

Risk Assessment: Track Training Sessions

Date:	Assessed by:	Location :	Review :
/ /		Dalkeith Campus Track	Ongoing

What has the potential to cause harm (hazards)?	Who might be harmed and how?	What are you already doing to minimise the risk?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
<p>Objects on track / field Uneven Terrain Ground Conditions</p>	<p>Athletes, coaches Risk of trips, falls and injury</p>	<ul style="list-style-type: none"> Visual inspection of running area prior to session Follow venue safe practice guidance Removal / clearance of rubbish / broken glass lying around First Aid Kit available at all sessions 	L	<ul style="list-style-type: none"> Advise athletes of ground conditions and potential obstacles Work with facility operator / land owner to ensure upkeep of area Check appropriate footwear is being used for the conditions 	L	<p>Lead Coach</p>		
<p>Spread of Covid-19</p>	<p>Athletes, coaches, venue staff, parents, other venue users Contracting virus from an infected individual</p>	<ul style="list-style-type: none"> Covid-19 guidance issued to all coaches & athletes prior to resumption of activities Social Distancing plan provided to coaches for sessions Hygiene guidance circulated to all members prior to resumption of activities Gel sanitisers made available to all training groups Athletics encouraged to use own equipment where possible All equipment cleaned prior to, and after training 	L	<ul style="list-style-type: none"> Frequently remind all athletes and coaches to wash and/or sanitise their hands Limit items of equipment to use by one athlete during a session Review schedule of training sessions to limit the number of athletes and coaches in the venue at any one time Stagger session start / finish times to avoid athlete congregation Ensure adequate separation between groups at all times 	L	<p>Covid Coord Facility Operator</p>		

		<ul style="list-style-type: none"> • Coach receives verbal confirmation that athlete has no symptoms ahead of session. 		<ul style="list-style-type: none"> • Incorporate Covid Guidelines into Code of Conduct • Maintain register for all sessions 			
Other users of training area / facility	<p><i>Athletes, coaches, members of the public</i></p> <p><i>Social Distancing not adhered to – Covid-19</i></p>	<ul style="list-style-type: none"> • Ensure track is clear of general public ahead of session • Guidance given to athletes / coaches to maintain social distancing 	M	<ul style="list-style-type: none"> • Guidelines put in place for arrival / departure from training to avoid mixing with other users of facility 	L	<p>Covid Co-ordinator</p> <p>Lead Coach</p>	
Sporting Injuries	<i>Athletes</i>	<ul style="list-style-type: none"> • First Aider on site during sessions • First Aid Kit Available • Inspection of training area to reduce risk of trips / strains caused by terrain 	L	<ul style="list-style-type: none"> • Ensure U18 athletes have one adult present to provide first aid at session 	L	<p>Lead Coach</p> <p>First Aider</p>	
Weather Conditions	<p><i>Athletes, Coaches</i></p> <p><i>Hypothermia / sunburn / slippery ground conditions</i></p>	<ul style="list-style-type: none"> • Ensure clothing / footwear is appropriate to weather conditions • Cancellation of sessions in event of extreme conditions 	M	<ul style="list-style-type: none"> • Provision of shelter • Advance weather warnings • Advise athletes to bring water bottles • Session plans may change if certain activities are prevented, by the conditions, for safety reasons. 	L	<p>Lead Coaches</p> <p>Facility Operator</p>	
Existing Medical Conditions	<i>Athletes</i>	<ul style="list-style-type: none"> • Prior knowledge of athletes and their medical history, where appropriate to training, and actions to take in event of an incident. • Emergency contact details available for every athlete 	L	<ul style="list-style-type: none"> • Close supervision of athletes where appropriate 	L	<p>Members Secretary</p> <p>Lead Coach</p>	