

Tamar Valley Hash House Harriers Risk Assessment

Tamar Valley Hash House Harriers will be known as TVH3 within this document.

TVH3 is an unaffiliated club with the main aim to provide a modicum of exercise on Monday nights all year round.

Personnel setting the trail will be known as Hares and will normally comprise at least two members.

Runners will be known as Hounds.

Collectively the group will be known as the Hash

To Hash in this case, means to partake in a group exercise that takes the form of running over all types of terrain, in all weathers, following a marked trail. The trail is set with flour or sawdust.

A full explanation of Hashing can be found at (<http://tvh3.co.uk/>) under Hash Information.

Please note:

Hares are to register all Hounds and guests, ensuring all are 'Checked In' before setting off and 'Checked Back In' upon their return. **TVH3 will not be responsible for anyone who does not check in at the start.**

One of the Hares will run at the back to act as a Sweeper to ensure all Hounds return safely and are accounted for.

Hares are given a free rein to lay a trail, but should ensure the trail sticks to public rights of way or public access land unless permission to deviate from the right of way has been clearly granted by the landowner and/or tenant

Hounds are personally responsible for their own safety. They are to determine whether they are fit or capable enough to partake. In making that decision they should consider their physical ability and fitness, the weather and terrain, and whether they have the appropriate clothing and footwear - it is important to remain safe, warm and dry.

Hounds can decide to walk but are to inform the Hares beforehand and should stick to the marked trail.

Hounds are strongly advised not to run or walk while injured and should warm-up beforehand.

Hounds are advised to follow the trail back to the start should they get lost or left behind. To prevent this, all Hounds shall endeavour to keep the Hound behind in sight at all times.

Hounds are to stay on trail; TVH3 will not be responsible for any Hounds who choose not to follow the trail.

Prospective Hounds without the ability to make all the decisions required are to be accompanied by a sufficiently capable Hound who is ultimately responsible for them. Hounds under the age of 12 should be accompanied at all times by their parent/guardian.

<h1>Tamar Valley Hash House Harriers</h1> <h2>Risk Assessment</h2>	Assessment ref: 01/19	Date: 18 Nov 19
	Assessment type	
	Specific	Yes
	Generic	No

Activity / Process: Hash Cross Country Running (Hashing)	Who is at risk	
	Hares	Yes
	Hounds	Yes
	General Public / Vulnerable Groups / Animals	Yes

Ref	Hazard	Existing Control Measures
1	Terrain - slips, trips and falls	<ol style="list-style-type: none"> The trail will be checked prior to use to remove any significant hazards. A brief will also be given to all Hashers prior to taking part, highlighting any hazards that cannot be removed.
2	Other leisure users	<ol style="list-style-type: none"> All Hashers will receive a safety brief prior to the event getting underway, stating they are to run with caution at all times and be aware of other runners, bikers, and horse riders. They will also be briefed to act responsibly when approaching any animals. Any specific action required (eg limiting noise near farms) will be mentioned in the brief.
3	Traffic	<ol style="list-style-type: none"> All hashers should take special care when crossing or running along roads.
4	Dehydration	<ol style="list-style-type: none"> All Hashers are encouraged to be suitably hydrated before the event. Refreshments will be available afterwards as provided by TVH3.
5	Injuries	<ol style="list-style-type: none"> All Hashers are encouraged to bring spare clothing to dress into after taking part in the Hash. All Hashers are encouraged to bring appropriate Personal Protection Equipment (PPE). This includes sun block / cream, lip balm, insect bite cream, but this is not an exhaustive list. The Hares will monitor weather throughout the day of the event and amend the trial accordingly if necessary. A first aid kit will be available at the check-in in the event of any minor injury.
6	Muscle strains and sprains	<ol style="list-style-type: none"> All Hashers are encouraged to carry out a warm up and warm down routine.

7	Lyme Disease	1. All Hashers are advised to use insect repellent and to check for evidence of ticks at the end of the run.
8	Water hazards	1. Rivers / streams / canals / leats / bogs are regularly encountered. The crossings will be mentioned in the brief and manned by the Hare or their delegated representative to assist where required.
9	Night running	1. A reliable torch should be used, with a battery life of at least 90mins. 2. Batteries to be charged and checked before the hash.

Likelihood		Risk Matrix		
Common, regular or frequent occurrence	3	3 Med	6 High	9 High
Occasional occurrence	2	2 Low	4 Med	6 High
Rare or improbable occurrence	1	1 Low	2 low	3 high
Severity		1 Minor injury or illness	2 Serious injury or illness	3 Fatal injury or illness

Hazard reference	Risk associated with hazard	Risk rating	Additional controls required
1	Slps, trips and falls	2x2 Medium	Appropriate footwear to be worn. Any injury should have the affected area washed with clean water at the earliest importunity and medical advice should be sought.
2	Injury/damage to third parties	1x2 Low	None
3	Traffic	2x3 High	Trails are to avoid busy roads; where this is impractical the route chosen is to be as short as possible and well-marked for the runners to follow. If there is an increased risk of danger, other route options must be taken.
4	Dehydration	2x1 Low	None
5	Minor injuries	2x1 Low	None

6	Muscle strains and sprains	2x1 Low	None
7	Lyme Disease	1x2 Low	None
8	Water hazards	2x3 High	When water crossings are considered dangerous they are not to be attempted. The route has to be changed.
9	Night running	3x1 Medium	All are encouraged to wear reflective clothing during the winter months. Suitable head or hand-held torches to be used.

Assessor		Manager		Overall Risk Rating
Name	S. Way	Name	J. Rickeard	
Signature		Signature		
Role	Scribemaster	Role	Grand Master	
				Medium

Manager Assessment Review				
Date:				Review frequency
Name				Annually
Signature				

Risk assessments are reviewed:

- at a frequency proportional to risk (e.g. high risk = 6-monthly; medium risk = annually; low risk = every 2-years)
- if there is reason to doubt the effectiveness of the assessment
- following an accident or near miss
- following changes to the Committee
- following the introduction of more vulnerable personnel