

## Penicuik Harriers Club Training at Beeslack High School



<b>Activity Name</b>	Club on / off-track Training					
Name of organisation	Penicuik Harriers					
Activity type	Track and Off-Track Club Training at Beeslack High School					
General description of the activity	Adult Endurance Running Club Training					
Number of attendees	24 Max	Athletes	1 or 2	Coaches (Max. 1:12 Ratio)	0	Spectators
Description of the area to be included in the risk assessment	Grass Running Track / School Playing Fields					
Any other relevant information	Training sessions supervised by UKA Qualified Coach or Leaders in Running Fitness					
Date of risk assessment	17/02/2026	Date of event	Weekly Over Summer	Assessment completed by (name/role)	David Cairns (Coach)	

Category	Hazard	Who might be harmed and how?	Risk Rating	What controls are already in place?	What further controls / actions required?	Timescales for further actions	Risk Rating	Responsible Person
<b>ADVERSE WEATHER</b>								
1. Weather Conditions	<ul style="list-style-type: none"> <li>Storm / high wind</li> <li>Heavy rain / flooding</li> <li>Thunder / lightning</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Weather related storm damage / falling trees / lightning strike / slips/trips/falls / dehydration / health / injury / exposure</li> </ul>	<b>H</b>	<ul style="list-style-type: none"> <li>Monitor weather / forecast</li> <li>Adult group, all involved can make decisions on reasonable conditions &amp; what to do if weather changes</li> </ul>	<ul style="list-style-type: none"> <li>Responsible person to check weather &amp; ensure Leader can undertake planned activity</li> <li>Amber weather warnings, consider risk level &amp; action as appropriate</li> <li>Red weather warning - <b>CANCEL TRAINING</b></li> </ul>	<ul style="list-style-type: none"> <li>24 hrs ahead of training session</li> </ul>	<b>L</b>	Coach / Leader
2. Extreme Heat	<ul style="list-style-type: none"> <li>Dehydration / Heatstroke</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Dehydration / Heatstroke</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Evening training / reduced heat conditions</li> </ul>	<ul style="list-style-type: none"> <li>Encourage participants to bring drinking water and maintain hydration</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing monitoring of conditions</li> </ul>	<b>L</b>	Coach / Leader

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3. Thunder / Lightning	<ul style="list-style-type: none"> <li>Lightning strike</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Lightning strike / injury / falling trees</li> </ul>	<b>H</b>	<ul style="list-style-type: none"> <li>If lightning within 10km radius of the site, stop training &amp; move everyone indoors away from, trees, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Follow Met-Office guidance on staying safe in thunder &amp; lightning:</li> <li><a href="#">Stay safe in thunder and lightning - Met Office</a></li> </ul>	<ul style="list-style-type: none"> <li>Check weather forecast</li> <li>Stay alert to changing conditions</li> </ul>	<b>L</b>	Coach / Leader
<b>HEALTH</b> * Physical Activity Readiness Questionnaire								
4. Pre-existing Medical Conditions	<ul style="list-style-type: none"> <li>Compromising pre-existing medical condition</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Pre-existing condition / breathing difficulty / fainting / collapse, etc.</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>PARQ* included in membership Application</li> <li>PARQ* returns / Emergency Contacts shared with Coaches / Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Ensure Coaches / Leaders can access PARQ* / Emergency Contacts at training</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> </ul>	<b>L</b>	Coach / Leader
5. Ill-Health	<ul style="list-style-type: none"> <li>Health issues</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Training impact on health</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Review types of ill-health relevant to activity being undertaken</li> <li>Defibrillator at School Reception</li> <li>Coaches &amp; Reception Staff member trained in emergency first aid</li> </ul>	<ul style="list-style-type: none"> <li>Qualified Coaches / Leaders require First Aid training from their licence renewal date</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> </ul>	<b>L</b>	Club Committee
6. Minor Medical	<ul style="list-style-type: none"> <li>Injuries at training</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> <li>Slips/trips/falls</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Coaches / Leaders provided with basic First Aid kits</li> <li>Review type of injury relevant to activity undertaken</li> </ul>	<ul style="list-style-type: none"> <li>See also 5 above</li> <li>Check track surface (see 8 below)</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> </ul>	<b>L</b>	Coach / Leader

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7. Heat exhaustion	<ul style="list-style-type: none"> <li>Dehydration</li> </ul>	<ul style="list-style-type: none"> <li>Participants / Leaders</li> </ul>	M	<ul style="list-style-type: none"> <li>Drinking water available in School</li> </ul>	<ul style="list-style-type: none"> <li>Encourage participants to bring drinking water</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> </ul>	L	Coach / Leader
<b>TRAINING SESSIONS</b>								
8. Pre-Training Inspection	<ul style="list-style-type: none"> <li>Track surface condition / marking</li> <li>Overlapping activities / dog walkers</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader / Participants / Other Users / public</li> <li>Collision / dogs / slips/trips/falls</li> </ul>	M	<ul style="list-style-type: none"> <li>Track booked for sole Club use</li> <li>Check track surface for rabbit holes / trip hazards / broken glass, etc.</li> <li>Remove or highlight as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader to identify themselves to any other Organised Groups / users</li> </ul>	<ul style="list-style-type: none"> <li>Pre-training</li> </ul>	L	Coach / Leader
9. Clothing / footwear	<ul style="list-style-type: none"> <li>Inappropriate clothing or footwear</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader / Participants</li> <li>Slips/trips/falls</li> </ul>	M	<ul style="list-style-type: none"> <li>Advice on Club Training webpage to wear Hi-Viz clothing / footwear appropriate to session / conditions</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader to warn participants of adverse conditions</li> </ul>	<ul style="list-style-type: none"> <li>Pre-training</li> </ul>	L	Participants
10. Animals	<ul style="list-style-type: none"> <li>Conflict with animals</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader / Participants</li> <li>Collision with animals / injury / bites</li> </ul>	M	<ul style="list-style-type: none"> <li>There is no livestock within School grounds</li> </ul>	<ul style="list-style-type: none"> <li>Be vigilant to presence of animals</li> <li>Warn participants</li> <li>Ask dog walkers to keep dogs under control / on leash</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing throughout session</li> </ul>	L	Coach / Leader
11. Equipment Failure	<ul style="list-style-type: none"> <li>Only running activity / no equipment</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	L	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	L	N/A

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12. Collisions	<ul style="list-style-type: none"> <li>Collision / slips/trips/falls / injury</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader / Participants</li> <li>Slips/trips/falls / injury</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Coach / Leader assesses participants abilities / split into smaller groups</li> </ul>	<ul style="list-style-type: none"> <li>Monitor risk of collision and adjust session if necessary</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing throughout session</li> </ul>	<b>L</b>	Coach / Leader
13. Physical Overload	<ul style="list-style-type: none"> <li>Exhaustion / illness / injury</li> </ul>	<ul style="list-style-type: none"> <li>Participants</li> <li>Exhaustion / illness / injury</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Coach / Leader monitors risk of physical overload throughout session</li> </ul>	<ul style="list-style-type: none"> <li>Coach / Leader will adjust session to an acceptable level</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing throughout session</li> </ul>	<b>L</b>	Coach / Leader
14. Unsuitable Activity	<ul style="list-style-type: none"> <li>Exhaustion / illness / injury</li> </ul>	<ul style="list-style-type: none"> <li>Participants</li> <li>Exhaustion / illness / injury</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Coach sets training session in accordance with good practice, with appropriate recoveries between efforts</li> </ul>	<ul style="list-style-type: none"> <li>Coach will identify an alternative suitable activity to suit individual participants ability</li> </ul>	<ul style="list-style-type: none"> <li>On the night</li> </ul>	<b>L</b>	Club Committee
15. Changes to Planned Session	<ul style="list-style-type: none"> <li>Inappropriate session being delivered</li> <li>Inappropriate conditions</li> </ul>	<ul style="list-style-type: none"> <li>Participants</li> <li>Illness / injury</li> </ul>	<b>M</b>	<ul style="list-style-type: none"> <li>Experienced Coach / Leader equipped to assess participants abilities and dynamically change / adapt session plans</li> </ul>	<ul style="list-style-type: none"> <li>Assess conditions</li> <li>Respond to changing situations / conditions</li> </ul>	<ul style="list-style-type: none"> <li>On the night</li> </ul>	<b>L</b>	Coach / Leader
Planned review date/period – Dynamic Review as Required								