



Risk Assessment Form

This form should be completed with a list of hazards that affect the session, and should be written from a coaching perspective, not a venue management perspective. For each risk assessment there should be associated Emergency Action plan to be used in case a risk occurs.

Venue:		CTC off-road runs	Venue Contact Name & Contact Details:	n/a
Address: (Include postcode)		varies		
Group:		Chester Tri Club	Location of first-aider:	n/a apps such as 'St John Ambulance First Aid' aver very useful
Date:		varies	Location of Defibrillator	Check location of nearest defibrillator depending on location. Apps such as 'Responder' are helpful
Time:		varies	Location of telephone:	n/a
Participants:	Number:	Depend on how many pace groups there are on the day	Location of toilets:	n/a
	Age:	18-70	Location of changing rooms:	n/a
	Ability:	Mixed, novice to elite	Location of first-aid kit:	n/a
Lead coach name:		varies	Stocked and maintained:	n/a
Venue documents read and understood (please ✓ appropriate box):		Normal operating procedures: n/a	Additional notes:	<ul style="list-style-type: none"> • Grass area • Public roads • Open to public • Cross country terrain
		Health and safety policy: n/a		

Emergency action plan (EAP):
Yes shared with Tuesday runs

Name of person conducting risk assessment: Ina Morris

Electronically signed: I.Morris

Date: 05.10.22

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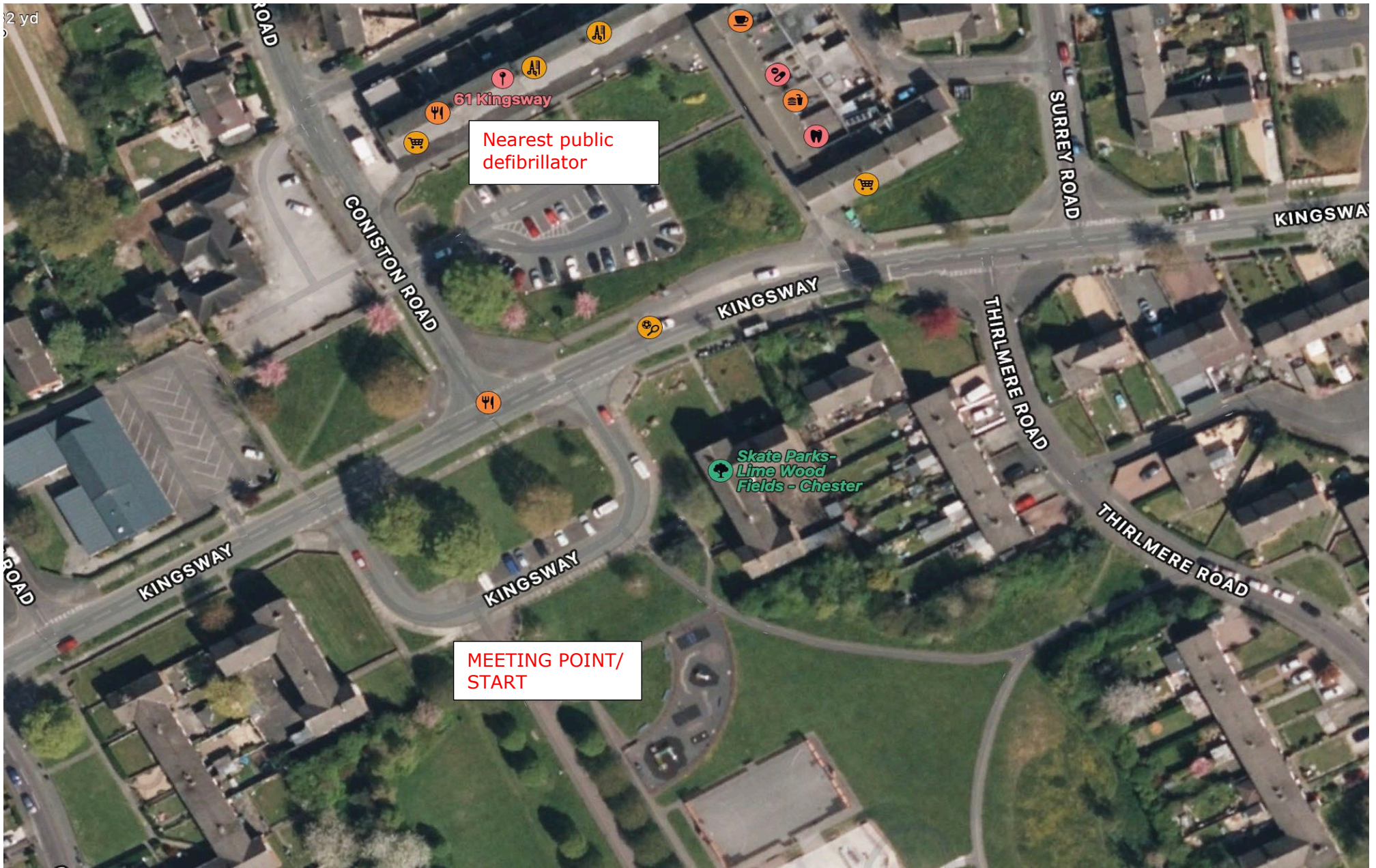
Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Running area on grass, woodland or xc trails can be wet/ slippery, tree roots or frozen	Participants Coaches public	Likelihood: high Impact: medium	No	<ul style="list-style-type: none"> Safety brief at the beginning of the session Making athletes aware of conditions Reminding athletes to wear appropriate shoes and clothes prior to session 	Lead coach Run Leader	Likelihood: medium Impact: medium	05.10.22
Area is open to members of public (dogs, children, walkers, etc.). Risk of collision	Participants Coaches public	Likelihood: high Impact: medium	No	<ul style="list-style-type: none"> Safety brief Communicate to members of public that a sports session is taking place Ask dog walkers to keep dogs on lead 	Lead coach Run Leader	Likelihood: medium Impact: medium	05.10.22
Weather condition (heat, cold, adverse weather conditions), risk of overheating, hypothermia, injuries, slipping	Participants Coaches public	Likelihood: high Impact: medium	No	<ul style="list-style-type: none"> Safety brief Stop/ cancel session if required Remind athletes to hydrate/ keep warm Adapt session, e.g. find a shady spot 	Lead coach Run Leader	Likelihood: low Impact: medium	05.10.22
Routes can be remote, difficult to reach or locate by emergency services	Participants Coaches public	Likelihood: low Impact: high	Participants with local knowledge	<ul style="list-style-type: none"> Install apps like 'responder' or 'St John Ambulance First Aid' Have a route planned on strava, garmin etc. 	Lead coach Run Leader	Likelihood: low Impact: medium	

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				<ul style="list-style-type: none"> which will help to locate location of emergency • Check how the phone signal is in the area • In case of emergency delegate group members to help emergency services to get to/ find location of emergency 			
Dehydration, overheating, hypothermia	Participants coaches	Likelihood: medium Impact: medium	No	<ul style="list-style-type: none"> • Ensure everybody has drinks at hand and keeps hydrated • Bring extra water • Remind of appropriate wear prior to session 	Lead coach Run Leader	Likelihood: low Impact: medium	05.10.22
Running/ session etiquette not being followed, risk of collision and frightening other participants and members of public	Participants Coaches public	Likelihood: medium Impact: medium	No	<ul style="list-style-type: none"> • Safety brief • Observe and if needed take action • Make members of public aware of athletes and vice versa 	Lead coach Run Leader	Likelihood: low Impact: medium	05.10.22
Medical conditions and injuries of participants, risk of further injuries or medical emergencies	participants	Likelihood: medium Impact: high	No	<ul style="list-style-type: none"> • Register at beginning of session • Building rapport with athletes • Assessment of ongoing medical conditions • Adapt session 	Lead coach Run Leader	Likelihood: low Impact: medium	05.10.22
Run routes are along/ on public roads	Participants Coaches public	Likelihood: medium Impact: high	No	<ul style="list-style-type: none"> • Safety brief • Run on pavements where possible • Run on right side of the road where no pavement • Wear high visibility kit/ head torches & lights 	Lead coach Run Leader	Likelihood: low Impact: high	05.10.22

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				<p>when running in the dark</p> <ul style="list-style-type: none"> • cross roads at correct places or when told to do so by coach or group leader • Leader should ensure they keep track of all participants, if necessary, by deploying a person to become the back marker • Hard efforts should only be conducted where route is safe and certainly not across junctions • be aware of other pedestrians 			

Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):

2 yd
5



Nearest public
defibrillator

MEETING POINT/
START

Skate Parks -
Lime Wood
Fields - Chester

61 Kingsway

KINGSWAY

KINGSWAY

KINGSWAY

SURREY ROAD

KINGSWAY

THIRLMERE ROAD

THIRLMERE ROAD

ROAD

ROAD