tripping on slippery and/or uneven surfaces (see above) • Navigational Error (see above) • Likelihood high October - March, very low from April – September <p>Unmitigated Risk is Medium</p>	<ul style="list-style-type: none"> • All runners advised to wear a suitable fully charged head-torch • A spare head torch will be available in the group • If a runner’s head-torch fails, another runner can run alongside to give additional lighting. <p>Mitigated Risk is considered Low</p>
<p>Cold / Wet Weather</p>	<ul style="list-style-type: none"> • Hypothermia – potential for fatality. Likelihood is Medium <p>Unmitigated Risk is High</p>	<ul style="list-style-type: none"> • All participants to wear / carry suitable cold/ wet weather clothing. This should include FRA kit and emergency shelter e.g. Bivi Bag etc. • Run Leader to assess route suitability and Group experience and modify route accordingly, if adverse cold/wet weather conditions exists or is forecasted • Group to be familiar with the risk and early warning signs of hypothermia <p>Mitigated Risk is considered Low</p>
<p>Hot weather/ Dehydration</p>	<ul style="list-style-type: none"> • Hyperthermia – potential for fatality. Likelihood is low. <p>Unmitigated Risk is Medium</p>	<ul style="list-style-type: none"> • In hot weather Run Leader to ensure Group is carrying sufficient water for the route, duration, and expected conditions • All runners advised to wear a suitable hat/ head gear <p>Mitigated Risk is considered Low</p>
<p>Animals/ Adders</p>	<ul style="list-style-type: none"> • Contact with wild animals unlikely/ not harmful • Adders can be encountered on open moorland in warm/ hot weather • Cows may be encountered in agricultural setting, with potential for fatal injuries. Likelihood is very low. • Dogs may be encountered around farm buildings <p>Unmitigated Risk is Medium/Low</p>	<ul style="list-style-type: none"> • Fields with cows will be avoided where possible. • Group will proceed with caution and stick together if in proximity to cows. • Group will proceed with caution around farm buildings • Group to be vigilant for Adders, seek immediate medical assistance if bitten <p>Mitigated Risk is considered Low</p>

Dogs with Runner	<ul style="list-style-type: none"> Dogs and dog leads causing tripping hazards –slips, trips, and falls <p>Unmitigated Risk is Medium.</p>	<ul style="list-style-type: none"> Dogs will be appropriately controlled for the route and conditions. <p>Mitigated Risk is considered Low</p>
Ticks	<ul style="list-style-type: none"> Potential for tick borne diseases e.g. Lymes Disease. Potential for chronic disease/ ill health. Likelihood is High. <p>Unmitigated Risk is Medium</p>	<ul style="list-style-type: none"> Run Leader to remind Group of the risk from ticks (especially if route includes high risk areas such as bracken and/or open moorland). Check for ticks after each run, and remove any found as soon as possible using correct technique. If planned route will go through high risk areas advise Group to use insect repellent, and/or clothing protection. <p>Mitigated Risk is considered Low</p>
General		<ul style="list-style-type: none"> New runners will be talked through an induction checklist on their 1st run. Run Leader will check with everyone to ensure they are aware of any illness or injury which may affect performance.

Examples of hazards with the potential to cause harm

NB: this list is not exhaustive; nor will all these be present. It is given as an aid to the person completing the risk assessment.

<p>Area to be used: Indoors</p> <ul style="list-style-type: none"> ● Floor surface ● Other equipment/obstacles ● Shared use (dining room / other activities) ● Cables 	<p>Area to be used: Outdoors</p> <ul style="list-style-type: none"> ● Uneven surfaces ● Slopes/steps ● Slippery surfaces ● Bracken ● Vegetation (prickly, stinging) ● Wire / ruined fences ● ● Litter (glass, used needles) ● Water (streams, rivers, ponds) ● Cliffs / crags ● Traffic (including road crossings) ● ● Bogs ● Military debris 	<p>Equipment:</p> <ul style="list-style-type: none"> ● Pencils in hand when running ● Pin punches ● Cane tops ● Tent guys ● Electrical equipment – cables ● Generators ● Cooking equipment
<p>Participants:</p> <ul style="list-style-type: none"> ● Clothing / shoes ● Existing medical conditions ● Unexpected reactions/allergies ● Disorientation ● Tiredness 	<p>Other people / activities in area:</p> <ul style="list-style-type: none"> ● Walking dogs ● Cyclists ● Horse riders ● ● Park maintenance ● Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> ● Cold / heat ● Rain / snow / hail ● Excessive wind ● Lightning