

Risk Assessment: Oxford Hash House Harriers Run/Walk

Date:	Assessed by:	Location:	Review by:
24/09/20	Bob Green	Outside – On roads, footpaths, fields and bridle paths	24/09/23

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	Hares when laying trail and 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"> Awareness of hazards Individuals to assess risks prior to moving through uneven grounds Avoid invisible hazards – beneath muddy waters, 	M	<ul style="list-style-type: none"> Use of appropriate footwear Pre-planned routes to avoid severe uneven ground First aid kit will be available Hare shall carry a mobile for use in extreme cases 	L	Hares and Attendees	On day of laying trail and on day of event
Obstacles including sharp edges, vegetation, fences, branches	Hares when laying trail and Attendees may catch skin, clothing against protruding items. Cuts and grazes etc	<ul style="list-style-type: none"> Awareness of hazards Avoidance of low hanging branches Adherence to routes, no climbing over fences 	M	<ul style="list-style-type: none"> Appropriate clothing and attire Pre-planned route to avoid potential hazards First aid kit will be available Hare shall carry a mobile for use in extreme cases 	L	Hares and Attendees	On day of laying trail and 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"> Assessment on the day Attendees to take own water if required Attendees to wear appropriate clothing Attendees to be aware of team members and raise concerns to the hare 	M	<ul style="list-style-type: none"> Take breaks from activity as required Drink plenty of fluids Wear a hat if suitable First aid kit will be available Hare shall carry a mobile for use in extreme cases 	L	Attendees	On day of event

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Extremes of weather - Cold	Attendees may suffer from hypothermia, chills	<ul style="list-style-type: none"> • Assessment on the day • Attendees to wear appropriate clothing – layers, hats/ gloves • Attendees to be aware of team members and raise concerns to the Hare 	M	<ul style="list-style-type: none"> • Hare shall carry a mobile for use in extreme cases 	L	Attendees	On day of event
Animals and Livestock	Hares and Attendees must be cautious to reactions to them by any animals and livestock	<ul style="list-style-type: none"> • Hares check for animals and livestock when laying trail • Advise attendees of potential problems (Cows with calves, Bull in field, Sheep, Horses etc.) 	M	<ul style="list-style-type: none"> • Minimise number of fields on the route with animals and livestock in them 	L	Hares and Attendees	On day of laying trail and 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"> • Attendees susceptible to anaphylactic shock may notify the Hare (if content to do so) • First aid kit is available however epi pens will not be 	M	<ul style="list-style-type: none"> • Hare shall carry a mobile for use in extreme cases 	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"> • Groups of maximum 6 runners or walkers with separate start times • Maintain social distancing throughout Hash • Use hand sanitiser before and after registering attendance. Hand sanitiser available to all after the event. • Trail to be set to one and on – no regroup • Attendees to sign onto Track and Trace and agree that they are fit for the activity • Hash subs/cash to be put in a pot and sealed by Hash Tick who will take appropriate precautions when handling 	H	<ul style="list-style-type: none"> • If any attendee displays symptoms following the event the GM MUST be notified. • If any attendee displays symptoms on the day – they should isolate and GM MUST be informed. • All attendees on the Track and Trace may then be asked to self-isolate for 14 days • Attendees to bring correct money for subs 	M	Attendees	On day of event