

<b>Seaford Striders Running Club Risk Assessment</b>	<b>Assessment Ref:</b> June2023/04	<b>Date:</b> 19 Jun 2023
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<b>Junior Striders Risk Assessment 2025-2026</b>	<b>Assessment Type:</b>	
	<b>Specific</b> <input checked="" type="checkbox"/>	<b>Generic</b> <input type="checkbox"/>

## Club Key Role Personalities and Contact Numbers:

<b>Club Chair:</b> Victoria Maleski Mbl 07779 242014	<b>Junior Striders Coach:</b> Emily Danvers (ED) Mbl 07834457588
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## Groups Who are at Risk:

1	All coaches and volunteers (CV)	2	All Juniors attending each training session
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## Activity Risk Management:

Hazard Ref	What are the Hazards?	Groups at Risk	What are the Existing Control Measures to Minimise the Hazard Risk	Risk Rating & What Additional Control Measures are Considered Required
1	<b>Accidents/Injury while taking part in sessions.</b> <ul style="list-style-type: none"> <li>Negative effects from Unknown/Known individual's persons' medical condition</li> <li>Body and/or appendages Cuts/Brakes/Strains/Sprains/Bruising from Collision/Trips/Slips/Falls.</li> <li>Exhaustion</li> <li>Dehydration</li> <li>Hypothermia</li> <li>Sunstroke/heat exhaustion</li> </ul>	1 to 2	<ul style="list-style-type: none"> <li>All Coaches/volunteers should be familiar with the Club Emergency Procedures</li> <li>Junior Head Coach or nominated Coach to risk assess the Salts field before each Training Session for hazards such as mud, holes, dog poo, rubbish etc. and to remove or use a visible marker such as a cone to alert.</li> <li>Junior members and/or their parent/carer are advised to inform the Junior Head Coach and their group Coach/volunteer of any medical conditions they should be made aware of before starting.</li> <li>Junior Head Coach will carry a first-aid kit. All trained Coaches can administer basic first aid. The Nearest Defib is located in the Lifeguards Building at the Salts.</li> <li>All injuries to be reported to the Club Health and Safety Officer. Parents contacted after the session by the Junior Head Coach to check the Junior Member is okay.</li> <li>Junior Members are told to wear appropriate clothing and footwear for conditions and weather. Additional reminders will be in place for extreme weather i.e. sunscreen and hat in the heat.</li> <li>All Coaches/volunteers will ensure there is a Warmup and Cool Down incorporated within their planned Training Session and ask juniors about injuries/energy levels in age-appropriate ways.</li> </ul>	Medium  Existing Control Measures Adequate

2	<b>Training and Management</b> <ul style="list-style-type: none"> <li>• Safety/Training</li> <li>• DBS/Safeguarding</li> <li>• Toilets</li> <li>• Group management</li> <li>• Unsafe/Unruly Behaviour</li> <li>• Members of the public/dogs</li> </ul>	1 to 2	<ul style="list-style-type: none"> <li>• Each Training Group will be led by a qualified English Athletics Coaching Assistant or (for 12+) a LiRF. An Athletics Coach or CiRF will oversee the whole Training Session, having eyesight of all Coaching Assistants and Volunteers. The Coach should be available to observe and intervene to support runner development and prevent injuries.</li> <li>• Coaching licenses require DBS and safeguarding training updates. All volunteers will complete England Athletics volunteer training, complete a DBS notification and show ID. This process will be managed by the Junior Coach and Club Welfare Officer.</li> <li>• Coaches and volunteers adhere to key policies around Safeguarding and are made aware that they are accountable for the whereabouts and wellbeing of children in their group at all times.</li> <li>• Parents/carers are advised that there are not reliable toilets at the Salts. However, if the public toilets are open and Juniors need to use them in an emergency, a parent/carer or a Coach should accompany the Junior and stand outside the toilet block.</li> <li>• Groups will be of a manageable size of c.20, with an ideal ratio of 1 coach/volunteer for 10 juniors. To avoid clashes, groups will be separated into well-spaced sections of the field.</li> <li>• A register will be taken before each session. Coaches/volunteers to monitor carefully with regular headcounts to ensure all are accounted for at the end of each training session.</li> <li>• Parents/carers collect Juniors at the end of the session with coaches to have clear eyesight of parents/carers to ensure Juniors are returned safely.</li> <li>• All Juniors and parents/carers will be asked to sign a code of conduct. Coaches and volunteers will also remind Juniors of key rules and expectations regularly e.g. listening to Coaches.</li> <li>• Unsafe or unruly behaviour will involve a verbal warning and sitting out of a session to calm down for an appropriate time (1 minute for younger Juniors, 5 minutes for older). If the behaviour continues, parents/carers will be notified, and they may be asked to leave the session.</li> <li>• The sessions take place in a public space with the associated risks from other members of the community and dogs. Coaches/volunteers to ensure Junior Athletes do not engage with other people outside of the club or their parents/carers while in a Training Session and stay with the group at all times. Junior Athletes to be reminded not to approach dogs and to stay calm if approached by a dog. The Junior Head Coach will support communication with members of the public where required.</li> </ul>	<p>Medium</p> <p>Existing Control Measures Adequate</p>
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3	<b>Weather</b> <ul style="list-style-type: none"> <li>Hot/Cold Weather</li> </ul>	1 to 2	<ul style="list-style-type: none"> <li>The Junior Head Coach monitors weather conditions and advises Juniors and parents/carers of any added safety measures to be taken via WhatsApp.</li> <li>Training sessions are cancelled if weather conditions are deemed unsafe such as heavy rain affected the safety of the pitch; thunder/lightning or other inclement weather deemed to be unsafe.</li> <li>Junior Coach/CiRF to support Coaching Assistants to dynamically revise session plan as affected by the weather conditions leading up and/or encountered during each training session e.g. reduce intensity in hot weather.</li> <li>Coaches/volunteers to monitor the Junior Athletes' condition throughout the training session and stop the session if required.</li> </ul>	Low  Existing Control Measures Adequate
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Likelihood		Risk Matrix			MOD Form 5010 (V1.3 Mar 16)
Common, regular or frequent occurrence.	3	3 Med	6 High	9 High	
Occasional occurrence.	2	2 Low	4 Med	6 High	
Rare or improbable occurrence.	1	1 Low	2 Low	3 Med	
Severity		1 Minor injury or illness.	2 Serious injury or illness.	3 Fatalities, major injury or illness.	

Hazard Ref	What are the Significant Residual Risks Identified?	Risk Rating	What are the Additional Control Measures Considered Required to Suitably and Sensibly Reduce the Risk to As Low As Reasonably Possible?
None	N/A	N/A	N/A

Assessor		Manager		Overall Risk Rating
Name/Signature:	Kay Crush	Name/Signature:	Victoria Maleski	(highest risk)
Title	Mrs	Title	Mrs	MEDIUM
Club Role:	Club H&S Rep	Club Role:	Club Chair	