



## Risk Assessment: Berkshire Hash House Harriers Run/Walk

|              |                     |  |                |
|--------------|---------------------|--|----------------|
| <b>Date:</b> | <b>Assessed by:</b> | <b>Location:</b>                                       | <b>Review:</b> |
| 13/09/20     | Marei de Roy        | Outside – On roads, footpaths, fields and bridle paths | 13/09/23       |

| What is the Hazard?                          | Who might be harmed and how?  | What are you already doing?  | Risk Rating | What else can you do to control this risk?   | Resultant Risk Rating | Action by whom | Target date     |
|--|---|--|-------------|--|-----------------------|----------------|-----------------|
| Uneven ground/ slippery surfaces/ mud/ water | Attendees may be injured if they slip on water/mud or uneven ground. Sprains, grazes, extreme cases broken limbs etc. | <ul style="list-style-type: none"> <li>Awareness of hazards</li> <li>Individuals to assess risks prior to moving through uneven grounds</li> <li>Avoid invisible hazards – beneath muddy waters,</li> </ul>  | M           | <ul style="list-style-type: none"> <li>Use of appropriate footwear</li> <li>Pre-planned routes to avoid severe uneven ground</li> <li>First aid kit will be available</li> <li>Hare shall carry a mobile for use in extreme cases</li> </ul>                 | L                     | Attendees      | On day of event |
| Sharp edges, vegetation, fences, branches    | Attendees may catch skin, clothing against protruding items. Cuts and grazes etc                                      | <ul style="list-style-type: none"> <li>Awareness of hazards</li> <li>Avoidance of low hanging branches</li> <li>Adherence to routes, no climbing over fences</li> </ul>  | M           | <ul style="list-style-type: none"> <li>Appropriate clothing and attire</li> <li>Pre-planned route to avoid potential hazards</li> <li>First aid kit will be available</li> <li>Hare shall carry a mobile for use in extreme cases</li> </ul>                 | L                     | Attendees      | On day of event |
| Extremes of weather - Heat                   | Attendees may suffer from heat stroke/ sunburn/ dehydration in extremes of hot temperature                            | <ul style="list-style-type: none"> <li>Assessment on the day</li> <li>Attendees to take own water if required</li> <li>Attendees to wear appropriate clothing</li> <li>Attendees to be aware of team members and raise concerns to the hare</li> </ul> | M           | <ul style="list-style-type: none"> <li>Take breaks from activity as required</li> <li>Drink plenty of fluids</li> <li>Wear a hat if suitable</li> <li>First aid kit will be available</li> <li>Hare shall carry a mobile for use in extreme cases</li> </ul> | L                     | Attendees      | On day of event |



# BH3

| What is the Hazard?                | Who might be harmed and how?  | • What are you already doing?   | Risk Rating | What else can you do to control this risk?   | Resultant Risk Rating | Action by whom | Target date     |
|------------------------------------|---|---|-------------|--|-----------------------|----------------|-----------------|
| Extremes of weather - Cold         | Attendees may suffer from hypothermia, chills   | <ul style="list-style-type: none"> <li>• Assessment on the day</li> <li>• Attendees to wear appropriate clothing – layers, hats/ gloves</li> <li>• Attendees to be aware of team members and raise concerns to the Hare</li> </ul>  | M           | <ul style="list-style-type: none"> <li>• Hare shall carry a mobile for use in extreme cases</li> </ul>   | L                     | Attendees      | On day of event |
| Flora and Fauna – Stings and bites | Attendees may suffer from nettle/ bee/wasp stings/ bites leading to localised pain and swelling. Potential for anaphylactic shock | <ul style="list-style-type: none"> <li>• Attendees susceptible to anaphylactic shock may notify the Hare (if content to do so)</li> <li>• First aid kit is available however epi pens will not be</li> </ul>  | M           | <ul style="list-style-type: none"> <li>• Hare shall carry a mobile for use in extreme cases</li> </ul>   | L                     | Attendees      | On day of event |
| Biological Hazards – COVID-19      | Attendees may contract COVID-19 (or any other air borne virus) via contact with an infected person                                | <ul style="list-style-type: none"> <li>• Groups of 6 runners or walkers</li> <li>• Maintain social distancing throughout Hash</li> <li>• Use hand sanitiser before and after registering attendance. Hand sanitiser available to all after the event.</li> <li>• Trail to be set to one and on – no regroup</li> <li>• Attendees to sign onto Track and Trace and agree that they are fit for the activity</li> </ul> | H           | <ul style="list-style-type: none"> <li>• If any attendee displays symptoms following the event the GM SHALL be notified.</li> <li>• If any attendee displays symptoms on the day – they should isolate and GM to be informed.</li> <li>• All attendees on the Track and Trace may then be asked to self-isolate for 14 days</li> </ul> | M                     | Attendees      | On day of event |