



General Training Risk Assessment

HAZARD	RISK	CONTROLS	ACTION BY
FACILITIES			
Other members of the public using the OGS	<ul style="list-style-type: none"> Possible theft of property Possible cramped conditions leading to collisions. 	<ol style="list-style-type: none"> Ensure that runners are aware that possessions are left at their own risk Ensure runners behave suitably whilst changing. 	Group coach
Condition of changing room floor	<ul style="list-style-type: none"> Slip on floor or wet towels causing injury 	<ol style="list-style-type: none"> Ensure members are sensible, wear suitable footwear and keep area tidy 	Group coach
Running through car park	<ul style="list-style-type: none"> Runners in collision with cars or other runners or pedestrians 	<ol style="list-style-type: none"> Ensure runners are aware of vehicles in the car park and take appropriate precautions. 	Group coach
TRAINING			
Training on soft or less grippy surface	<ul style="list-style-type: none"> Runners can slip or trip causing injury 	<ol style="list-style-type: none"> Advise runners to wear footwear with extra grip Nominated person to offer either First Aid (if trained), or contact medical services Ensure training session check sheet completed 	Group coach Nominated Person Group coach
Training on hard surface	<ul style="list-style-type: none"> Runners can lose footing causing injury 	<ol style="list-style-type: none"> Advise runners to wear suitable footwear with good grip Nominated person to offer First Aid (if trained) or contact medical services Ensure training session check sheet is completed. 	Group coach Nominated person Group coach



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Running in a pack	<ul style="list-style-type: none"> • Collisions with fellow runners 	<ol style="list-style-type: none"> 1. Ensure runners are aware of other participants 2. Ensure runners call for any hazards in the path of the group e.g. 'kerb', 'bin' etc. 	<p>Group coach</p> <p>Group coach</p>
Running on pavements or roads	<ul style="list-style-type: none"> • Running into obstacles on pavement or road, may cause injury 	<ol style="list-style-type: none"> 1. Ensure runners are aware on route of obstacles that are coming up 2. Nominated person to offer First Aid (if trained), or contact medical services 	<p>Group coach</p> <p>Nominated person</p>
Extreme weather conditions	<ul style="list-style-type: none"> • Heat stroke • Fainting • Hyperthermia • Slips on wet surface 	<ol style="list-style-type: none"> 1. Ensure runners are advised of the correct clothing to be worn for each type of weather condition 2. Cancel training if weather conditions become extreme 3. Nominated person to offer First Aid (if trained) or contact emergency services. 	<p>Group coach</p> <p>Club Chairperson</p> <p>Nominated person</p>
Unfit / recovering from injury members	<ul style="list-style-type: none"> • Injury to runner • Group loses runner that is too slow 	<ol style="list-style-type: none"> 1. Ensure runners are in correct group, move down a group if recovering from injury, or not run for a while, until fit again 2. Those recovering from injury, do not push them too hard 3. Runners loop back for those at the back at regular intervals 4. Coaches to carry mobile telephones. 	<p>Group coach</p> <p>Group coach/ Runner</p>

Reviewed: February 2020
 Issued by: Stephanie Welsford
 Approved by: Strategy Committee



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Use of equipment	<ul style="list-style-type: none"> • Trips leading to injury to runner • Injury to runner from improper use 	<ol style="list-style-type: none"> 1. Check equipment is sound for activity 2. Check equipment is appropriate for activity 3. Ensure runners are aware of equipment in area and know how to use equipment 	Group coach
Child being left alone with an unchecked adult	<ul style="list-style-type: none"> • Abuse of child 	<ol style="list-style-type: none"> 1. Ensure all coaches are volunteers working with children are DBS checked 2. Not allow any children within the Club's care to be left with an unchecked adult at any time. 	Club Secretary and Welfare Officer in tandem