



**OUTDOOR SPORTING RISK ASSESSMENT CHECKLIST**

u3a Name:Coquetdale	Date:09/06/2026
Name of person completing risk assessment checklist: Stephen Hall, Barry Frost	
Interest Group: Running	
Description of Activity: Outdoor Running Checklist for both the Activity Co-ordinator (C) and Members (P)	

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
<b>(C) Co-ordinator Checklist</b>		Yes *			Every session will have a register taken at the start and checked at the end.
Member wellbeing and safety	Have you taken a register of attendees?				
	Do you have the emergency contact details of each attendee if members are happy to provide this information?	Yes*			This will be available to deputy if needed
	Have you checked the weather to ensure that it is suitable for this u3a activity to go ahead?	Yes*			Weather will be variable. We will not undertake the activity if the weather or conditions are deemed inappropriate at the time.
	Have you informed all attendees of the length, time and severity of the route with an indication of the distance, terrain, and topography of the pathways?	Yes*			Attendees know duration. Standard routes are mostly flat. Where a more challenging route is to be used, this will be notified in advance.
	Are all attendees wearing suitable clothing/footwear?	Yes			This is an expectation. All participants have been advised to wear suitable clothing and footwear.
<b>(C) Co-ordinator Checklist. Cont.</b>	Have attendees appropriately warmed up?	Yes*			This is an integral part of the activity. However, attendees are advised they must judge they are within their own range at all times.





	Have attendees had the opportunity to make the group leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs? Note, this is not an obligation on members.	Yes*			Participants will be asked in advance.
	Is there a space for attendees who need to take a break?	Yes			Always. This will be stressed during sessions.
	Is there a first aid box that is easy to access and fully stocked?	Yes			This will be brought by leader. A second box is available nearby.
	Are attendees aware in the event of a serious incident, they should call emergency services even if there is a trained first aider present?		No		This will be advised during sessions.
Activity area/ public space	Have you carried out a previous inspection of the route, (Reconnaissance), for any significant hazards?	Yes			Our standard route is relatively free of hazards. Dogs on long leads are usually the main hazard! Any alternate routes will be pre-checked.
	Will the route be accessible to emergency vehicles?	Yes			Some sections of the river path have more limited access, but at most access on foot is within a couple of hundred metres.
<b>(P) Member Checklist (All participants must say 'yes' to these before taking part)</b>	Make an informed decision whether you can take part in the run without adverse risk to yourself or to others.				See also previous answers
	Have you provided the Co-ordinator of an emergency contact name and number?				
	Have you read the route description and proposed pace and distance of the run, as provided by the Co-ordinator?				Standard route communicated to participants. Any alternate routes will be published in advance.
	Ensure you are appropriately dressed and are wearing appropriate footwear.				If leader determines these are not appropriate, the member will be advised.





Other identified risks:	What will you do to mitigate these risks?

<b>u3a</b>	<b>Outdoor Sporting Risk Assessment Checklist</b>		The Third Age Trust
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	12.09.2022	12.09.2023
2.0	New Running Risk Assessment for Coquetdale	09/06/2026	

