

Name of venue	High Vinnalls	Date of risk assessment	Sept 2025
Address of Venue	High Vinnalls Car Park, Killhorse Lane, Pipe Aston, Ludlow SY8 2HE	Assessors name	Samantha Harper
What3words for car park	character.dimes.sounds	Date of review	Oct 2026
Ambulance rendezvous point	High Vinnalls car park		
Nearest Defib	<p>Forestry England Office Whitcliffe, Ludlow W3W: snuggled.movements.vibe Right out of High Vinnalls, buildings on RHS in 2.5km.</p> <p>St Mary's Church, Elton w3w: mime.exist.interests Left out of High Vinnalls carpark - follow road for 3kms</p>	Reviewed by	Samantha Harper

Type of activity: Club training						
The Hazard	Location of Hazard	Who is at risk	What are you already doing	Risk rating	What else can you do to control the risk	Action by whom
Location	Meeting place - access, sufficient parking	Anyone attending	Parking location is familiar to club members. There is ample parking at High Vinnalls carparkl. Weekly newsletter includes What3Words for venue	TRIVIAL	Nothing specific	
Weather	The venue	Anyone	Venue has no shelter. If there are	MODERATE	Even if conditions are not	Committee

elements		attending	<p>weather warnings issued (e.g. storms, heatwave) committee members will consult each other by FB messenger if there are any concerns.</p> <p>Weekly newsletter includes advice on shoes to wear.</p>		severe enough to postpone, remind everyone of the need to dress appropriately and bring water etc.	
Running in dark	During training	Anyone attending	<p>All attendees reminded to bring fully charged head/body torches and advised to wear clothing with reflective elements.</p> <p>THIS ACTIVITY CAN INCREASE OTHER RISKS</p>	MODERATE	Winter training locations chosen where fewer trip hazards	Coaching team
Collisions	During training drills	Anyone attending	Drills organised to minimise risks	ACCEPTABLE	Nothing specific	
Physical overload	During training	Runners	Coaches manage training sessions so that runners have options for distance/reps etc.	ACCEPTABLE	If leaving the training location then a tail runner can be organised to ensure no one is left behind.	Coaching team
Getting lost	During training	Runners	The group will run together with regular stops to regroup or stop for training drill.	ACCEPTABLE	Session leader is encouraged to take a headcount - especially when running at night	Coaching team
Risk of minor medical (slips, trips, falls)	During training	Runners and anyone attending	All runners and volunteers are reminded that they are running/walking on uneven ground.	ACCEPTABLE	A basic first aid kit will be available.	Lead coach
Risk of medical emergency	During training	Runners and anyone attending	<p>If 999 assistance is required the rendezvous details set out at the top of this risk assessment must be given to the emergency services.</p> <p>The training lead should dispatch someone to meet the ambulance.</p>	ACCEPTABLE	Most committee members have completed first aid training.	

			In case of collapse the training lead should dispatch 2 people in 2 cars defibs from each location listed at the top of this risk assessment. See below:			
Other risks you may consider	Safeguarding e.g. if there are unaccompanied juniors					

In case of medical emergency ie collapse and ambulance/defibrillator needed:

The lead coach ensures that 999 has been called giving location of the casualty using the W3W app the Hight Vinnals Carpark is

character.dimes.sounds

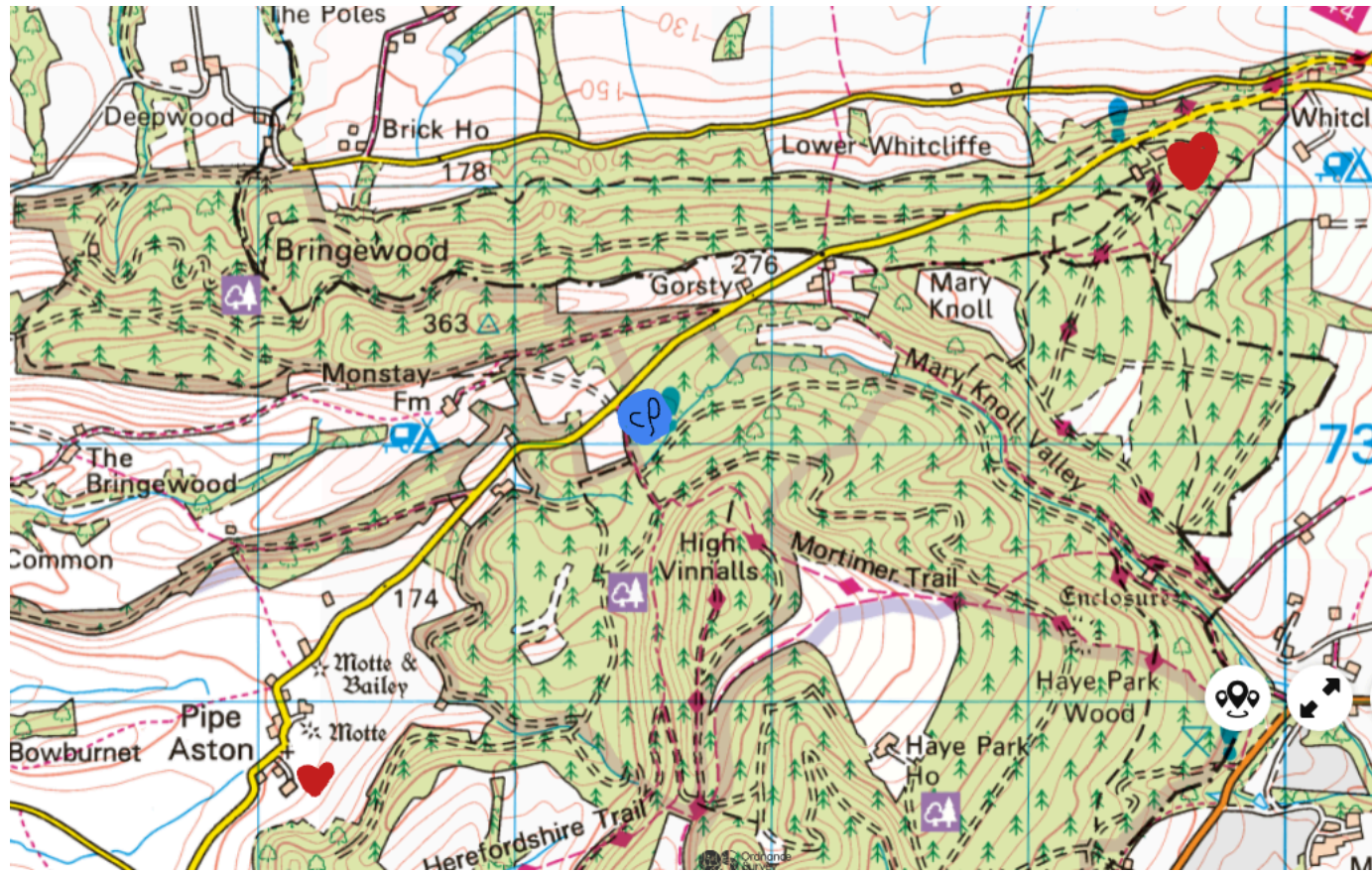
The casualty should be assessed by someone who is first aid trained

If CPR is commenced - 2 cars should be dispatched with a driver and a passenger in each to the two defibrillator locations - it is hard to determine which site would provide the quickest access to the defib.

A fast runner should be the passenger in the car to the forest office - they will need to collect the defib and then at High Vinnals run with it to the casualty.

Someone should be nominated by the lead coach to stand at the entrance to the High Vinnals Carpark to direct emergency services to the casualty.

The emergency contact of the casualty can be identified by contacting Kelly Bowen 07817641289 or Sam Harper 07747700900.



Carpark marked in blue - nearest defibrillators red hearts

Forestry office - Turn right out of High Vinnals Carpark - follow road for 2.5km - entrance marked on RHS of road. W3W **snuggled.movements.vibe**
Forestry office gates are locked after 3pm and at weekends- car with driver to wait at gate - second person to run to back of building where defib is located by the door.



St Mary's Church Elton - Defib location W3W: **mime.exist.interests** Turn left out of High Vinnals Carpark, follow road for 3km - located on side of road in layby by white picket fence - Driver to remain in car while passenger gets defib.



Notes on risk level methodology:

Likelihood is the likelihood of the hazard occurring;

Severity is the impact of the hazard e.g. what injuries could it cause;

First consider the likelihood of an event happening as Seldom, Occasionally or Frequently. Then the severity or seriousness if it did happen e.g Slight,Medium or Major. Then look at the table below and see where the two assessments meet for the combined risk assessment. The table on the right then shows the action to be applied.

For example if Occasionally someone has a Slight injury the risk assessment is Acceptable.

		Severity			Risk Level	Action and timescale
		Slight L	Medium M	Major H		
Likelihood	Seldom L	L Trivial	L Acceptable	M Moderate	Acceptable	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained.
	Occasionally M	L Acceptable	M Moderate	H Substantial	Moderate	Efforts should be made to reduce the risk, but the costs of prevention should be carefully considered. Risk reduction measures should normally be implemented as soon as is practicable.
	Frequently H	M Moderate	H Substantial	H High	Substantial	Activity should not be started until the risk has been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied as quickly as possible.
					High	Activity should not be started or continued until the risk level has been reduced. While the control measures should be cost-effective, the legal duty to reduce the risk so far as reasonably practicable is absolute.