

Risk Assessment: Restricted Return to Training Sessions

Date:	Assessed by:	Location :	Review :
15 /06 /20	Sianie Painter	Newmarket Joggers Training Sessions: Various locations	15/07/20

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
Collision with vehicular traffic and/or other users of area	Athletes and Leaders may be injured by contact with, or taking action to avoid, traffic, each other and other users of the area	<ul style="list-style-type: none"> Meeting Points are located in low traffic areas with open space Most routes are off-road on wide tracks and open spaces Runners use pavement or run single-file towards oncoming traffic, except on bends, when on road. 	L		L			
Known medical conditions, existing injury and/or fitness limitation of participant	<ul style="list-style-type: none"> Participant may become unwell or incur/exacerbate an injury during session Participant may exert themselves beyond their fitness limitation, becoming unwell or injured 	<ul style="list-style-type: none"> New, current and prospective members are advised to consult GP before participation if they have a medical condition or an existing injury Club Membership form, medical details and emergency contacts are completed before session Participants are advised to carry any required medication with them during a session Participants are advised of length, duration and estimated pace of run in advance of booking session Leader performs a verbal/visual check of participants for injury/illness at Meeting Point 	L	<ul style="list-style-type: none"> Ensure that each LiRF has, or access to, Emergency Contact information for all members of their group. Encourage LiRFs to carry phone, with relevant contact numbers loaded, during sessions 	L	S. Painter	28/06/20	

<p>Spread of Covid-19 Coronavirus</p>	<ul style="list-style-type: none"> • Athletes and Leaders and other users of shared space may be exposed to Coronavirus • Incidents requiring First Aid or assistance may expose those involved to Coronavirus 	<ul style="list-style-type: none"> • Controlled group size in line with current guidance (e.g. maximum of 6 people per group) • Meeting Points selected to enable adequate space for social distancing in line with current guidance (e.g. 2m distance between people not from the same household) • Session booking system in place to control group size • All Club Members have been informed not to attend training sessions if they feel unwell • No equipment is shared during training sessions • All sessions from meeting point to completion are conducted in open space with minimal physical contact points • Some routes require use of gates or stiles: runners are advised to use hand gel after touching gate etc. or to avoid skin contact with such objects • Training sessions are conducted on wide tracks or open spaces enabling adequate social distancing from other users • Participants are reminded of the need to maintain social distancing when booking and at the start of every session • If anyone appears to be unwell at the start of, or becomes unwell during, a session, they will be advised to go home and seek medical advice if appropriate • If an Athlete or Leader is injured or becomes ill during a session, their emergency contact/a member of their household will be contacted to assist them • If a qualified First Aider is available and willing, it is recommended that both parties wear a face covering if close contact (less than 2m) is required 	<p>M</p>	<ul style="list-style-type: none"> • Regularly review current UKA and Government guidance relating to Covid-19 and amend control measures as necessary • Club Members are informed in advance of session booking of current guidance on social distancing, not to attend if unwell and the action to take if they have Covid-19 symptoms. 	<p>M</p>	<p>S. Painter S. Painter</p>	<p>Ongoing 28/06/20</p>	<p>N/A 23/06/20</p>
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<p>Uneven, slippery, steep or loose surface that may contain holes</p>	<ul style="list-style-type: none"> • Athletes or Leaders may trip or fall incurring injury • Athletes or Leader may incur strike injury from debris kicked up whilst running 	<ul style="list-style-type: none"> • Participants are advised to wear footwear suitable for the surface • Runners are advised at start of session of any known hazards, and of the general need to be vigilant of the route they are taking • Runners at front of group to use signal/shout system to warn others of hazards such as holes or uneven ground 	L		L			
<p>Obstacles or obstructions on route</p>	<ul style="list-style-type: none"> • Athletes or Leaders may trip or fall over obstacles • Athletes or Leaders may injure themselves avoiding an obstruction • Athletes or Leader may incur injury in collision with obstacle 	<ul style="list-style-type: none"> • Leader will advise Athletes of known obstacles on the route at the Meeting Point before session starts • Runners at front will advise runners following of obstacles, known or unexpected, on approach 	L		L			
<p>Getting lost or detached from the group</p>	<ul style="list-style-type: none"> • Leader/group might become lost/stray from the intended route • Athlete might become detached from the group 	<ul style="list-style-type: none"> • Route maps/descriptions are provided in advance of the session • Regrouping points along the route are nominated at the Meeting Point. All runners wait at regrouping point until group is together. 	L		L			
<p>Dogs</p>	<ul style="list-style-type: none"> • Dogs, on and off a lead, can present tripping hazard • Dogs may act aggressively towards runner, risk of causing injury 	<ul style="list-style-type: none"> • Participants are advised to pass or approach dogs with caution, slowing to a walk if necessary 	L		L			



<p>Weather</p>	<ul style="list-style-type: none"> • Athlete/Leader may be at risk of dehydration, heatstroke or sunburn in very hot weather • Athlete/Leader may become over exerted more quickly in hot weather • Restricted Return to Training Routes are exposed with limited shade: increased risk of heat/sun exposure • Wet weather conditions can create risk of slipping or falling • Cold weather and icy conditions can increase the risk of slipping and falling 	<ul style="list-style-type: none"> • Participants are advised to follow good nutrition and hydration practice before and during sessions • All participants are advised to bring their own water/drink to every session • Participants are advised to dress appropriate to the weather conditions, including wearing head protection, sunscreen etc. • Sessions are conducted in the early evening, avoiding the hottest part of the day • If conditions are extreme, session may be cancelled at the discretion of the LiRF. 	L		L			
<p>Low light conditions</p>	<ul style="list-style-type: none"> • Increased risk of traffic injury when running in low light conditions • Increased risk of trips and falls when running in the dark or low light conditions • Risk of straying from path/route due to poor visibility • Risk of low light conditions, even in summer, if route takes longer than expected. 	<ul style="list-style-type: none"> • Hi-viz clothing is mandatory in winter months (October to March) • Torch suitable for running must be carried on unlit routes when it will be dark (e.g. night runs) • LiRFs consider the time taken and likely light conditions when planning a session, and will adapt a route as required 	L		L			

Definition of Risk Levels

Low Level of Risk	Unlikely to occur or would result in a minor injury or illness	L
Medium Level of Risk	Unlikely to occur but may cause serious injury or illness	M
High Level of Risk	Likely to occur and may cause death or serious injury or illness	H