Risk Assessment

Event Name	Law & District AAC					
Name of organisation	TRAINING					
Event type (delete as appropriate)	**Training – Using hills - Chatelherhault**					
General description of the event						
Number of attendees	8-16	Athletes	2-3	Staff/Officials/Volunteers	nil	Spectators
Description of the area to be included in the risk assessment	We use two hills at Chatelherault. Both are gravelly hills. One is shorter than the other but same under foot although steps at one hill can be used by the athletes					
Any other relevant information	This RA is essentially carried out once and applies until the trail becomes affected by weather. Eg heavy rain flooding parts of the trail; snow or ice making underfoot conditions difficult, windy weather which could cause to trees or fallen tree branches. This would require the club coaches to inspect the route to ensure the safe execution of the planned session					
Date of risk assessment	Chatelherault R. A. done on 14th January 2023	Date of event	Usually Weekly	Assessment completed by (name/role)	Patrick Kelly Head Coach	

Category	Hazard	Who might be harmed and how?	What controls are already in place?	What further controls/actions are required?	Timescales for further actions	Responsible Person (Role)
Chaterherault Hills' These can be done in trainers as they are gravel underfoot	Running from car park to hill we use public paths with the risk of colliding with park user or tripping Tripping	Athlete, park users. Athlete athlete	Run slowly to hill, giving priority to others. Stay alert. Use the usual path. Falls occur most often when descending and athletes should be most aware going down hill	Be courteous to park users Reinforce possible hazards regularly Reinforce possible hazards regularly and when underfoot conditions change	Advise athletes immediate	Club coaches Club coaches
	Falling, tripping while using hill.	athletes	Hills inspected for hazards by coach prior to use by athletes. On one hill athletes walk down the hill slowly to start the session and any impediments are cleared or identified. On the other, the coaches walk the hill during warm up removing trip hazards and athletes run the first run more easily.	Reinforce possible hazards regularly	immediate	Club coaches

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