



Risk Assessment: Littledown Harriers Road Running Club

Date:	Assessed by:	Location :	Reviewed:
19 July 2020	Gary Worsley	Littledown Centre, Chaseside, Bournemouth	21 March 2023

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 during none dark hours and reflective clothing during dark hours encouraged Coach/Leader allocated to each session 	L	Nil	L			

Running in the dark	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 during none dark hours and reflective clothing worn during 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 form 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 eg lightning, ice, wind etc. and prepare to cancel sessions if deemed unsafe. • Athletes are considered to be responsible and 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			

<p>Slips, trips, falls, collisions (ice, frost, wet leaves, uneven surface, bollards etc.)</p>	<p>Athletes & Coaches – Injuries from slipping/tripping & falling.</p>	<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. • Encourage athletes to shout warning to their rear to warn athletes behind. • Report uneven roads/pavements to Local Authority or landowner if appropriate. • Report accidents and near misses and keep accident logbook. • Coaches/Leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years. • Coaches/Leaders carry mobile phones to take action (call 999) in case of emergency & serious injury. 	<p>L</p>	<p>Nil</p>	<p>L</p>			
<p>First Aid</p>	<p>Coaches & Athletes and or passers by</p>	<ul style="list-style-type: none"> • Coaches/Leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years. • Record kept of first aid trained Coaches/Leaders. • Sterile wipes carried by Coaches. • Mobile phone carried by Coaches/Leaders. 	<p>L</p>	<p>Nil</p>	<p>L</p>			

<p>Dogs & wild animals</p>	<p>Athletes & Coaches – Injuries from attacks or trips</p>	<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 	<p>L</p>	<p>Nil</p>	<p>L</p>			
<p>Lost or missing athletes</p>	<p>Athletes – Getting lost or injured whilst out of direct contact form coach/leader or training group</p>	<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. • 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. • Ratio of coach to group to be no more than 12:1. Acquire the assistance of second coach or responsible person(s) to maintain 12:1 ratio 	<p>L</p>	<p>Nil</p>	<p>L</p>			