

## Risk Assessment: Athletics sessions other than those using the Track & Field facilities at Rowley Park

Date:	Assessed by:	Location :	Review :
9/8/23	Shaun Ainge	All areas other than those used for track and field events	March 2024

**Suitably qualified coaches can organise Club sessions away from the track & field facilities at Rowley Park. Athletes should be supervised in groups of no more than 12 athletes per coach with a maximum group size of 30 under current Government and England Athletics rules.**

### ALL AREAS

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
Debris from overhanging trees	Athletes – injuries through slips / trips due to debris (branches / twigs etc)	<ul style="list-style-type: none"> <li>• If training over small distance, walk route to review condition before each session</li> <li>• Clear debris if required</li> </ul>	L		L	Coaches	Before each session / Following high winds	Ongoing

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
Slippery conditions	Athletes – injuries through slipping on grass or road in muddy, icy or other detrimental underfoot conditions	<ul style="list-style-type: none"> <li>Advise athletes to wear suitable footwear for conditions</li> </ul>	M	<ul style="list-style-type: none"> <li>Prevent athletes from training if they haven't got suitable footwear</li> <li>Cancel session if conditions are too dangerous</li> </ul>	L	Coaches	Before each session	Ongoing
Uneven surfaces	Athletes – injury through trips or twists caused by striking uneven ground surfaces	<ul style="list-style-type: none"> <li>If training over small distance, walk route to review condition before each session</li> <li>Mark uneven surfaces with cones or other easily visible items to alert athletes to proximity of hazard</li> </ul>	M	<ul style="list-style-type: none"> <li>Athletes to be aware of where they are treading especially on longer runs where uneven surfaces haven't been highlighted</li> <li>Where possible, athletes to avoid running too close to road kerb edges</li> </ul>	L	Coaches / athletes	During each session	Ongoing
Lighting conditions	Athletes / coaches – injuries due to not being able to see clearly	<ul style="list-style-type: none"> <li>Do not train if lighting conditions mean you can not see where you are running.</li> </ul>	L		L	Coaches / athletes	Each session	Ongoing
General public	Athletes or members of the general public – injury caused by collisions	<ul style="list-style-type: none"> <li>Athletes to be aware of the proximity of members of the general public when running. Sufficient space to be given to allow for any sudden unexpected movement</li> </ul>	L		L	Athletes / coaches	Each session	Ongoing
Cars, bikes or other vehicles	Athletes / vehicle users – injury or damage caused by collisions or avoiding collisions	<ul style="list-style-type: none"> <li>Athletes to be aware of the proximity of car, bike or other vehicle users when running and avoid placing themselves in the line of travel of the vehicle</li> </ul>	M	<ul style="list-style-type: none"> <li>Athletes to avoid wearing anything on or in their ears that totally shuts out external noise in order that they can hear warnings from vehicle users</li> </ul>	L	Athletes	Each session	Ongoing