

October 2025



# CLAPHAM PIONEERS

## Club Risk Assessment

**Clapham Pioneers is a friendly and inclusive running club based in South West London. Founded with the aim of making running accessible to all, we welcome runners of all backgrounds and abilities.**

The club offers a variety of weekly sessions, including structured Tuesday evening workouts, Sunday long social runs, hill sessions and track training, and participation in a range of local and national races. The club is affiliated with England Athletics, and sessions are led by qualified coaches and experienced run leaders.

As a community-focused club, we are committed to ensuring the health, safety, and wellbeing of all our members. This risk assessment outlines the potential hazards associated with our activities and the steps we take to mitigate them.

### Club information

Club activities covered:

- Tuesday evening coached sessions (e.g. intervals, hills, social runs)
- Sunday social long runs (approx. 10 miles, rotating route)
- Monthly Thursday track sessions
- Participation in races, including road and trail/cross-country events
- Social / ad hoc events

Primary locations:

- Clapham Common, Battersea Park, Surrounding roads / public areas

## Hazard and risk table

Hazard	Who is at Risk	Potential Outcome	Control Measures in Place	Risk Level
Trips, slips or falls	Runners	Injury (minor to serious)	<ul style="list-style-type: none"> <li>• Leaders conduct dynamic risk assessment</li> <li>• Caution advised at briefing</li> <li>• Routes planned to avoid known hazards where possible</li> </ul>	Medium
Collisions with vehicles or cyclists	Runners	Injury or fatality	<ul style="list-style-type: none"> <li>• Use of pavements/paths</li> <li>• Adherence to Highway Code</li> <li>• Routes selected to minimise crossings</li> <li>• Crossing as a group encouraged</li> </ul>	Medium–High
Low light / darkness	Runners	Trips / collisions	<ul style="list-style-type: none"> <li>• Encourage well-lit routes</li> </ul>	Medium
Extreme weather	All participants	Illness or injury	<ul style="list-style-type: none"> <li>• Sessions may be modified or cancelled</li> <li>• Runners advised to dress appropriately and stay hydrated</li> </ul>	Medium
Medical incident	Individual	Serious injury or fatality	<ul style="list-style-type: none"> <li>• Runners encouraged to disclose medical issues</li> <li>• Coach’s contact shared</li> <li>• First aid access available at Wingate Square</li> <li>• Emergency services called if needed</li> </ul>	High
Getting lost or separated	Individual	Anxiety / delayed return	<ul style="list-style-type: none"> <li>• Route shared in advance (where possible)</li> <li>• Grouping encouraged</li> <li>• Tail runner assigned where possible</li> </ul>	Low–Medium

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Aggression or harassment from public	Runners	Emotional / physical harm	<ul style="list-style-type: none"> <li>Run in groups</li> <li>Welfare officer contact available</li> <li>Coach support during incidents</li> </ul>	Low
Beginners unable to keep pace	New members	Isolation or overexertion	<ul style="list-style-type: none"> <li>Inclusive, ability-based groups</li> <li>Tailored sessions</li> <li>Clear communication in pre-session briefings</li> </ul>	Low
Injury during race or non-club events	Individual	Injury or fatigue	<ul style="list-style-type: none"> <li>Runners participate voluntarily</li> <li>Encouraged to follow event rules and prepare accordingly</li> </ul>	Medium
Covid-19 or illness	All participants	Illness	<ul style="list-style-type: none"> <li>Club follows national guidance</li> <li>Runners asked not to attend if symptomatic</li> </ul>	Low

## Emergency procedures

- Emergency contact number for head coaches circulated to all members
- In case of serious injury: call 999 and stay with the individual until help arrives
- Inform the Committee and the coach leading any applicable session of any incidents
- Minor injuries can be treated using available first aid supplies at Wingate Square

## Assessment Review & Update

This risk assessment will be reviewed and updated annually by the Committee or upon significant changes in membership needs, club structure, or relevant safeguarding guidance.

- Latest review – October 2025
- Next review – October 2026