

## Generic Risk Assessment: Adult Road Running Training

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

NB Copy and paste rows as required

### Foreword

This Generic Risk Assessment:

- Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
- Has been prepared for Penicuik Harriers group road running training sessions for adult athletes under the guidance of a UKA qualified coach with appropriate UKA Insurance cover.
- Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with road running. Where junior, disabled athletes or those with learning difficulties attend sessions, they would require to be accompanied by "buddy runners" with appropriate specific individual risk assessments completed.
- Also incorporates the group "warm-up" run on open roads between the meeting place and remote training venue which is not "supervised" by the coach.



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 training venue	Athletes & coaches: Collision with traffic & other road users; cars, cycles, pedestrians, etc.	<ul style="list-style-type: none"> <li>• Training venue selection to avoid running on open roads as far as practical</li> </ul>	M	<ul style="list-style-type: none"> <li>• General training circuit used is a lit off-road footpath around open parkland where visual contact with the athletes can generally be maintained</li> <li>• Alternative training circuit around “quiet” residential area with a single road crossing to school entrance</li> <li>• Winter “hill training” circuit on lit inclined traffic-free pathway</li> </ul>	L	Coach	Each Training Session	Each Training Session
Visibility on open roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> <li>• Allocate a “lead” &amp; “sweep” runner wearing Hi-Viz clothing to supervise warm-up run between the meeting place &amp; training venue</li> <li>• Encourage athletes to wear Hi-Viz clothing &amp; to keep alert to traffic &amp; other road users</li> </ul>	H	<ul style="list-style-type: none"> <li>• Advise athletes to run on footpaths where provided, not on the road</li> <li>• Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc.</li> <li>• Warn athletes to be diligent</li> <li>• Cancel session if visibility level is particularly poor</li> </ul>	L	Coach & Athletes	Each Training Session	Each Training Session
Crossing Roads	Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc.	<ul style="list-style-type: none"> <li>• Advise athletes to use designated road crossing points on warm-up run between meeting point &amp; training venue</li> <li>• Avoid road crossings where possible on training circuits</li> <li>• Where road crossings cannot be avoided select circuits within “quiet” residential areas</li> </ul>	M	<ul style="list-style-type: none"> <li>• 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 &amp; hazards</li> <li>• Warn athletes to stay alert of traffic &amp; cars pulling out of driveways</li> </ul>	L	Coach & Athletes	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"> <li>• Check weather in advance</li> <li>• Athletes are considered to be responsible &amp; as such expected to wear clothing appropriate to the conditions</li> </ul>	M	<ul style="list-style-type: none"> <li>• Advise athletes if their clothing is not considered appropriate to the conditions</li> <li>• Adjust session to suit or in extreme cases cancel</li> </ul>	L	Coach & Athletes	Each Training Session	Each Training Session



Slips, trips & falls (ice, frost, wet leaves, uneven surface, etc.)	Athletes & Coaches: injuries from slipping/tripping and falling	<ul style="list-style-type: none"> <li>Asses conditions before session &amp; warn athletes of potential risks or hazards</li> <li>Advise athletes to remain alert to changing conditions</li> </ul>	M	<ul style="list-style-type: none"> <li>Advise athletes to do a warm-up jog around the course to familiarise themselves and identify risks &amp; hazards</li> </ul>	L	Coach & Athletes	Each Training Session	Each Training Session
Pedestrians	Athletes & Pedestrians: Cuts, grazes or bruises from collision	<ul style="list-style-type: none"> <li>Advise athletes that the training circuit is shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks</li> </ul>	M	<ul style="list-style-type: none"> <li>Give due consideration &amp; warning to other venue users</li> </ul>	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"> <li>Avoid contact with animals</li> <li>Stay alert in proximity to dog walkers and possibility of extended dog leads</li> </ul>	M	<ul style="list-style-type: none"> <li>Give due consideration &amp; warning to dog walkers</li> </ul>	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"> <li>Maintain a register with emergency contact numbers</li> <li>Take head count before warm-up run and on arrival at training venue</li> <li>Maintain head count during &amp; after training session</li> <li>Brief athletes on route/course to be used</li> <li>Allocate athletes to similar ability training groups</li> <li>Appoint "lead" &amp; "sweep" runner to supervise warm-up run with sweep runner accompanying the last runner</li> <li>Ask athletes to advise if dropping out or leaving session early</li> </ul>	M	<ul style="list-style-type: none"> <li>Add athletes personal contact telephone numbers to register</li> <li>Provide athletes with coaches' mobile telephone number for emergency contact</li> <li>If an athlete is identified as missing organise a sweep of the route/training venue course</li> <li>Check athletes' contact /emergency contact number to confirm their location</li> <li>If the athlete cannot be located contact emergency services and report missing person</li> </ul>	L	Coach & Athletes	Each Training Session	Each Training Session