

# General Risk Assessment Form for Coaches and Run Leaders

Date	Assessed by	Location	Review
03/11/22	Mark Bevan		

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
Not understanding the activity	Athletes	<ul style="list-style-type: none"> <li>Athletes advised to read the activity specifications provided by the coaching staff available on the members Facebook page.</li> <li>Coaching staff check for understanding at the start of the activity.</li> </ul>	L		L			
Cold/wet	Athletes, coaches	<ul style="list-style-type: none"> <li>Cancel activity in very bad weather, flooding deep snow</li> <li>Find alternative activity instead if weather too bad.</li> <li>Athletes reminded to wear weather appropriate clothing.</li> <li>Avoid waiting around in wet/cold weather</li> </ul>	M		L			
Over heating/dehydration	Athletes, coaches	<ul style="list-style-type: none"> <li>Limit activity in overly hot weather.</li> <li>Athletes to bring adequate hydration</li> <li>Athletes reminded to wear weather appropriate clothing</li> </ul>	L		L			
Winter darkness	Athletes, coaches	<ul style="list-style-type: none"> <li>All Athletes understand the activity and the limits of the activity area.</li> <li>All athletes and coaches to wear head torch with enough battery life for 2-3 hours</li> <li>Activity area has lights to identify the limits of activity area.</li> <li>Coaches may carry a spare headtorch</li> </ul>	M		L			
Trips, falls	Athletes, coaches	<ul style="list-style-type: none"> <li>Advise athletes of the potential for trips and falls, especially on the uneven surface, and to focus on the activity.</li> <li>Athletes to wear appropriate footwear (Trail shoes)</li> </ul>	M	<ul style="list-style-type: none"> <li></li> </ul>	L			

		<ul style="list-style-type: none"> <li>• Activity area is large enough to avoid crowding</li> <li>• Hazards are removed from the activity area if possible.</li> <li>• Athletes advised regarding the surface.</li> <li>• Alter activity site if snow, ice, or hard frost present</li> <li>• First aid kit available during activity.</li> <li>• Coaches have ensure communication during activity</li> <li>• Coaches “patrol” the area during the activity</li> </ul>					
Other Athletes/forest users	Athletes, coaches	<ul style="list-style-type: none"> <li>• Ensure athletes keep a good distance between each other.</li> <li>• Avoid crowding.</li> <li>• Athletes are advised to run on the specific sides of the track for of the activity area to cones and back to start.</li> <li>• If passing another athlete, athletes are to warn the runner which side they will be passed on.</li> <li>• Be aware of cyclists; coaches to watch for cyclists</li> </ul>	M		L		
Hypothermia	Athletes, coaches	<ul style="list-style-type: none"> <li>• Keep standing/waiting to a minimal period in cold/wet weather</li> <li>• Athletes to be aware of 2 minute recovery between reps and to keep warm.</li> <li>• Ensure athletes have weather/seasonal appropriate clothing (Must be carried waterproof with hood, hat and gloves)</li> <li>• Ensure all athletes are accounted for</li> <li>• First aid pack with thermal blanket available</li> </ul>	L		L		
Loss of Athlete	Athlete	<ul style="list-style-type: none"> <li>• Coaches to count athletes at the start and end of the session</li> <li>• Any athlete who leaves the activity area must inform coaching staff prior to doing so.</li> <li>• Coaching staff to “sweep” the area for athletes if required at the end of the activity.</li> <li>• One coach remains with the slowest athlete(s)</li> </ul>	L		L		
Injury through activity	Athletes	<ul style="list-style-type: none"> <li>• Inform athletes of the activity</li> <li>• Ensure understanding</li> <li>• Minimise activity for those with injury or novice</li> </ul>	L		L		

		<p>athletes if appropriate</p> <ul style="list-style-type: none"> <li>• Advise on the nature of the activity surface</li> <li>• Stop the activity for the individual/group depending on the nature and extent of injury</li> <li>• Provide first aid where appropriate</li> <li>• Seek additional help if required.</li> </ul>					
Covid-19	Athletes, coaches, public	<ul style="list-style-type: none"> <li>• Follow EA, UK Govt and FRA Guidance</li> <li>• All club members, athletes and coaches are to read and familiarise themselves with CV-19 guidance and the club's guidance</li> </ul>	L		L		