**Risk Assessment: <Training group>**

| **Date:**  | **Assessed by:**  | **Location :** | **Review :** |
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|  25 / 06 /20 | Mike Donnelly  | Silksworth Track, Sunderland | 25 /06/2021 |

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| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** | **What else can you do to control this risk?** | **Resultant Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Lack of toilet facilities Slips and tripsLoose kerbing, worn track. Objects left on trackContact with other service users especially any throwing groupsAthlete numbers attending training | Athletes may be inconvenienced  be injured if they trip on the kerb or worn areas of the track. Athletes may also be injured if they fall over or collide with objects left on the track or close to the trackside, risk of harm from implements or other service users equipment.Covid transmission increased with larger numbers  | * Athletes reminded to use toilet facilities prior to training.
* track is generally in good repair
* Remind athletes to run in centre of lane one and not too close to the kerb
* Visual assessment of objects that may be left on the track or close to where the athletes may finish and leave the track area, selecting training areas away from other users
* selecting training areas away from other users
* Ensuring social distancing and appropriate coach athlete ratios
 | M | * Engage appropriate parents to help with any emergency toilet or injury issues
* Remind athletes of track etiquette
* Communicate with other coaches and athletes about their track etiquette
* Remind athletes to be vigilant of any throwing group activities and other people using the facility especially when warming up using the fields or running bends (coach to be extra vigilant and keep athletes in the outer lanes when throwing activities are in operation)

Engage additional coaches  | M | Coach | 25/06/20 |  |
| Starting blocks when used  | Athletes may be injured from slipping or tripping due to incorrect positioning of blocks or poorly maintained blocksCovid\_19 – risk of infection due to sharing of blocks and handling by different people | * Ensure athletes set up blocks correctly and they are firmly secured onto the track or other area.
* Blocks to be visually inspected by coach before use for suitability
* Where blocks are shared only the coach to touch and move the blocks for athletes,sanitiser / cleaner to be used during swap over of blocks
 | L | * Good coaching practice in setting up and using blocks
 | L | Coach | 25/06/20 |  |
| Starting, sprint reps  | Athletes may injure themselves or others due to collision with other athletes encroaching | * Ensure starting blocks are correctly positioned in lane
* Ensure athletes line up ready to start and are aware of other athletes in the area
* Covid\_19 – keep athletes at least 1 lane width apart or use staggered starts to accommodate 2m social distancing
* Athletes/ Coach (if shared blocks) to move starting blocks off track in between reps , cleaning used if appropriate
* Coach and athlete to ensure social distancing rules when undertaken reps.
* Coach and athlete to check lane traffic prior to rep and to be vigilant to “lane travellers” and encroachment.
 | L | * Communicate with other coaches and athletes to agree lane use and good track etiquette especially when conducting bend runs
 | L | Coach | 25/06/20 |  |
| Weather and conditions | Athletes may injure themselves due to slippery track or being unable to see event layout due to fading lightAthletes may suffer dehydration / Covid risks in sharing drink bottles  | * Coach to check weather conditions and adapt session as appropriate
* Coach to ensure athletes have appropriate equipment , especially liquid and to emphasis no sharing of drinks etc.
* Spikes to be worn to prevent slipping on wet track
 | M | * Coach to continually assess weather and light conditions and adapt or stop the session as appropriate
 | L | Coach | 25/06/20 |  |
| Coaches and other athletes | Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track | * Coaches and athletes to observe local lane discipline
* Athletes to check the track when entering or exiting across the lanes
* More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline
 | M | * Coach to communicate with other local track users and work around them to observe good track etiquettes
 | L | Coach | 25/06/20 |  |
| General Public encounters  | Potential for Athletes /Coaches to encounter anti-social behavior and unwanted attention | * Groups to conduct their activities in a positive environment and avoid any anti-social behavior or conflict.
* Coach to be vigilant to potential issues and select training area away from any flash points or awkward scenarios
 | M | * Coach to be responsible for ensuring all act responsibly and are aware of any potential issues.
* Coach to engage support of attending parents if necessary and to alert appropriate authorities to report any serious or harmful issues and to minimise any potential issues to safeguard the group
* Coach to ensure athletes are safely collected at the end of the sessions by appropriate adults where necessary.
 | L | Coach | 25/06/20 |  |
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NB Copy and paste rows as required