

Seaford Striders Running Club Risk Assessment	Assessment Ref: June2023/04	Date: 19 Jun 2023
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Club Organised Track Training Sessions June 2023 to June 2024	Assessment Type:	
	Specific <input checked="" type="checkbox"/>	Generic <input type="checkbox"/>

Club Key Role Personalities and Contact Numbers:

Club Chair: Victoria Maleski Mbl 07779 242014	Club Training Coord: Joel Eaton Mbl 07512 326026
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Groups Who are at Risk:

1 All Group Leaders (GLs)	2 All 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	Accidents/Injury while undergoing Club Track Training Session. <ul style="list-style-type: none"> • Negative effects from Unknown/Known individual's persons' medical condition • Body and/or appendages Cuts/Brakes/Strains/Sprains/Bruising from Collision/Trips/Slips/Falls. • Exhaustion • Dehydration • Hypothermia 	1 to 2	<ul style="list-style-type: none"> • All GLs should be familiar with the Club Emergency Procedure. • Membership advised to <ul style="list-style-type: none"> ○ Wear/carry an ICE tag. ○ Inform the GL of any medical conditions they should be made aware of before starting ○ See a Doctor before joining the Club. • Nearest 1st Aid kit & Defib is located in the Leisure Centre • Membership is told to wear appropriate clothing and footwear for conditions and weather. • GL will ensure there is a Warm Up and Cool Down incorporated within their panned Training Session. 	Medium Existing Control Measures Adequate
2	Group Management <ul style="list-style-type: none"> • Safety • Loss of a member • Unsafe/Unruly Behaviour 	1 to 2	<ul style="list-style-type: none"> • Conduct a check of the track surface and surrounding areas prior to session. • Track training groups will be led by a qualified English Athletics CiRF or LiRF (or equivalent from predecessor bodies). Coaching and run leading licences require DBS and safeguarding training updates. <ul style="list-style-type: none"> ○ Every track group will be supervised by a CiRF either in person or through an agreed coaching session plan delivered by a LiRF. Track sessions are coached and it is important that GLs can observe and intervene to support runner development and prevent injuries. ○ Every track session will have a session coaching plan. ○ Ask the group if any injuries etc and advise an interval session modification 	Low Existing Control Measures Adequate

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
			<ul style="list-style-type: none"> GLs to count all athletes before starting and monitor to ensure all are accounted for at the end of each training session. Runners are not allowed to wear headphones or listen to music in training sessions. Unsafe runners are informed that the Club can no longer take responsibility for their safety and if appropriate are asked to leave the training session. U18s are not allowed to attend Club Track sessions. Separate groups on track to minimise crowding. <ul style="list-style-type: none"> All intervals/sessions run ANTICLOCKWISE on inner lanes unless directed by the Coach/Leader Runners set off in their designated groups at intervals to reduce inner lane congestion. Runners on rehab programmes to use the outer lanes to avoid the interval runners. 	
3	Weather <ul style="list-style-type: none"> Flooding Snow and Ice Hot/Cold Weather Lighting Conditions 	1 to 2	<ul style="list-style-type: none"> GL monitors weather conditions and advises runners of any added safety measures to be taken by email, twitter or as deemed appropriate. Training sessions are cancelled if weather conditions are deemed unsafe. GL to dynamically revise session plan as affected by the weather conditions leading up and/or encountered during each training session. GL monitors each Groups Members condition throughout the training session. During Hot Weather intensity of training is reduced accordingly. During Cold Weather avoid long stops. Floodlights must be used when light visibility is poor. If lights fail, stop session and only resume if lights are operational. 	<p>Low</p> <p>Existing Control Measures Adequate</p>

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
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Name/Signature:	Kay Crush	Name/Signature:	Victoria Maleski	(highest risk)
Title	Mrs	Title	Mrs	
Club Role:	Club H&S Rep	Club Role:	Club Chair	
				LOW