

Rushcliffe Athletics Club

This assessment records the significant hazards and associated control measures within the scope of the assessment.

SCOPE OF ASSESSMENT	Athletics Training
LOCATION:	Onsite at Bingham Leisure Centre & Offsite in public areas

Risk Assessment Reference: RAC001

Reference:	HAZARDS	WHO CAN BE HARMED AND HOW	EXISTING LOCAL CONTROLS (This is what we also do at this location)	Likelihood	x	Severity	= Risk	IF APPROPRIATE, ADDITIONAL ACTIONS REQUIRED	ACTION HOLDER	TIMESCALE	DATE COMPLETED	1	7	
												8	14	
												15	25	
TH1	Unaccompanied Junior members arriving/leaving training sessions.	1. Safeguarding breaches resulting in emotional/physical injury. 2. Missing person.	1. Parents/Guardians of junior members (under 16s) to be made aware at club induction of their responsibility to escort juniors to and from all training venues. 2. Contact details of next of kin available at training for coaches should a responsible adult fail to arrive to collect a junior member.	4	3	12		1. Club to ensure Parent Code of Conduct and Members Code of Conduct is covered through new member inductions (Safeguarding Officer). 2. Club to ensure quarterly communications to parents/guardians to remind them of their responsibility for escorting juniors to and from training venues and Code of Conduct documents, and issue Code of Conduct documents to new members and parents/guardians of new members post induction (Club Secretary). 3. All new members are issued with club wristbands which hold key information (name, medical conditions, emergency contact number) and these must be worn for training. 4. In the event that a junior athlete isn't collected from the track, the Club Secretary will access contact information from EA portal.	Safeguarding Officer/ Club Secretary	Jan-23		3	3	9
TH2	Unaccompanied Junior members walking to and from LC toilets during training sessions.	1. Safeguarding breaches resulting in emotional/physical injury. 2. Missing person.	1. Parents/Guardians informed at club induction of need for junior athletes to have used a toilet prior to attending training.	4	3	12		1. Need to use toilet ahead of training reinforced at induction (Safeguarding Officer). 2. Quarterly communications reminding all members of need to use toilet before training (Club Secretary). 3. 2 agreed adult volunteers at the track will accompany a minimum of 2 junior athletes to the building where toilets are unlocked by Lex Leisure, and return them to the track (Level 2 Coach).	Safeguarding Officer / Club Secretary / L2 Coach	Jan-23		1	3	3
TH3	Athlete fails to bring club wristband containing emergency contact details and notify club of important medical information.	In an emergency athletes name/ emergency contact details/medical requirements are not known delaying response.	1. Athletes informed at club induction of requirement to bring wristband to training for registration purposes and to notify club of any medical conditions. 2. Registration volunteers and coaches check wristbands are worn and flag where missing to parents/carers.	3	3	9		1. Issue wristbands to all new members with emergency contact details. 2. Follow up with athletes/parents of athletes if not worn and highlight on a quarterly basis through social communications and club emails.	Safeguarding Officer / Wristband Volunteer	Jan-23		1	1	1
TH4	Athletes attend training in inappropriate clothing and footwear for the weather conditions.	Heat/Cold injuries such as heat stroke/hypothermia	Athletes/parents/guardians informed at club induction of responsibility to attend training wearing/carrying appropriate clothing and footwear for the forecast weather conditions. First aid kit/foil blanket available at club track store. First aid kit/foil blanket to be carried by all coaches at offsite training locations.	3	2	6		1. Club to ensure quarterly communication, in line with change of season, to athletes/parents/ guardians of requirement to attend training in appropriate clothing. 2. Ensure additional kit (spare jackets and hoodies) and first aid kit for track and off-site are replenished in RAC store.	Club Secretary / RAC Kit Manager	Jan-23		2	2	4
TH5	Incllement weather resulting in: slippery track & field event surfaces; grass areas surrounding the track and/or the sports field becoming slippery; off site training areas i.e., roads/parks/trails becoming slippery.	Athletes/coaches/spectators slip/fall	1. Surfaces inspected prior to training. Coaches to make athletes aware of surface conditions at start of training. 2. Coaches to monitor conditions throughout training session. Coaches to cancel training at any time prior or during if surface conditions become too dangerous.	2	3	6		1. Annual inspections and cleaning of track/field surfaces by Lex Leisure facilities management (Club Chairperson). 2. Quarterly communications re: appropriate dress and footwear for conditions and terrain (Club Secretary).	Club Chairperson / Club Secretary	Jan-23		1	3	3
TH6	Debris on track and field	Athletes/coaches/spectators trip/fall.	1. Surfaces inspected prior to training. 2. Debris cleared prior to training beginning. 3. If unable to clear debris Coaches to fence or cone off area and make athletes aware of the hazard. 4. Coaches to cancel training if debris cannot be safely removed or coned off.	1	2	2		1. Follow up with Lex Leisure facilities management if track requires additional cleaning (Chairperson).	Level 2 Coach	Jan-23		1	2	2

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TH7	Athlete Congestion on track	Athletes/coaches/volunteers colliding.	1. Training group attendance limits controlled by online booking system. 2. Group sizes must not exceed EA Guidelines for Coach/Athlete ratio. 3. Coaches agree areas/lanes of track for each group prior to training. 4. Coaches brief athletes at the start of each session/activity on areas/lane boundaries and enforce these during training.	2	2	4			Training, including lane usage, is planned in advance by Coach Coordinators.	Coaches / Club Chairperson	Jan-23		2	2	4
TH8	Athletes/Coaches/spectators crossing the track	Athletes/coaches/volunteers colliding.	1. Athletes/parents/guardians briefed on track rules at club induction (Safeguarding Officer). 2. Coaches to remind athletes of track rules and enforce them during training.	2	2	4				Safeguarding Officer / Coaches	Jan-23		2	2	4
TH9	Athlete/Coach/Spectator collapses during training	1. Heart attack or similar. 2. Fall resulting in head injury.	1. Coaches trained in emergency first aid including CPR present at all training sessions at the track. 2. First aid kit available in club track store and Leisure Centre. 3. Coaches to carry a first aid kit at offsite training locations. 4. Defibrillator available at the track during all training sessions and readily available.	1	5	5			1. Ensure a minimum of one coach with a valid and up to date emergency first aid qualification is present at all training sessions at the track. 2. Organise additional group First Aid training session for untrained Coaches and Volunteers, and book in large group session for Q1 2022.	Coach Coordinators	Jan-23		1	3	3
TH10	Incorrect use of equipment such as hurdles, cones, throwing implements, rakes, brushes, etc.	1. Athletes/Coaches/Spectators/Volunteers struck by or slip/trip/fall over equipment. 2. Athletes/Coaches/Volunteers suffer muscular injury due to moving heavy equipment.	1. Equipment located in a secure store room. 2. Coaches to brief all athletes on the safe use of equipment at start of training. 3. Coaches to supervise safe use of equipment during training. 4. Heavy equipment moved using sack barrow provided.	2	2	4				Coaches	Jan-23		2	2	4
TH11	Person not aware Shot Put area is in use.	Athlete/Coach/Volunteer struck by Shot Put.	1. Coaches to make all other Coaches aware the area is in use prior to start of training. 2. Coaches to make all Athletes/Volunteers aware the area is in use at the start of training.	1	3	3			1. Perimeter of Shot Put area to be coned off. 2. Signage positioned to warn other track users that the area is in use and out of bounds.	Coaches	Jan-23		1	1	1
TH12	Public right of way crosses throws area on playing field.	Athlete/Coach/Volunteer/Member of Public struck by Javelin, Hammer or Discus thrown from javelin runway.	1. Athletes throw one at a time and on coaches instruction. 2. Coaches to check landing area is clear (no persons or animals in sight) before each throw. 3. All other Athletes to stand a safe distance behind the thrower. 4. Throws implement not collected from the landing zone by an Athlete/Volunteer until instructed by the Coach.	2	5	10			1. Stakes and barrier tape erected around the perimeter of the Javelin runway and landing zone (long side furthest from hedge and end of throwing area) to clearly identify the area is out of bounds. 2. Signage positioned to warn approaching person's that the throwing area is in use.	Level 2 Coach	Jan-23		1	3	3
TH13	Floodlight failure during training in darkness.	1. Athletes/Coaches/Volunteers/Spectators collide with a person or object. 2. Athletes (especially juniors) experience emotional distress as unable to see safe route away from track.		1	2	2			1. Athletes to be briefed at induction to stop and remain in position until a Coach/Volunteer escorts them from the track them in the event of floodlight failure. 2. Coaches to shout instructions for Athletes to stop and remain in position. 3. Coaches to carry a light source and to walk a lap of the track collecting Athletes and escorting them from the track. 4. Torches have been bought for the RAC store.	Coaches / RAC Kit Manager	Jan-23		1	1	1
TH14	Athlete/Coach/Volunteer/Spectator falls into steeplechase water jump	Injury/Drowning		1	5	5			1. Water jump drained of water when not in use. 2. Water jump covered or fenced when not in use.	Level 2 Coach	Jan-23		1	1	1
TH15	Poor drainage and silt on infield making surface slippery during wet weather conditions.	Athletes/coaches/spectators slip/fall	Use permitted by Lex Leisure following special cleaning of area.	1	1	1				Coaches	Jan-23		1	1	1

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TH16	Athlete/Coach struck by road vehicle during road runs	Minor/Major Injury/Death	1. Wherever possible Coaches plan routes with footpaths and adequate lighting. 2. Athletes advised to wear hi-visibility clothing/lights. 3. Athletes advised to wear a light during darkness. 4. Coaches to carry a mobile telephone, first aid kit, foil blanket. Athletes must be a minimum of 16 yrs of age to participate in road running groups.	1		4		4		Coaches	Jan-23		1	4
TH17	Athlete/Coach falls due to uneven ground during trail runs	Minor/Major injury	1. Coaches to advise athletes of ground conditions. 2. Athletes advised to wear a light during darkness. 3. Coaches to carry a mobile telephone, first aid kit, foil blanket. 4. Athletes must be a minimum of 16 yrs of age to participate in trail running groups.	2		2		4		Coaches	Jan-23		2	2
TH18	Athlete/Coach attacked by livestock or dog during road/trail run.	Minor/Major injury	1. Wherever possible Coaches to plan routes which avoid crossing fields with livestock. 2. Coaches/Athletes to be vigilant of unsupervised dogs. 3. Athletes to either stop or walk slowly around at a safe distance. 3. Coaches to carry a mobile telephone, first aid kit, foil blanket. 4. Athletes must be a minimum of 16 yrs of age to participate in trail running groups.	1		3		3		Coaches	Jan-23		1	3

RISK ASSESSMENT COMPLETED BY:	L Collier	DATE COMPLETED:	16/01/2023
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