

Risk Assessment

Saturday Morning Off-Road Multi-Terrain Training for Teenage Middle Distance Runners during Winter Months

Coach in charge: Ron Scott

Main run is from Formby Point working on sandhills, grasslands, woodland paths, beach etc commencing 10 am. Route will vary but will always include hill efforts. Coach is a qualified first-aider.

Hazard	Location	Who / How Affected	Control Measures
Uneven or pot-holed surfaces	Various	Athletes and coach – twisted ankles and other falling injuries	<ol style="list-style-type: none"> 1. Athletes to be alert at all times 2. Coach to carry mobile 'phone in case of emergency
Isolated areas	Various	Athletes – attack by stranger(s) causing injury or distress	<ol style="list-style-type: none"> 1. Athletes to be warned to stay clear of other people 2. Athletes must always stay in line of sight and never more than 100m from group or coach 3. Where possible, coach on bike for swift intervention
People and animals	Throughout	Athletes and coach – dogs can attack or trip up causing injury; collision with pedestrians	<ol style="list-style-type: none"> 1. Athletes to be alert and warned to stay clear of other people 2. Coach to carry mobile 'phone in case of emergency
Exhaustion	Hills	Athletes – unable to carry on	<ol style="list-style-type: none"> 3. Athletes to stay hydrated, bringing fluids to the session to be carried around by coach 4. Recovery to be built into sessions 5. Access to session limited to those the coach assesses as competent to carry it through 6. Coach to carry mobile 'phone in case of emergency

Hazard	Location	Who / How Affected	Control Measures
High tides	Beach	Athletes and coach – being trapped by exceptionally high tides	Stay off beach when high tide is in or sea in and rough Coach to carry mobile 'phone in case of emergency