

Risk Assessment: Littledown Harriers Road Running Club

Description – This Risk Assessment assess the activities undertaken by Littledown Harriers Running Club with the aim to reduce the risk to any athletes undertaking those activities, to as low as reasonably practicable.

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| Date: | Assessed by: | Location: | Date Reviewed: |
| 19 July 2020 | Gary Worsley | Littledown Centre, Chaseside, Bournemouth | 10 January 2024 |

| RA Ref No. | 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 |
|------------|--------------------------|--|--|-------------|--|-----------------------|----------------|-------------|----------|
| 1 | Training location | Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc. | a- Avoid running on roads with no pavements. b- Avoid unlit roads. c-Speed sessions avoid road crossings. d-Coach/leader led training sessions. | L | Nil | L | | | |
| 2 | Visibility on open roads | Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc. | a-High Vis during daylight hours and reflective clothing during dark hours encouraged. b-Coach/Leader allocated to each session. | L | Nil | L | | | |
| 3 | Running in the dark | Athletes & Coaches – Injuries from slipping/tripping & falling. | a-Encourage head torches/body lights. b-Encourage high vis/reflective clothing. | L | Nil | L | | | |

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| 4 | Road crossings | Athletes & coaches: Collision with traffic & other road users; car occupants, cycles, pedestrians, horse riders etc. | a-Use pavements and road crossings. b-High Vis during daylight hours and reflective clothing worn during dark hours. | L | Nil | L | | | |
| 5 | Sprains and strains | Athletes & Coaches - Sprains and strains | a-Athletes warmed up prior to training session. b-Athletes cooled down after session. | L | Nil | L | | | |
| 6 | Adverse weather | Athletes & Coaches – illness or injury from extreme weather – Ice, lightning, rain, fog, heat & cold | a-Weather check prior to each session for any severe weather warnings e.g. lightning, ice, wind etc. and prepare to cancel sessions if deemed unsafe. b-Athletes are expected to wear clothing appropriate to the conditions; however, warnings will be given over social media to warn athletes of potential additional risks or hazards. c-Keep pre-run briefing as short as possible if inclement weather. | L | Nil | L | | | |
| 7 | Slips, trips, falls, collisions (ice, frost, wet leaves, uneven surface, bollards etc.) | Athletes & Coaches – Injuries from slipping/tripping & falling. | a-Assess conditions before session & warn athletes of potential risks or hazards. b-Advise athletes to remain alert to changing conditions. c-Encourage athletes to shout warning to their rear to warn athletes behind of any upcoming hazard. d-Report uneven roads/pavements to Local Authority or landowner if appropriate. e-Report accidents and near misses and keep accident logbook. f-Coaches/leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years. g-Coaches/leaders carry mobile phones to call 999 in case of emergency & serious injury and alert other coaches/leaders. h. Small first aid kits are provided for coaches/leaders to carry. | L | Nil | L | | | |

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| 8 | First Aid | Coaches & Athletes and or passers by | <p>a-Coaches/Leaders required to be first aid trained prior to receiving their coaching licence and upon renewal every 3 years.</p> <p>b-Record kept of first aid trained Coaches/Leaders.</p> <p>c-Sterile wipes carried by Coaches.</p> <p>d-Charged mobile phone carried by Coaches/Leaders.</p> <p>e-A small first aid kit to be carried by Coach/Leader.</p> <p>f-Two emergency foil blankets to be carried by Coach/Leader.</p> <p>g-Coach/Leader to ask their group if anyone has any injuries/conditions they need to be aware of. Speak to them separately if anyone wants to keep anything medical in confidence.</p> | L | Nil | L | | | |
| 9 | Dogs & wild animals | Athletes & Coaches – Injuries from attacks or trips | <p>a-Avoid contact with animals – be prepared to re-route ensuring all athletes are aware.</p> <p>b-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 | Nil | L | | | |
| 10 | Lost or missing athletes | Athletes – Getting lost or injured whilst out of direct contact from coach/leader or training group | <p>a-Maintain a register with emergency contact numbers.</p> <p>b-Head count before warm-up and on arrival at training venue.</p> <p>c-Maintain head count during & after training session.</p> <p>d-Brief athletes on route/course to be used.</p> <p>e-Allocate/encourage athletes to join similar ability training groups.</p> <p>f-Appoint sweep runner if necessary.</p> <p>g-Request athletes to advise coach/leader or another athlete to pass on the message if dropping out or leaving session early.</p> <p>h-Ensure junior athletes (<18 years) do not leave the group unless permission is received from their parent/guardian.</p> <p>i-Coaches carry charged mobile phones.</p> <p>j-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 | Nil | L | | | |

Risk Assessment Amendments

| RA Ref No. | Brief Description of Amendment | Name of Person Amending | Date of Amendment |
|--|---|-------------------------|-------------------|
| Whole doc | Added new numbering | Gary Worsley | 29 November 2023 |
| Whole doc | Added Risk Assessment Amendment Rows | Gary Worsley | 29 November 2023 |
| Title Block | Changed heading direction | Gary Worsley | 29 November 2023 |
| Title Block | Added a Description | Gary Worsley | 29 November 2023 |
| 8. d | Added 'Charged' | Gary Worsley | 29 November 2023 |
| 8. e | Added whole paragraph | Gary Worsley | 29 November 2023 |
| 8. f | Added whole paragraph | Gary Worsley | 29 November 2023 |
| 8. g | Added whole paragraph | Gary Worsley | 10 January 2024 |
| 10 h | Paragraph amended to require <18's to have parental consent before leaving a group. | Gary Worsley | 10 January 2024 |
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| <i>If any amendments increase any risks, then a complete review is required.</i> | | | |