CLUB AND SOCIETY RISK ASSESSMENT										
Society Name:	Cross Country									
Category:	Sport									
Author(s):	Elina Hine									
Author(s) signature and date:	Ginafline									
	29/06/2025									
Persons Responsible:	Club and society committees and leaders									
Staff Sign Off:	[Signature] [Date]									
Staff Additional Check:	[Signature] [Date]									
Locations:	Bodington Cycle Circuit, Beckett Athletics Track, Various run and social locations in Headingley, Hyde Park, and wider area. Competitions nationally.									
Details of Activities:	Running, and racing on different terrain. Road, Cross Country, Hills/Fells and Track. We also regularly host socials which are well attended by members.									
People who may be affected:	Society members and participants									

Likelihood										
5	Inevitable									
4	Highly Likely									
3	Probable									
2	Unlikely									
1	Remote possibility									

Degree of Risk

Sev	erity
5	Very high - multiple deaths
4	Highly - death, serious injury, permanent disability
3	Moderate - Off Uni/work for at least 5 days
2	Slight - First aid treatment
1	Nil - Very minor

	Severity											
	1 2 3 4 5											
Lik	1	1	2	3	4	5						
elih ood	2	2	4	6	8	10						
	3	3	6	9	12	15						
	4	4	8	12	16	20						
	5	5	10	15	20	25						

Risk Rating Matrix

Risk rating score	Action
1 - 4	Broadly acceptable – no action required
5 - 9	Moderate - Reduce risks if reasonably practicable
10 - 15	High risk - Priority action to be undertaken
16 - 25	Unacceptable - Action must be taken immediately
	immediately



Identify Hazards	Estimate the risk				Evaluate the risk				Evaluate residual risk
Hazard	How may harm result?	Li ke lih oo d	Sev erit y	Ra tin g	Risk control measures	Lik eli ho od	Seve rity	Rating	Further action required? Only fill out if additional control measures are needed to be implemented or reviewed Include timescales and who is responsible for implementation
Cross Country Races and Training sessions - Such events have the inherent risk of causing acute physical injury	Runners: they can often run in close proximity to one another, therefore bumps or trips are possible, especially in situations where the runner has less control of their movement (e.g. running downhill, turning a sharp corner, running on slippery surfaces). Runners may also injure themselves during the training session and/or during the race. Coaches: they often find themselves in close proximity to the runners, either by doing the training session or demonstrating Spectators/members of the public: they may find themselves being close to the runner (intentionally or unintentionally). Due to the runners moving at fast speeds, a collision could cause serious	4	2	8	- Each venue is assessed to assess whether other members of the public could obstruct the route of running - Advice on footwear use is provided by the club - Each training session comprises a thorough warm-up that all attendees are encouraged to participated in or do their own one - Groups begin sessions in staggered starts - Surrounding of where the warm-up is taking place are considered before implementing it and attendees are encouraged to stand far apart from one another - Where possible, the club avoids training where the public share the	3	2	6	

	injury / tension with the local community				route - For club runs, run leaders are at the front of each group and inform other group members of any potential hazards that are upcoming				
Unsuitable venue for activities planned, or a large number of people.	Participants are at risk - resulting from collisions (with equipment or another participant) in a venue too small for the number of participants Unsuitable flooring leading to slips/trips Lack of fire exits resulting in harm where there is an emergency	2	2	4	Prior assessment of each venue to ensure suitability Willingness to not use venues where unsafe for members. Boundaries of the training area to be marked to reduce the risk of collisions	1	2	2	
Uncomfortable venue where the activity or event is held	Harm caused to participants from inappropriate lighting, temperature, inadequate ventilation and inhalation of dust, etc.	2	2	4	Prior assessment of each venue to ensure suitability Check the weather forecast prior to club runs and ensure appropriate kit is worn.	1	2	2	
Overcrowding or lack of crowd management	Leading to too many members in one space causing crowding, collisions, lack of personal space, issues when it comes to an emergency and potentially unsociable behaviour.	2	2	4	We train in large open spaces so this is not an issue If a large number of people do attend, consider splitting into smaller groups or staggering start times.	1	2	2	
Training on roads	Participants and members of the public at risk of road	2	4	8	Advising members of the risk and encouraging them to wear	1	3	3	

	traffic collisions if runners are unable to be seen or are not careful to cross roads cautiously and stop at junctions				reflective clothing and exercise caution when training on the roads – particularly in winter when light conditions can be poor Ensure the club has a supply of high visibility vests to lend to members on training nights Communicate with members when conditions will be low light				
Placement of equipment and untidiness	Harm to participants resulting from trip/collision hazards	2	2	4	A single place to store equipment/belongings to be communicated and respected to reduce collision risk Ensure equipment is not stacked in a hazardous way (eg. stacked too high, could fall on someone)	1	2	2	
Members of the public verbally or physically abusing members or trying to partake in activity	Participants at risk and also members of the public if the incident escalates/there is retaliation May cause distress or physical injury	2	3	6	Ensure training is held at well-lit, safe and secure venues to reduce the likelihood of this occurring Have de-escalation plans in place and ensure members don't react negatively to members of the public If there is any mental distress, ensure that dialogue with the welfare secretary is established and followed up Knowing when to report to emergency services - immediately contact 999 if any major accidents or injuries occur. Reporting incidents to LUU as required	2	2	4	
Slips, trips, falls on an outside space due to objects in the way or the surface, etc	Resulting in physical harm to a participant Eg. cuts, bruises, sprains,	3	3	9	Ensure footwear appropriate to the terrain is worn – eg trail shoes or spikes for particularly wet/muddy surfaces	2	2	4	

									
	muscular strains, fractures etc				Members to alert others of any hazards on the route. Outdoor areas should be checked before participating in any activity/training for any dog litter/stones/rabbit holes etc. Willingness to cancel match/event where grounds are unsuitable eg. very wet grass/too much mud, etc				
Unsuitable equipment, kit or attire for the activity	No additional equipment used by the society Injury caused to participant by ill-fitting kit getting caught on something/ someone, injuring self with ill-fitting shoes etc.	2	2	4	No additional equipment used by the society Injury caused to participant by ill-fitting kit getting caught on something/ someone, injuring self with ill-fitting shoes etc.	1	2	2	
Collisions with people/objects	Injuries to participants, spectators, members of the public For example: Participants colliding with other athletes encroaching into other lanes on the track or route. This could lead to contact injuries, minor concussion, abrasions, bruises, sprains, strains, fractures etc	2	3	6	Communicate rules/etiquette that members must follow during activity (eg overtake on the right, shout track to alert of your presence) - members who are overly aggressive towards others or disregarding the rules will be asked to stop taking part. Mark the boundaries of the training area to reduce likelihood of collisions with equipment/surroundings In low light, wear fluorescent, reflective clothing to improve visibility of participants. Accidents should be cordoned off and crowds will be asked to move away. When using the Brownlee Centre track, athletes are told to exit the track on the grassy outskirts as a	1	2	2	

					local cycling group starts their warm-up while UOLCCC's group leaves the venue				
Getting lost on a run	Runners who get lost may suffer from mental distress. Also, being out on a run for a longer duration than expected may cause tiredness, dehydration and other infirmities	3	2	6	- At least one person in a group will have knowledge of the route - Running groups check regularly that no runner has been left behind - Run leaders give clear instructions of directions while on the run - All runners are encouraged to take a mobile phone with them on the run that they can use for directions or to call someone	2	2	4	
Over-exertion, tiredness, cramp when participating in activities	Harm caused to participants when persevering through these issues e.g. fainting, tripping, dehydration, muscle strains etc.	3	3	9	Ensure members are aware of what the session involves and know their fitness limits Advise on the need for hydration/nutrition Have coaches monitor the perceived state of all participants and advise on when to stop if they look over-exerted	2	2	4	
Jewellery and piercings	Harm caused to participants For example: Jewellery could be ripped out during activity Jewellery could become trapped on equipment/clothing New piercings could get infected Jewellery could fall out of ear and harm another member if they stand/sit on it.	2	2	4	Ask members to check that any jewellery is secure (eg earrings) or for items more likely to cause harm – eg bracelets/watches – ask participants to consider removing them for the duration of the session	1	2	2	

Inappropriate coaching activity (level of coaching to ability of members)	Coach level is different to the member skill, leading to overexertion, tiredness, injuries, etc	2	2	4	Various ability groups with a separate coach for each Assessment of member level skill / technique appropriate to coaching / training - making sure the coaching level is equivalent to the skill level, this must be identified by the coach and then acted upon	1	2	2	
Unfamiliar training venue	Participants may collide with/enter an unsafe space (eg rabbit hole in the ground, area off limits etc)	2	2	4	Participants may collide with/enter an unsafe space (eg rabbit hole in the ground, area off limits etc)	1	2	2	
In the case of injury or illness, first aid cover is unavailable	Member harmed when prompt first aid is not given when ill or injured	2	4	8	Awareness of nearest first aider/procedure at all venues/locations- members know how to request first aid support (campus security) Have people in the society who are first aid trained Ensure committee bring first aid provision such as foil blankets, ice packs and bandages to races and event-or know where to request them. Knowing when to report to emergency services- immediately contact 999 if any major accidents or injuries occur. Reporting incidents to LUU as required.	1	3	3	
Adverse weather	Illness and injury suffered by participants associated to adverse weather conditions (sunburn, heat stroke, hypothermia, dehydration, sun blindness)	3	2	6	Be aware of weather conditions and prepare accordingly If weather is hot, precautions taken e.g. stay hydrated, sun cream used If weather is cold/wet, have access to shelter, warmer clothing, waterproofs	1	2	2	

					Be willing to pause the event and make the appropriate decisions as to whether the activity can continue. If serious weather conditions, having a plan in place and communicated to all members where necessary (e.g. evacuation route, etc)				
Night-time training	Inadequate lighting leading to more collisions with unseen people/objects – this includes participants and members of the public	3	2	6	Provide head torches to athletes and use portable flood lighting where available Stay in a group and ensure the route is known by posting in facebook before Ensure training/event/match finishes at a reasonable hour and ensure all members get transport home together (discourage walking alone at night). Encourage members to go home in groups of at least 3 or more. In low light wear fluorescent, reflective clothing to improve visibility of participants.	1	2	2	
Trips away to unfamiliar locations	Leads to injury in an emergency or getting hurt when trying to exit the building or sports pitch (eg. injuries in the event of a fire evacuation – serious burns, collisions etc) Participants and other users of any accommodation/shared venue at risk	2	3	6	A meeting or announcement will be made before the trip to make sure everyone understands the procedures. Ensure that on arrival at a venue, the appropriate safety procedures, fire exits, safety equipment etc are identified and familiarised Emergency contact details awareness prior to the trip Knowing when to report to emergency services- immediately contact 999 if	1	3	3	

					any major accidents or injuries occur.				
					Reporting incidents to LUU as required.				
Night time tendencies e.g. · Sleep walking	Member Sleepwalks and hurts self or other	2	2	4	Doors will be locked at night to ensure safety of members	1	2	2	
	Slips/trips/falls from unseen hazards in the dark				Sufficient ambient lighting to remain in communal areas/corridors or where there are identifiable hazards				
					Emergency contact details awareness				
Illicit substance use and/or other incidents (such as trespassers)	Member overdoses on illicit substance causing potential serious harm to health/threat to life	2	4	8	Ensure that a clear code of conduct is given to our members before the stay away to explain a zero-tolerance on illicit substances and the repercussions	1	3	3	
	Member suffers personal theft or attack from trespasser				Committee to deal with individual and remove from activity if breaching the rules/code of conduct				
	Criminal charges for members using or possessing illicit substances				If needed, members breaking the rules will be sent home or if not possible another punishment will be given, such as a suspension or dismissal from the society.				
	Potential negative impact on the club and university's reputation				Reporting issues of trespass or theft to hotel and security staff				
					Knowing when to report to emergency services- immediately contact 999 if				

					any major accidents or injuries occur.				
					Reporting incidents to LUU as required				
Failure to report an accident	Reputational damage for club and university. Lack of support from LUU staff as they are unaware of incident	2	2	4	Educate members and committee members on the importance of reporting all major incidents to LUU – so that the society can continue operating as we wish it to, and to preserve reputation Report problems to committee members who can talk to relevant staff in LUU as required Reporting incidents to venue staff as required Knowing when to report to emergency services- immediately contact 999 if any major accidents or injuries occur.	1	2	2	
Members being unaware of the contents of the risk assessment	Leads to injury where the member doesn't know the correct procedure for the day to day runnings of the club and activities	2	3	6	Upload to private Facebook group and LUU webpage Hold a meeting specifically to brief members on risk assessment and emergency procedure. Get them to sign their attendance. If requested translation of risk assessment and emergency procedure into additional languages Paper copies can be given on request.	1	3	3	
Member being unaware of emergency procedures (fire	Leads to injury in an emergency situation where the member doesn't know the	2	4	8	Upload to relevant event page as changes for each event	1	3	3	

evacuation, point of contact)	correct procedure e.g. where the nearest fire escape is.				Advise all members of the location of the agreed emergency assembly point and who will authorise a return to the site At the beginning of every event, hold a meeting with all members regarding the emergency exits as well as the procedures.				
Venue, activity or facilities are unfit for disabled people or people with medical conditions	Leading to member being injured due to lack of access or where the activity is unsuitable A disabled member suffering emotional/mental hurt after being felt left out/considered an afterthought	2	3	6	Make sure they're aware of what the activity entails so they know if they are able to complete it Ensure that the website is up to date and details the practice/activity location and participation guidelines. To allow participants to understand the accessibility of training sessions. Plan all socials and events in a way that is not restrictive to disabilities. Ensure any venues have disabled access, and if transport is used, ensure that special arrangements for access can be obtained.	1	3	3	
Incorrect pacing strategies	Leading to participant over exertion putting themselves at risk of injury and illness during an activity.	3	3	6	Ensure advice is given before an activity on how to pace and obstacles on the course which may affect pacing. Walk course beforehand if possible so participants know the course profile and can make informed decisions about their pacing.	2	1	2	
A club member either is currently ill, injured or	Leading to participant injury, spread of an illness, an allergic	3	3	6	Ask members to notify us of conditions	1	3	3	

has pre-existing medical conditions	reaction, exacerbating an existing condition or pre-existing injury.	or allergies so we can monitor them Check in with members prior to activities/training/events to ensure everyone is in a fit state to participate, mentally and physically.		
		On an individual basis modify activities, altering access arrangements where necessary.		
		Individuals should make coaches/instructors aware of any medical conditions, allergies or pre-existing injuries.		
		Individuals are responsible for bringing any medicine or specific equipment they require to sessions e.g. inhaler, epipen, ankle support.		

Socials, Meetings and Transport Hazards

Identify Hazards	Estimate the risk	Estimate the risk			Evaluate the risk				Evaluate residual risk
Hazard	How may harm result?	Li ke lih oo d	Sev erit y	Ra tin g	Risk control measures	Lik eli ho od	Seve rity	Rating	Further action required? Only fill out if additional control measures are needed to be implemented or reviewed Include timescales and who is responsible for implementation
Blocked exits	Attendees are impeded or prevented exiting, resulting in injury in the event of an emergency	2	3	6	Ensure spaces are tidy and that we do not block exits with bags or people General good housekeeping. All areas well lit, including stairs. No obstructions in walkways such as boxes, trailing leads or cables. Staff keep work areas clear. Report any	2	2	4	

					spillages or trip hazards.				
Placement of equipment and untidiness	Harm to attendees resulting from trip/collision hazards	2	2	4	Ensure equipment is stored in the correct manner to reduce a trip/collision hazard Ensure equipment is not stacked in a hazardous way (eg stacked too high, could fall on someone)	1	2	2	
Slip / trip / fall hazards E.g. wet floor, objects in the way	Leads to injury of attendee (bruises, cuts, sprains, abrasions, broken bones)- Someone could trip over something or slip on a wet floor	2	3	4	Being aware of surroundings and telling members/staff of any hazards Flooring even and well maintained. Spillages cleaned up immediately. Wet floor signs used after mopping. All areas well lit, including stairs. Remove all obstructions in walkways that could be a trip hazard - such as boxes, trailing leads or cables. Staff keep work areas clear Notify venue staff of any spillages/other hazards	2	2	4	
Unsuitable room for activities planned or a large number of people. Eg) Uneven, raised and unsecure surfaces Insufficient or unsuitable space (proximity of walls and	Harm to attendees resulting from collisions (animal or member) in a room too small for the number of members/animals Unsuitable flooring leading to slips/trips Lack of fire exits resulting in harm where there is an emergency	2	2	4	Ensure surfaces are even and secure Ensure space is suitable for the amount of people- do not exceed advised room capacity. Keep the space tidy Report any issues with the room to duty management or venue staff.	1	2	2	

ceilings, confined spaces) · Lack of fire exits									
Theft/loss of society money/equipment	Financially hurts the society	2	2	4	Store money in a secure place only known by the core committee Be aware of people nearby Don't draw attention to cash Use the Cash Office safe when taking cash after hours then return to count and deposit money in the morning	1	2	2	
Theft/loss of personal items	Members lose their belongings Creates mis-trust between members	2	2	4	Ensure members have personal items on them and don't leave them lying around. Ask members not to bring expensive items to events Be aware of surrounding people Don't draw attention to items Ensure someone stays with bags if the group moves away from the area. If possible, use locker if at training or an event	1	2	2	
Separation from group	Someone gets lost and comes to harm/misses event	2	3	6	Facebook group for communication between members, contact details given for committee members running the social. Ensure that all members know the route plan for the particular event so they can head there Pre-arrange a meet up point in the	1	3	3	

					event of a member becoming separated. Ensure when travelling as a group one committee member is at the back of the group and one at the front to avoid people getting lost or left behind.				
Influence of alcohol	Alcohol affecting/impeding judgement leading to physical injury or abusive behaviour to self or others.	3	3	9	Have dedicated committee members who stay sober/alert to ensure nothing goes wrong Reporting issues to event staff (e.g. bouncers) Communication of code of conduct Ensure all members share emergency contact details prior to the event Be willing to cut people off or talk to a member of staff at the event about putting measures in place for someone who has drunk too much, e.g. staff not serving them anymore Have alcohol-free events	2	2	4	
Excessive alcohol consumption, alcohol poisoning and associated illnesses	Member suffering from alcohol poisoning and other associated illnesses	2	4	8	Emergency contact details of committee members, ensure the committee knows when its an emergency that needs to involve emergency services	1	3	3	
Drink spiking	Leading to unusual behaviour/loss of consciousness and other serious health issues	2	4	8	Reporting issues to event staff (e.g. bouncers) Make sure that attendees are aware of the risk and advise them on how to	1	3	3	

					make themselves less likely to be a victim of spiking E.g . Keeping drink in hands at all times . Covering drinks . Buy own drinks . Buy own drinks from the bar left unattended				
Inappropriate behaviour/offence caused to others	Could result in a physical fight, causing someone to be affected physically/mentally	2	3	6	Committee members diffuse situations and remove members if necessary Ensure members are aware of standards of behaviour and potential consequences if they do not adhere to them e.g. removal from activity/playing ban/exclusion of club Plan events carefully to avoid offence being caused Report any incidents to LUU.	1	2	2	
Abuse/violence (verbal, physical, sexual)	A member or other attendee is harmed when verbally/physically/sexually assaulted	2	4	8	Look out for everyone and post on social pages to keep groups together Reporting issues to event staff (e.g. bouncers) Stay with members of the club, keep each other safe and exchange contact details before all events Avoid any verbal or physical	1	3	3	

					confrontation when out (no offence caused to others) Ensure members are aware of standards of behaviour and potential consequences if they do not adhere to them e.g. removal from activity/playing ban/exclusion of club Knowing when to report to emergency services- immediately contact 999 if any major accidents or injuries occur.				
Venue or facilities are unfit for disabled people or people with medical conditions	Someone who is disabled or has medical conditions is harmed due to lack of provisions made for them	2	4	8	Talk to the member in question about their specific needs before every activity/event Check transport/venue has accessible entrance and toilet facilities	1	3	3	
Strobe lighting	Member falling ill or having an epileptic fit, this could also lead to secondary injuries e.g falls or head injuries	2	4	8	Be aware of members' conditions and notify them of something that may affect them Make sure that it is known before the event of the presence of strobe lighting Check in with members regularly to see how they are feeling throughout events	1	3	3	
Excessive noise/loud music at socials	Member suffering damage to hearing	2	3	6	Be aware of members' conditions and notify them of something that may affect them - make sure that it is known beforehand that there will be loud music Where possible, ensure music is kept to a reasonable volume	1	2	2	

Transport cancelled or breaks down to or from social event	Resulting in issues getting to event/being stuck in an unknown place Member could get lost in an unknown place and come to harm	3	2	6	Group travel, meet at university locations before and have checklists. Make sure all members are able to be contacted and have relevant member contact details Arrange a meet up point in case of separation. Ensure all members know the way to each event's location prior to the day of the event. Ensure transportation is booked well in advance with a reputable company and that good relationships are maintained with the external companies used. Prepare for this - have train times, public transport and vehicle recovery numbers written down	2	1	2	
Night time navigation	Member could get lost in the dark or slips/trips/falls causing injury from an unseen hazard	3	2	6	Route posted before, locations addresses posted and contact details. Travel on well-lit routes with adequate street lighting Not travelling alone to events or having means to contact a member of committee on the journey	1	2	2	
Society members driving to training centres or socials	Inexperienced driver causing a crash. Poorly maintained car. Distractions causing a driver to crash.	2	4	8	Drivers must have completed a LUU authorised driver form and be approved by LUU. (providing DVLA licence details, if using own vehicle providing MOT, insurance and breakdown cover details) Members must respect the driver and not distract them or behave inappropriately. Follow LUU guidance on	1	3	3	

	Affecting both the driver and members of the public also driving on the roads				reporting/logging the accidents/incidents. Knowing when to report to emergency services- immediately contact 999 if any major accidents or injuries occur.				
Unsuitable transport to and from activity	Member could become involved in a crash or incident Member could get lost in an unknown place and come to harm Resulting in issues getting to event/being stuck in an unknown place	2	3	6	We run to and from sessions. group travel to events on group coach Ensure transport is booked well in advance with a reputable company and that good relationships are maintained with the external companies used. Make sure all members are able to be contacted and have relevant member contact details Arrange a meet up point in case of separation Ensure any accessibility requirements are met	1	2	2	
Chanting	Excessive amounts of chanting may cause temporary damage to vocal chords Contents of the chants may be offensive to either members of the club or members of the public	2	2	4	Members should take breaks after prolonged chanting Members are told regularly that chants should be appropriate for the surroundings they are situated in; any emotional damage caused by the chants should be reported to the Welfare Officer (or any member of the committee) to resolve	1	2	2	