

Ackworth Road Runners Junior Risk Assessment V04a - Indoor 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
23rd August, 2017.	Ackworth School	23rd August,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	Check floor for slip hazards.	M	Coaches to assess on floor surface if wet.	L
Exit points	Coaches Runners	Coaches to show fire exits and assembly points	L	Check with school. for any updates to procedure.	L
Obstructions	Coaches Runners	Make everyone aware bags are kept away from training area	M	Make sure no remaining obstructions are in the training area	L
Walls	Coaches Runners	Runners to avoid running too fast towards walls.	M	Plan schedule to avoid injuries	L
Strains and Sprains	Coaches Runners	Ensure warm up and cool down.	M	Demonstrate correct procedures	L
Throwing exercises	Coaches Runners	Make safe area for throwing.	M	Demonstrate correct procedures.	L
Footwear & Clothing	Runners	Parents to check that these are appropriate for conditions.	L	Runners to check laces are tied	L
Other Users	Coaches Runners	Warn that we have to end session on time.	L	Clear all bags and benches before leaving	L
Bad weather e.g. Storms, Lightning, ice,	Coaches Runners	Be aware of potential ice in cold weather in the car park.	L	Cancel Training if any in doubt on safe access	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.	L	Coaches to carry mobile phone, and be aware of Emergency Procedure.	L