

## Risk Assessment: Adult Outdoor Club Run / Training Session (inc. Post Covid-19 update)

Date:	Assessed by:	Location :	Review :
08/11/2022	Nik Whalley	Outdoor training sessions – various locations/venues	Annually (or on change of advice from EA / Gov't)

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?	Residual Risk Rating	Action by whom	Target date	Complete
Choice of training route	Negative interaction or collision between athletes, coach or leader and traffic / other road users; cars, cycles, pedestrians, etc.	<ul style="list-style-type: none"> <li>Training venue selection to avoid running on busy sections of open road as far as practical.</li> </ul>	M	<ul style="list-style-type: none"> <li>General training routes use quiet rural lanes, residential areas and industrial estates.</li> <li>Winter training routes are in lit residential areas and industrial estates.</li> <li>Sections of footpaths, tracks, public access areas and fields (e.g. recreation ground and community woodland) are also used when conditions allow.</li> </ul>	L	Coach	Each session	Each session
Athlete fatigue / exhaustion	Athlete(s) become fatigued and/or exhausted leading to increased risk of injury or inability to continue session	<ul style="list-style-type: none"> <li>Sessions planned to suit ability of athletes taking part.</li> <li>Coach/leader to assess athletes before starting and during warm up and ask</li> </ul>		<ul style="list-style-type: none"> <li>Coach/leader to continually assess wellbeing of athletes and adapt session (duration, distance, intensity, terrain) to suit</li> </ul>				

## South Molton Strugglers

		questions to identify any signs of injury/weakness.		abilities of group.				
Visibility on open roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> <li>Encourage athletes to wear Hi-Viz/bright clothing at all times &amp; to keep alert to traffic &amp; other road users</li> <li>Hi-viz clothing must be worn during winter and low light conditions.</li> </ul>	H	<ul style="list-style-type: none"> <li>Advise athletes to run on footpaths where provided, not on the road</li> <li>Highlight risk in the event of poor visibility, low dazzling sun, etc.</li> <li>Change route or cancel session if conditions aren't safe.</li> </ul>	L	Coach & Athletes	Each session	Each session
Crossing Roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> <li>Avoid road crossings where possible on training circuits</li> <li>Where road crossings cannot be avoided select circuits within "quiet" residential areas and industrial estates or rural lanes.</li> <li>No headphones/earbuds or similar to be worn during organised runs / training sessions.</li> </ul>	H	<ul style="list-style-type: none"> <li>Advise athletes of the course, risks &amp; hazards at start and during session as appropriate.</li> <li>Warn athletes to stay alert of traffic movements &amp; cars pulling out of driveways</li> <li>Encourage athletes to communicate potential risks to rest of group while training.</li> </ul>	L	Coach & Athletes	Each session	Each session
Weather	Injury (or illness) to athletes, coaches or leaders as a result of extreme weather/exposure e.g. heavy rain, strong winds, snow, ice.	<ul style="list-style-type: none"> <li>Check weather in advance and plan session accordingly</li> <li>Athletes expected to wear clothing/footwear appropriate to the conditions</li> <li>Advise athletes regarding water, sunscreen, insect repellent, emergency kit, etc prior to session where necessary</li> </ul>	M	<ul style="list-style-type: none"> <li>Advise athletes if their clothing/footwear is not considered appropriate to the conditions</li> <li>Adjust session or cancel if conditions dictate</li> </ul>	L	Coach & Athletes	Each session	Each session
Slips, trips & falls	Injuries to athletes,	<ul style="list-style-type: none"> <li>Assess conditions before</li> </ul>	M	<ul style="list-style-type: none"> <li>Encourage athletes to</li> </ul>	L	Coach &	Each	Each

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(e.g. wet &/or uneven surfaces, ice/ frost)	coaches and leaders from slipping/ tripping and falling	session & warn athletes of potential risks or hazards <ul style="list-style-type: none"> <li>Advise athletes to wear appropriate footwear and remain alert to changing conditions</li> </ul>		communicate potential risks to rest of group while training. <ul style="list-style-type: none"> <li>Adjust session or cancel if conditions dictate</li> </ul>		Athletes	session	session
Pedestrians	Injury following collision between athletes & pedestrians	<ul style="list-style-type: none"> <li>Advise athletes that the training route may be shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks</li> </ul>	M	<ul style="list-style-type: none"> <li>Give due consideration &amp; polite warning to the public and third parties</li> <li>Revise route choice if necessary</li> </ul>	L	Coach & Athletes	Each session	Each session
Dogs, pets & wild animals	Injury as a result of attacks or trips to athletes & coaches.	<ul style="list-style-type: none"> <li>Avoid contact with animals</li> <li>Stay alert in proximity to dog walkers and to the possibility loose dogs and/or extended dog leads</li> <li>Stay alert when route passes through farmland</li> </ul>	M	<ul style="list-style-type: none"> <li>Give due consideration &amp; warning to dog walkers</li> <li>Discuss appropriate behaviour around cattle and stock with athletes</li> <li>Revise routes where necessary to avoid contact with animals</li> </ul>	L	Coach & Athletes	Each session	Each session
Lost or missing athletes	Athletes getting lost or injured whilst out of direct contact from coach or training group	<ul style="list-style-type: none"> <li>Maintain a register with emergency contact numbers</li> <li>Take head count before warm-up run and on arrival at training venue</li> <li>Maintain head count during &amp; after training session</li> <li>Brief athletes on route/course to be used</li> <li>Allocate athletes to similar ability training groups</li> <li>Appoint "lead" &amp; "sweep" runners when appropriate</li> <li>Ask athletes to advise if</li> </ul>	M	<ul style="list-style-type: none"> <li>Add athletes personal contact telephone numbers to register</li> <li>Provide athletes with coaches' mobile telephone number for emergency contact when appropriate</li> <li>If an athlete is identified as missing organise a sweep of the route/training venue course</li> <li>Check athletes' contact /emergency contact number to confirm their location</li> </ul>	L	Coach & Athletes	Each session	Each session

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		dropping out or leaving session early • Coach/leader to carry mobile phone		• If the athlete cannot be located contact emergency services and report missing person				
Lack of facilities	Unable to wash hands and discomfort due to lack of toilets during the session.	• Ensure all athletes are aware of the lack of facilities prior to the session.	H	• Carry and use hand sanitiser where handwashing facilities are not available. • Inform athletes that behaviours that could be seen as 'anti-social'/offensive are not allowed, both before, during and after the session.	L	Coach & Athletes	Each session	Each session
Covid-19	England Athletics Covid Guidance (last updated 24/02/2022): "As of 24 February 2022, we're in the UK Government's ' <a href="#">Living with Covid-19</a> ' phase of their response to the coronavirus pandemic. This means that there are now no coronavirus-related legal restrictions in place."							