



Runspire Together – Adverse Weather & Environmental Conditions Policy (UK)

Policy Owner: CEO / Trustees

Version: 1.0

Date of Policy: 26th May 2026

Review Date: Annually or following incident, near miss, legislative change or significant weather event

1. Purpose

Runspire Together is committed to delivering activities in a way that is safe, inclusive and proportionate to risk.

This policy sets out how Runspire Together manages adverse weather and environmental conditions to protect participants, volunteers, staff and members of the public while continuing activities where reasonably safe to do so.

This policy supports compliance with:

- **Health and Safety at Work etc. Act 1974**
- **Management of Health and Safety at Work Regulations 1999**
- **Occupiers' Liability Act 1957**
- UK guidance from **UK Health Security Agency (UKHSA)** and **Met Office**
- Relevant safeguarding duties where children or adults at risk participate

Runspire Together recognises that outdoor activity carries inherent risk and therefore uses **dynamic risk assessment** rather than fixed weather cut-off temperatures.

2. Scope

This policy applies to:

- Couch to 5K
- Social running groups
- Nordic walking
- Wellness walks



- Volunteer activities
- Community events
- Taster sessions
- Any Runspire Together activity delivered outdoors

Applies to:

- Employees
 - Volunteers
 - Participants
 - Contractors acting on behalf of Runspire Together
-

3. Roles and Responsibilities

Trustees

Responsible for ensuring suitable health and safety arrangements are in place.

CEO

Responsible for implementation, review and ensuring volunteers receive guidance.

Session Leaders / Volunteers

Responsible for:

- Completing a dynamic risk assessment before and during sessions
- Monitoring changing conditions
- Adjusting, relocating or cancelling where necessary
- Reporting incidents and near misses

Participants

Responsible for:

- Wearing appropriate clothing and footwear
- Bringing water where appropriate
- Following leader instructions
- Informing leaders of concerns affecting safe participation

4. Weather Risk Assessment Principles

Runspire Together will not rely on air temperature alone.

The following factors must be considered:

- Actual temperature
- **Feels Like** temperature
- Humidity
- Heat Health Alerts
- Wind speed and gusts
- Rainfall intensity
- Surface conditions
- Ice and snow
- Flooding
- Visibility
- Shade availability
- Participant ability and vulnerability
- Duration and intensity of activity
- Access to shelter and emergency support

Leaders must apply professional judgement and may modify activities at any time.

5. Heat Management

Runspire Together follows UK public health guidance and recognises increased risk during hot weather.

General Operating Guidance

Conditions	Typical Response
Under 25°C	Proceed with normal controls
25–28°C	Increase breaks and hydration reminders
28–30°C	Consider route reduction, shade and reduced intensity

Above 30°C Consider postponement, relocation or cancellation

Temperature alone must not determine decisions.

Additional controls:

- Move sessions outside peak heat (11am–3pm where possible)
- Select shaded routes
- Reduce pace and session length
- Encourage water, hats and sunscreen
- Increase leader observation

Session must stop if:

- Participants show signs of heat illness
- Adequate control measures cannot be maintained
- Conditions deteriorate unexpectedly

6. Cold Weather, Snow and Ice

Sessions may continue during colder conditions where risks remain manageable.

Additional controls:

- Route inspection
- Avoidance of untreated ice
- Shortened routes
- Increased warm-up periods
- Suitable clothing reminders

Sessions should be cancelled where:

- Ice significantly increases slip risk
- Severe weather warnings apply
- Safe supervision cannot be maintained

7. Rain, Wind and Severe Weather

Rain

Activities may continue unless:

- Visibility becomes impaired
- Flooding affects route safety
- Participant welfare is compromised

Wind

Activities must be reviewed where:

- Trees, structures or equipment may become unstable
- Participant balance may be affected

Thunder and Lightning

Outdoor activity should cease immediately where lightning presents foreseeable risk.

Participants should move to appropriate shelter where safe.

8. Weather Alerts

Runspire Together will monitor:

- Official weather forecasts
- Met Office warnings
- UKHSA Heat Health Alerts

Weather alerts do not automatically cancel activity but require additional review.

9. Decision Making Process

Session leaders may:

- Proceed
- Modify
- Shorten
- Relocate



- Pause
- Cancel

Decisions should wherever practical be made:

- Before participants travel
- Using the most recent available information

Safety decisions made in good faith by leaders will be supported by Runspire Together.

10. Communication

Changes will be communicated through:

- Booking platform
- Social media
- WhatsApp groups
- Email where appropriate

Suggested wording:

“Today’s session has been adapted/cancelled following a weather risk assessment. Safety and participant wellbeing remain our priority.”

11. Recording & Reporting

Where weather results in:

- Cancellation
- Incident
- Near miss
- Injury

Leaders should complete the organisation’s incident reporting process.



12. Monitoring & Review

This policy will be reviewed:

- Annually
- Following incidents
- Following changes to UK guidance
- Following significant operational learning