

Risk Assessment: Training Sessions

Date:	Assessed by:	Location :	Review :
5 th July 2024	Chris Hunt	Home Park & Other Dashers Routes	Ongoing

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Action by whom
Potholes	Club athletes, public turning ankles or tripping.	<ul style="list-style-type: none"> Keeping in touch with the council and reporting large potholes and divots. 	L	<ul style="list-style-type: none"> Warn athletes before the session of the location of any potholes. 	Coaches RBWM council
Collisions	Club Members colliding with each other or members of the public,	<ul style="list-style-type: none"> Reminding athletes to take care when overtaking & stopping 	L	<ul style="list-style-type: none"> N/A 	Club Members
Ice or Snow	Club members / coaches, Slipping on ice and resulting injuries	<ul style="list-style-type: none"> Reminding athletes to take care 		<ul style="list-style-type: none"> Warn athletes to take care 	Coaches
Heat	Athletes become ill due to training in heat.	<ul style="list-style-type: none"> Advise athletes to dress appropriately and bring water 		<ul style="list-style-type: none"> Cancel session if it is deemed too hot 	Coaches
Fatigue/illness	Athletes become unwell or suffer injury because they have pushed themselves too hard or	<ul style="list-style-type: none"> Remind athletes to train within their limits. 		<ul style="list-style-type: none"> Ensure we have first aiders on hand at sessions 	Coaches & Club Members

	become unwell during session. .	<ul style="list-style-type: none">• Have first aid kit available• Coaches to have phone on them		<ul style="list-style-type: none">• Ensure tail runners bring a mobile phone on all routes.• In emergencies (e.g. serious illness such as a heart attack) members should call 999 if they have a phone on them, or alert another member to seek help by knocking on the nearest door (ensuring that the runner is not left alone at all times).	
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