

## Risk Assessment: Adult Road Running Training (Quotient Loop)

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>
15/09/2020	David Cairns	Bush Estate BioCampus	29/03/20201

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
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### Foreword

This Risk Assessment:

1. Has been specifically prepared to supplement Penicuik Harriers **Generic Risk Assessments for Adult Road Running Training** for Adult endurance training at the BioCampus area of the Bush Estate, by Penicuik; referred to as the “**Quotient Loop**”, being one of the units served by the access road.
2. Should be read in conjunction with Penicuik Harriers **Coronavirus (COVID-19) Risk Assessment**.
3. Follows UK Athletics Risk Assessment guidance document and adopts UKA standard Risk Assessment presentation form.
4. Has been prepared for Penicuik Harriers group road running training sessions for adult athletes under the guidance of a UKA qualified coach/Jog Leaders with appropriate UKA Insurance cover.
5. Assumes that the participating athletes are responsible adults and as such are aware of the general risks associated with the training. If 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.
6. Excludes a group “warm-up” run; either off or on open roads; which is not “supervised” by the coach and for which reference should be made to the Penicuik Harriers **Generic Risk Assessments for Adult Road Running Training**.



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 and members of the public: Collision, slips, trips & falls, uneven ground, etc.	<ul style="list-style-type: none"> <li>The selected training route provides a maximum 1Km loop around footpaths separated from the access road by a wide grass verge.</li> <li>Only one unit is occupied at present and all access points to units/future units incorporate drop-kerb footpath crossings.</li> <li>Training will be in the evening, Monday-Thursday, 6.30-8.30pm when traffic servicing the Units will be minimal.</li> <li>Use of the area in the evenings by the public is generally limited to dog walkers and other individual runners.</li> </ul>	M	<ul style="list-style-type: none"> <li>Training will be restricted to the use of the footpaths and grass verges with athletes warned not to run on the road, other than at a controlled crossing point in multi-lap sessions.</li> <li>Coach/session leader to wear high-viz vest when controlling road crossings.</li> <li>Warn athletes to be alert to occasional cracking in footpath surfacing.</li> <li>Coach/session leader to stay alert to other users, provide warning and make athletes aware.</li> <li>Coach/session leader to “walk the course” before session to check conditions and warn athletes as appropriate.</li> </ul>	L	Coach/Session Leader	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>In the event of inclement weather and in particular ice or dense fog, Coach/session leader will make the decision whether or not the session should go ahead (NB this may also be an issue with leaf fall in the autumn/early winter)</li> <li>Athletes are considered to be responsible &amp; as such expected to wear clothing &amp; footwear appropriate to the conditions.</li> </ul>	M	<ul style="list-style-type: none"> <li>Coach/session leader to “walk the course” before session to check underfoot conditions and warn athletes.</li> <li>Adjust session to suit conditions or in extreme cases cancel.</li> <li>Advise athletes if their clothing is not considered appropriate to the conditions.</li> </ul>	L	Coach/Session Leader	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>Assess 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 with the risks &amp; hazards.</li> </ul>	L	Coach/Session Leader & Athletes	Each Training Session	Each Training Session
Poor Visibility	Athletes: Collision with obstacles or each other, members of the public, etc.	<ul style="list-style-type: none"> <li>Highlight risk in the event of fog, general poor visibility, low dazzling sun, etc. &amp; warn athletes to be diligent.</li> </ul>	M	<ul style="list-style-type: none"> <li>Cancel session if visibility level is particularly poor with associated safety risk.</li> </ul>	L	Coach/Session Leader & 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"> <li>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.</li> </ul>	L	<ul style="list-style-type: none"> <li>Give due consideration &amp; warning to other users.</li> </ul>	L	Coach/Session Leader & 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>	L	<ul style="list-style-type: none"> <li>Give due consideration &amp; warning to dog walkers.</li> </ul>	L	Coach/Session Leader & 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>An online session booking system will be in operation whereby Coaches/Leaders will be aware of who should be attending a session and their emergency contact details.</li> <li>Coach/Session Leader to check off attendees against booking form on arrival at to confirm attendees.</li> <li>Maintain head count during &amp; after session.</li> <li>Brief athletes on route/course to be used and allocate athletes to similar ability training groups.</li> <li>Ask athletes to advise if dropping out or leaving early.</li> </ul>	L	<ul style="list-style-type: none"> <li>Add athletes personal contact telephone numbers to register if they are carrying their phone.</li> <li>Provide athletes with coaches' mobile telephone number for emergency contact.</li> <li>If an athlete is identified as missing check their mobile and if no response, organise a sweep of the training course.</li> <li>If not located, check athletes' emergency contact in the event they have gone home without notifying Coach/Leader.</li> <li>If the athlete or their emergency contact cannot be located contact emergency services and report missing person.</li> </ul>	L	Coach/Session Leader & Athletes	Each Training Session	Each Training Session



Injury or illness	Athletes & coaches: Potential risks as outlined above & general health issues	<ul style="list-style-type: none"><li>As outlined above.</li><li>Club membership form asks members to declare any long term medical condition &amp; emergency treatment procedure.</li></ul>	L	<ul style="list-style-type: none"><li>As outlined above.</li><li>First Aid equipment available at training sessions.</li></ul>	L	Coach/ Session Leader & Athletes	Each Training Session	Each Training Session
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