



Risk Assessment: Littledown Harriers Road Running Club

Date:	Assessed by:	Location :	Review:
08 Mar 2021	Gary Worsley	Littledown Centre, Chaseside, Bournemouth	Monthly

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?	Resultant Risk Rating	Action by whom	Target date	Complete
Training								
Training location	Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	<ul style="list-style-type: none"> Avoid running on roads with no pavements Avoid unlit roads Speed sessions avoid road crossings Coach/Leader led training sessions 	L	Nil	L			
Visibility on open roads	Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	<ul style="list-style-type: none"> High Vis clothing encouraged Coach/Leader allocated to each session 	L	Nil	L			

Running at night	Athletes & Coaches – Injuries from slipping/tripping & falling.	<ul style="list-style-type: none"> • Encourage head torches/body lights. • Encourage high vis/reflective clothing. 	L	Nil	L			
Road crossings	Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc.	<ul style="list-style-type: none"> • Use pavements and road crossings. • High Vis/reflective clothing worn during non-dark hours. 	L	Nil	L			
Sprains and strains	Athletes & Coaches - Sprains and strains	<ul style="list-style-type: none"> • Athletes warmed up prior to training session. • Athletes cooled down after session. 	L	Nil	L			
Adverse weather	Athletes & Coaches – illness or injury from extreme weather – Ice, lightning, rain, fog, heat & cold	<ul style="list-style-type: none"> • Weather check prior to each session for any severe weather warnings e.g. lightning, ice and prepare to cancel sessions if deemed unsafe. • Athletes are considered to be responsible & as such expected to wear clothing appropriate to the conditions; however, warnings will be given over social media to warn athletes of potential risks or hazards • Keep pre-run briefing as short as possible if inclement weather. 	L	Nil	L			
Slips, trips & falls (ice, frost, wet leaves, uneven surface, etc.)	Athletes & Coaches – Injuries from slipping/tripping & falling.	<ul style="list-style-type: none"> • Assess conditions before session & warn athletes of potential risks or hazards. • Advise athletes to remain alert to changing conditions. • Report uneven roads/pavements to Local 	L	Nil	L			

		<p>Authority or landowner if appropriate.</p> <ul style="list-style-type: none"> • Report accidents and near misses and keep accident logbook. • Most Coaches/Leaders first aid trained. • Coaches/Leaders carry mobile phones to take action (call 999) in case of emergency & serious injury. 					
First Aid	Coaches & Athletes and or passers by	<ul style="list-style-type: none"> • Most coaches/Leaders first aid trained. • Record kept of first aid trained Coaches/Leaders. • Sterile wipes carried by Coaches. • Mobile phone carried by Coaches/Leaders. 	L	Nil	L		
Dogs & wild animals	Athletes & Coaches – Injuries from attacks or trips	<ul style="list-style-type: none"> • Avoid contact with animals – be prepared to re-route ensuring all athletes are aware. • Stay alert in proximity to dog walkers and possibility of extended dog leads. Shout warning to athletes behind and have system to continue warning to back of group 	L	Nil	L		
Lost or missing athletes	Athletes – Getting lost or injured whilst out of direct contact form coach/leader or training group	<ul style="list-style-type: none"> • Maintain a register with emergency contact numbers. • Head count before warm-up and on arrival at training venue. • Maintain head count during & after training session. • Brief athletes on route/course to be used. 	L	Nil	L		

		<ul style="list-style-type: none"> • Allocate/encourage athletes to join similar ability training groups. • Appoint sweep runner if necessary. • Request athletes to advise coach/leader or another athlete to pass on the message if dropping out or leaving session early. • Ensure vulnerable or junior athletes do not leave the group. • Coaches carry mobile phones. 						
COVID-19 – Based on Government Guidance dated 22 Feb 2021 and England Athletics Guidance dated 24 Feb 2021 L								
Spread of Covid-19 (General)	<p>Coach, Athletes Vulnerable groups – elderly, pregnant, those with underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to club training sessions</p>	<ul style="list-style-type: none"> • Club to appoint a Covid-19 compliance member. • Discuss with Little Down Centre Manager on suitable area to congregate for pre-session briefings. • Frequent communication with Club Committee, Club Coaches/Leaders and Athletes to remind all of the risk and responsibilities of the Club and individuals. • Training sessions adapted to minimise the risk to social distancing with each other and other members of the public. • Remind coaches & Athletes they must not attend club sessions if they have any symptoms (new persistent cough, temperature, loss of taste &/or smell, new rash), or if 	M		M			

		<p>they are under quarantine (post-holiday etc.) or been in contact with someone they know has tested Covid-19 positive and/or if they have been told to isolate.</p> <ul style="list-style-type: none"> • Pre session briefing to be undertaken by each group Coach/Lead. • Coach/Leader of each group to check names against 'Eventbrite' booking. Only those who have booked are permitted to run and only in the specific group that they have booked on, no swapping of groups even if space is available. • Club to remind all Coaches/Leaders and athletes to sanitize their hands prior to coming to a Club session. • Each athlete advised at each pre-session briefing of the importance to keep 2 metres apart. • Athletes encouraged not to shake hands or high fives or hug each other. • Athletes encourage not to spit. • Athletes encourage to cough or sneeze in the crook of their arm or in a tissue and to bin it after. • Club to monitor adherence to current Covid-19 guidance. • Club to monitor adherence by athletes and Coaches/Leaders to Club guidance/requirements. • Consider disciplinary action for persistent nonadherence 					
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Spread of Covid 19 through First Aid Actions	Coach/Leader and athlete. Any member of public that might require first aid during training session	<ul style="list-style-type: none"> • Most Coaches/Leaders first aid trained. 	M	<ul style="list-style-type: none"> • Coach/Leader to carry alcohol gel and PPE (disposable gloves, sterile wipes, face covering in case of <2m distancing). 	L			
Spread of Covid 19 through Club Committee Meetings	Club committee members and any club member attending	<ul style="list-style-type: none"> • Virtual club meetings 	L	<ul style="list-style-type: none"> • None 	L			
Spread of Covid 19 through handling money	Any Club member taking payments	<ul style="list-style-type: none"> • Some payments made electronically 	M	<ul style="list-style-type: none"> • Encourage more payments to be made electronically rather than cash or cheque 	L			
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