

## 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</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 used in poor conditions	3 or 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 use common sense 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)
COVID-19	CV1.1	Gathering – closer than 2m person spacing leads to virus transmission	Participants	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed & Social distancing <b>expected</b> at gathering points	8 (Moderate)

Area	ID	Hazard	Persons at Risk	Risk impact	Risk probability	Risk rating	Safety measures	Residual Risk
	CV1.2	Participating – touching gates, stiles or other surfaces leads to virus transmission	Participants & Local community	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed; hand hygiene management <b>expected</b> throughout & narrow points avoided where possible	8 (Moderate)
	CV1.3	Injury – assisting an injured participant with first aid leads to virus transmission	Participants	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed & hand+face covering advised for the scenario	8 (Moderate)
	CV1.4							
	CV1.5	Finishing – closer than 2m person spacing leads to virus transmission	Participants	4 (Significant)	C (Possible)	12 (Substantial)	Participants briefed & Social distancing <b>expected</b> at finishing points	8 (Moderate)
	CV1.6	Participating – unidentified carrier leads to virus transmission	Participants	4 (Significant)	C (Possible)	12 (Substantial)	Group size of 6 enforced, plus Participants briefed & social distancing <b>expected</b> throughout	8 (Moderate)
	CV1.7	Mass participation – unidentified carrier leads to widespread virus transmission	Participant community(s)	5 (Severe)	C (Possible)	15 (Substantial)	Club captures contact details and pre-activity health for all participants; along with agreement to engage in Track & Trace	10 (Moderate)

*Collated by Alistair Stevenson, and agreed by PFR committee in August 2020*