

# Ackworth Road Runners Junior Risk Assessment V04 - Outdoor Training

Risk Ratings L = Low, M = Medium, H = High

The existing briefs and decisions on additional measures are all to be taken by the leading coach on the training session.

Date	Location	Review Date	Assessed by	Checked by	Risk Rating
19th June 2017	Nostell Priory	19th June 2018	J.Denton	P.Wood	L,M,or H

What are the Hazards	Who may be Harmed	Existing Brief	Risk Rating	Additional Measures	Risk Rating Final
Running surface	Coaches Runners	Made aware of uneven surface	L	Coaches to assess on route for warnings on pot holes.	L
Obstruction e.g. Fallen Trees	Coaches Runners	Coaches to assess on route	L	Check course beforehand	L
Cyclists, Other runners & walkers	Coaches Runners	Make everyone aware Coaches to wear Hi Viz	M	Run/Walk to the Left Hand Side of them	M
Dogs	Coaches Runners	Give dogs wide berth if on lead.	M	If on loose slow down Coaches to assess on route	M
Livestock	Coaches Runners	Keep to paths Slow walk past	M	Re-route and avoid fields where Livestock is present.	L
Grass surface	Coaches Runners	Check for slipping and uneven surface	M	Ensure surface is free from glass, dog mess and other hazards	L
Footwear & Clothing	Runners	Parents to check that these are appropriate for conditions	L	Runners to check laces are tied	L
Electric Fence	Coaches Runners	Warn that we assume that it is "live"	M	Coaches to instruct runners to give fence wide berth	M
Bad weather e.g. Storms, Lightning, ice,	Coaches Runners	Monitor weather before training	M	Cancel Training if any in doubt	L
Injury or Accident, asthma or heart attack	Coaches Runners	Coaches & Runners to be fit for training. Coaches to be First Aid trained and kit to be made available	M	Coaches to carry mobile phone, and be aware of Emergency Procedure.	M