

Generic Risk Assessment: Adult Off-Road Training (Excluding Hill & Fell Running)

Date:	Assessed by:	Location:	Review:
05/01/2017	David Cairns	Various venues	05/01/2017

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
<i>Slips and trips Spillages/loose cables</i>	<i>Staff may be injured if they slip on spillages or trip on cables or objects left on the floor.</i>	<ul style="list-style-type: none"> • <i>There is general good housekeeping policy in the organisation</i> • <i>Wet floor signs are always used</i> • <i>Staff use electrical sockets nearest to where they are working to reduce the risk of tripping over leads</i> 	L	<ul style="list-style-type: none"> • <i>Introduce a two-mop system for cleaning floors (wet mopping followed by dry mopping)</i> • <i>Remind staff to wear sensible shoes, e.g. flat shoes with a good grip</i> 	L	<i>Joe Bloggs</i>	<i>25/12/16</i>	<i>Yes 14/09/15 Joe Bloggs</i>
		•	L	•	L			
		•	M	•	L			
		•	H	•	L			

NB Copy and paste rows as required

Foreword

This Generic Risk Assessment:

1. Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
2. Has been prepared for Penicuik Harriers group off-road training sessions for adult athletes under the guidance of a UKA qualified coach with appropriate UKA Insurance cover.
3. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with the session. Where junior, disabled athletes or those with learning difficulties attend sessions, they will require to be accompanied by “buddy runners” with appropriate specific individual risk assessments completed.
4. Excludes a group “warm-up” run on open roads between the meeting place and remote training venue which is not “supervised” by the coach; for which reference should be made to the **Generic Risk Assessment for Adult Road Running Training**.
5. Excludes any “on the hill” coaching/training sessions.



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
Choice of off-road training venue	Athletes & coaches: Cuts, stings, grazing from brambles, overhanging branches, fences, etc. collision with obstacles, slips, trips & falls from tree roots, uneven ground, etc.	<ul style="list-style-type: none"> • Training venue selection to avoid circuits with excessive risks as far as practical • Avoid training circuits close to open water, rivers & lochs 	M	<ul style="list-style-type: none"> • “Summer” training is generally on grass track or around school playing fields where visual contact with the athletes can generally be maintained • Alternative “summer” training circuits on former railway line walkway/cycle path or clear woodland paths • Summer “hill training” circuit on clear inclined “off-road” paths 	L	Coach	Each Training Session	Each Training Session
Alternative “summer” off-road Training Circuits out with school playing fields	Athletes & coaches: potential risks as outlined above	<ul style="list-style-type: none"> • Select venues/circuits that minimise risk and can be easily controlled • Provide additional “marshalling” as required • Ensure that no athletes are unaccompanied in a session 	M	<ul style="list-style-type: none"> • Advise athletes that are unfamiliar with the training circuit to do a warm-up jog around the course accompanied by an experienced group member to familiarise them with the course, risks & hazards • Warm athletes to stay alert 	L	Coach	Each Training Session	Each Training Session
Weather	Athletes & coaches: Illness or injury from extreme weather; rain, standing water, snow, ice, fog, etc.	<ul style="list-style-type: none"> • Check weather in advance • Athletes are considered to be responsible & as such expected to wear clothing & footwear appropriate to the conditions 	M	<ul style="list-style-type: none"> • Advise athletes if their clothing is not considered appropriate to the conditions • Adjust session to suit or in extreme cases cancel 	L	Coach & Athletes	Each Training Session	Each Training Session
Slips, trips & falls (ice, frost, wet leaves, uneven surface, tree roots, etc.)	Athletes & Coaches: injuries from slipping/tripping and falling	<ul style="list-style-type: none"> • Asses conditions before session & warn athletes of potential risks or hazards • Advise athletes to remain alert to changing conditions 	M	<ul style="list-style-type: none"> • Advise athletes to do a warm-up jog around the course to familiarise themselves with the risks & hazards 	L	Coach & Athletes	Each Training Session	Each Training Session
Poor Visibility	Athletes: Collision with obstacles or each other	<ul style="list-style-type: none"> • Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc. & warn athletes to be diligent 	M	<ul style="list-style-type: none"> • Cancel session if visibility level is particularly poor 	L	Coach & Athletes	Each Training Session	Each Training Session

Pedestrians & other facility users	Athletes, cyclists & pedestrians: Cuts, grazes or bruises from collision	<ul style="list-style-type: none"> Advise athletes that the training circuit is shared with other users; pedestrians, dog walkers, children on bikes, cyclists, etc.; and to stay alert to associated risks 	M	<ul style="list-style-type: none"> Give due consideration & warning to other users 	L	Coach & Athletes	Each Training Session	Each Training Session
Illegal motorbike use of former railway line walkway/cycle path	Athletes & motorbike riders: Collision	<ul style="list-style-type: none"> This is not a common occurrence but although illegal it has been experienced in the past Remain alert to motor cycles 	H	<ul style="list-style-type: none"> In the event of encountering illegal motorbike usage direct athletes to stop until the risk has passed 	L	Coach & Athletes	Each Training Session	Each Training Session
Dogs, pets & wild animals	Athletes & coaches: injuries from attacks or trips	<ul style="list-style-type: none"> Avoid contact with animals Stay alert in proximity to dog walkers and possibility of extended dog leads 	M	<ul style="list-style-type: none"> Give due consideration & warning to dog walkers 	L	Coach & Athletes	Each Training Session	Each Training 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"> Maintain a register with emergency contact numbers Take head count before warm-up run and on arrival at training venue Maintain head count during & after training session Brief athletes on route/course to be used Allocate athletes to similar ability training groups Appoint "lead" & "sweep" runner to supervise warm-up run with sweep runner accompanying the last runner Ask athletes to advise if dropping out or leaving session early 	M	<ul style="list-style-type: none"> Add athletes personal contact telephone numbers to register Provide athletes with coaches' mobile telephone number for emergency contact If an athlete is identified as missing organise a sweep of the route/training venue course Check athletes' contact /emergency contact number to confirm their location If the athlete cannot be located contact emergency services and report missing person 	L	Coach & Athletes	Each Training Session	Each Training Session