

## Risk Assessment: Training Outdoors

**Date:** 15 Jun 2020      **Assessed by:** Fran Light & Richard Taylor      **Revision:** REV 1  
 4 Jun 2020      Richard Bacon & Richard Taylor      Initial Issue

What are the Hazards?	Who might be harmed and how?	Likely-hood	Severity	What are you already doing?	What else can you do to control this risk?	Action	Target date	Complete
Stationary object collisions	Coaches, Leaders & Athletes may be injured if they run into a stationary objects such as street furniture, parked cars, trees, low hanging branches, rubbish/litter.	L	L	<ul style="list-style-type: none"> <li>Coaches/Leaders consider and warn athletes to take care of collision risks.</li> </ul>		Coaches Leaders Athletes	15/06/20	Yes 15/06/20 Coaching Team
Moving object collisions	Coaches, Leaders & Athletes may be injured if they run into, or get hit by, a moving object such as vehicles, cyclists, other runners, walkers, animals etc	L	M	<ul style="list-style-type: none"> <li>Coaches/Leaders and athletes are required to wear high visibility clothing for all training sessions.</li> <li>Coaches/Leaders warn athletes to take care of collision risks prior to the beginning of the training session.</li> <li>Coaches/Leaders and athletes warn others of moving objects encountered during the session that may pose a risk by calling out: "Car!", "Bike!", "Horse!" etc.</li> </ul>		Coaches Leaders Athletes	15/06/20	Yes 15/06/20 Coaching Team

# ALTON RUNNERS

<p><i>Trips, Slips, and Stumbles</i></p>	<p><i>Coaches, Leaders &amp; Athletes may be injured if they trip, slip or stumble because of an uneven or slippy surface including: speed bumps, pot holes, rabbit/mole/badger burrows, rocks/stones, tree roots, uneven ground, broken paving slabs, ice, grease, water etc.</i></p>	<p>M</p>	<p>L</p>	<ul style="list-style-type: none"> <li>• <i>Coaches/Leaders to assess the running surface condition likely to be encountered before the session and warn athletes to take care of any perceived risks prior to the beginning of the training session.</i></li> <li>• <i>If the risk of slipping is high, such as in the case of ice/frost, the session should be cancelled.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Coaches/Leaders carry a first aid kit on their person, or in their car.</i></li> </ul>	<p><i>Coaches Leaders Athletes</i></p>	<p><i>15/06/20</i></p>	<p><i>Yes 15/06/20 Coaching Team</i></p>
<p><i>Medical Emergencies</i></p>	<p><i>A Coach/Leader/Athlete may experience a medical emergency during training.</i></p>	<p>L</p>	<p>L</p>	<ul style="list-style-type: none"> <li>• <i>Coaches/Leaders to carry a mobile phone and seek help if needed.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Coaches/Leaders to undergo First Aid training and keep their certification up-to-date.</i></li> <li>• <i>Coaches/Leaders to be aware of where defibrillators are located reference: <a href="http://www.heartsafe.org.uk/aed-locations">http://www.heartsafe.org.uk/aed-locations</a></i></li> <li>• <i>Coaches/leaders to stay abreast of the latest official information regarding administering first aid during the Covid-19 pandemic.</i></li> </ul>	<p><i>Coaches Leaders Athletes</i></p>	<p><i>15/06/20</i></p>	<p><i>Yes 15/06/20 Coaching Team</i></p>

# ALTON RUNNERS

<p>One or more persons separates from the group and gets lost</p>	<p>Coaches, Leaders &amp; Athletes may get separated from the group and get lost, or suffer a disabilatating injury, or medical emergency, without being noticed, .</p>	L	L	<ul style="list-style-type: none"> <li>• If training in a remote location coaches/leaders warn athletes before the session not to run alone and, if possible, to carry a mobile phone.</li> <li>• Coaches/Leaders should carry a mobile phone loaded with the contact numbers of the other coaching team members.</li> <li>• Coaches/Leaders to count athletes in before and after the session to ensure no-one has gone missing.</li> <li>• Ask athletes to notify the coach/ leader if they are leaving the group before the session finishes.</li> <li>• If there are enough coaches/ leaders, position one at the front, back and centre of the group to ensure the group stays together.</li> <li>• During a long run reform the group at regular intervals to check everyone is okay and happy with the pace.</li> </ul>	<ul style="list-style-type: none"> <li>• If the weather is inclement, avoid training in remote locations.</li> </ul>	<p>Coaches Leaders Athletes</p>	<p>15/06/20</p>	<p>Yes 15/06/20 Coaching Team</p>
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# ALTON RUNNERS

<p>Spread of Covid-19 Coronavirus</p>	<p>Coach, athlete Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation to your activity</p>	L	L	<ul style="list-style-type: none"> <li>• Help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice.</li> <li>• Coaches, leaders and athletes to wash their hands for at least 20 seconds with soap and water before and after training, and to use hand sanitiser if touching any surfaces during the session.</li> <li>• Catch coughs and sneezes in tissues – Follow 'Catch it, Bin it, Kill it' and to avoid touching face, eyes, nose or mouth with unclean hands.</li> <li>• Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.</li> <li>• Frequently cleaning and disinfecting equipment that is touched using appropriate cleaning products and methods.</li> </ul>	<ul style="list-style-type: none"> <li>• To ensure maximum attendance limits are adhered to, places on all training sessions must be pre-booked (current maximum: 5 athletes plus 1 coach) and confirmed by the session leader in advance.</li> <li>• Social distancing rules to be communicated and enforced by, for example, using cones to delineate 'lanes' and the places each athlete should take for the warm-up and cool down.</li> <li>• Each coach/leader to be provided with their own set of cones which they are responsible for cleaning between sessions.</li> <li>• Session formats to be carefully planned to avoid close contact between athletes during both run segments and rest segments.</li> </ul>	<p><i>Coaches Leaders Athletes</i></p>	<p>15/06/20</p>	<p>Yes 15/06/20 Coaching Team</p>
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