

## Risk Assessment

**Saturday Morning Off-Road Multi-Terrain Training for Teenage Middle Distance Runners during Winter Months**  
**Coach in charge: Ron Scott**

**Main run is from Formby Point working on sandhills, grasslands, woodland paths, beach etc commencing 10 am. Route will vary but will always include hill efforts. Coach is a qualified first-aider.**

Hazard	Location	Who / How Affected	Control Measures
Uneven or pot-holed surfaces	Various	Athletes and coach – twisted ankles and other falling injuries	<ol style="list-style-type: none"> <li>1. Athletes to be alert at all times</li> <li>2. Coach to carry mobile 'phone in case of emergency</li> </ol>
Isolated areas	Various	Athletes – attack by stranger(s) causing injury or distress	<ol style="list-style-type: none"> <li>1. Athletes to be warned to stay clear of other people</li> <li>2. Athletes must always stay in line of sight and never more than 100m from group or coach</li> <li>3. Where possible, coach on bike for swift intervention</li> </ol>
People and animals	Throughout	Athletes and coach – dogs can attack or trip up causing injury; collision with pedestrians	<ol style="list-style-type: none"> <li>1. Athletes to be alert and warned to stay clear of other people</li> <li>2. Coach to carry mobile 'phone in case of emergency</li> </ol>
Exhaustion	Hills	Athletes – unable to carry on	<ol style="list-style-type: none"> <li>3. Athletes to stay hydrated, bringing fluids to the session to be carried around by coach</li> <li>4. Recovery to be built into sessions</li> <li>5. Access to session limited to those the coach assesses as competent to carry it through</li> <li>6. Coach to carry mobile 'phone in case of emergency</li> </ol>

Hazard	Location	Who / How Affected	Control Measures
High tides	Beach	Athletes and coach – being trapped by exceptionally high tides	Stay off beach when high tide is in or sea in and rough Coach to carry mobile 'phone in case of emergency