

Risk Assessment: Perth Road Runners Track Sessions

Date:	Assessed by:	Location :	Review :
28/03/2024	Mark Crawford	George Duncan Athletics Arena	March 2024

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
Slips and trips – equipment left lying around, uneven or slippery surfaces	Coaches and/or participants may be injured if they slip/trip on spillages/ objects left on the floor.	<ul style="list-style-type: none"> Any equipment used is suitable for the activity and kept to a minimum. Participants are made aware of where equipment is located and to exercise caution. Pre-session inspection of surface is carried out by lead coach and session amended/cancelled if surface is deemed to slippery/dangerous. Lead coach continues to monitor the condition of the surface throughout the session. If surface is slippery, participants will only be permitted to participate if wearing spikes/other suitable footwear. 	LOW	Already LOW	LOW	none		
Illness or injury	Coaches and/or participants suffering from pre-existing condition or illness/injury picked up during session	<ul style="list-style-type: none"> Sessions will contain a warm up and cool down element, including mobility exercises. Session will only contain activities which all participants 	LOW	Already LOW	LOW	none		

		<p>are capable of carrying out. If participant does not feel they are capable, coach can modify activity or participant can sit out.</p> <ul style="list-style-type: none"> • Lead coach will have Emergency First Aid qualification and a first aid kit. • Coach and/or staff have means of contacting emergency services by mobile phone. • All participants have been advised of the symptoms of Covid-19 and must not attend sessions if they are displaying any symptoms. 						
Collisions	Participants – colliding with each other and/or other groups using track	<ul style="list-style-type: none"> • Coach to ensure clarity with other groups which areas they are using and make sure all participants are aware of what lanes are available. • All participants go round track in same direction. • When overtaking, pass the slower runner on their right hand side (ie outside lane), ensuring enough of a gap to avoid collision. 	LOW	Already LOW	LOW	none		
Lighting	Poor lighting and/or low visibility may cause collisions, trips or slips	<ul style="list-style-type: none"> • Floodlights to be switched on in low light conditions, ensuring all areas of the track being used are adequately lit. • Coach will cancel session if visibility is deemed to make the session unsafe. 	LOW	Already LOW	LOW	none		