Risk Assessment

Name of organisation	Law & District AAC					
Event type (delete as appropriate)	Track Training Session					
Number of attendees	2-6	Athletes	1	Coach	0	Spectators
Description of the area to be included in the risk assessment	Crown Point Athletics Track					
Any other relevant information	Other Athletes & Coaches, from other clubs, may use track at same time.					
Date of risk assessment	31.1.23	Date of Session	Most Tue & Thur.	Assessment completed by (name/role)	Eddie McQuillan (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)
This could be categories of types of hazard (eg. all hazards relating to work at height) or categories relating to areas of the event space or people/equipment affected (eg. car park risks or risks to runners on the course)	A hazard is a specific thing that could cause harm. This ranges from vehicle collisions in the car park to collisions between runners to a fire in the registration building. Hazards will have different levels of likelihood and severity.	Consider who could be affected by a hazard and what could happen to them. This could be general (all runners) or specific (the Starter), and consequences could vary from bruises and strains to major injuries or fatality in worst case scenarios.	Are any controls already in place at the event venue? If your event requires a complete build, this column may be fairly empty, but even measures like reduced-speed signage in the local area could be an existing control	What else can you do to reduce risk? 1. Can the hazard be eliminated? Is the piece of equipment, for example, essential? 2. Can you substitute a risky piece of equipment for another with less risk? 3. Can you isolate the risky area (eg. fence off the area to spectators)? 4. Is there any signage in place to warn of the hazard? 5. Can you provide PPE to reduce risk?	When will you put your control measures in place? This could be X weeks or months in advance (eg. delivery of training to volunteers), during event set-up or even ongoing throughout the event (eg. regular checks for good housekeeping)	Many actions will be down to you as the event organiser, but will others in your team be able to help? Use the person's role/title (eg. project manager, health and safety officer, COVID-Coordinator) to allocate duties

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CAR PARK	Vehicle collisions within the car park.	Anyone using the car park in collision with a vehicle.	Speed limit signage (5mph) is in place in the facility car park. Car park area is lit by track floodlights. Coach is trained in First Aid. Coach carries First Aid Kit. Athletes & Coach have phones to call 999.	None		Facility Management Coach Coach & Athletes	

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COVID	Transmission of Covid.	Athletes & Coach	All Club members have undertaken not to attend training if unwell with Covid-type symptoms or after a Positive Covid Test. Coach to observe athletes for signs of Covid-type symptoms prior to and during session.	None		Coach & Athletes Coach
TRACK	Any trip or slip hazards or track damage.	Athletes & Coach by tripping, slipping, etc.	Inspection of track before training session. Coach is trained in First Aid. Coach carries First Aid Kit. Athletes & Coach have phones to call 999.	None		Coach & Athletes Coach Coach & Athletes

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TRACK	Belongings on track	Athletes & Coach by trip hazard of bags left trackside.	Training Group has a designated assembly point away from the track. No bags/water/spikes to be left trackside. Coach is trained in First Aid. Coach carries First Aid Kit. Athletes & Coach have phones to call 999.	None		Coach & Athletes Coach Coach & Athletes
TRACK	Collision hazard of athletes crossing track in front of other groups.	Athletes & Coach by collision with other track users.	Athletes & Coach aware of and using track etiquette. Coach is trained in First Aid.	Liaison with other training groups if track is busy.	Before each training session, if needed.	Coach & Athletes Coach

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			Coach carries First Aid Kit. Athletes & Coach have phones to call 999.			Coach & Athletes
TRACK	Use of equipment on track.	Athletes & Coach by trip hazard of equipment on track or at trackside.	All use of equipment under supervision of a coach and in a predetermined area. Coach is trained in First Aid. Coach carries First Aid Kit. Athletes & Coach have phones to call 999.	Liaison with other training groups if track is busy.	Before equipment is set out, if needed.	Coach Coach & Athletes
TRACK	Injury due to muscle pull, ankle sprain, etc.	Athletes	Athletes to declare any injuries to Coach prior to starting session.	None		Coach & Athletes

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			Athletes complete a full warm up prior to main part of session. Athletes wear clothing and footwear appropriate to weather conditions. Coach is trained in First Aid. Coach carries First Aid Kit. Athletes & Coach have phones to call 999.			Coach Coach & Athletes
Throws Area	Throws training in infield area.	Athletes & Coach by being struck with throws implements.	No Throws training has taken place so far. Coach is trained in First Aid.	If Throws training takes place, then Athletes will be reminded to avoid crossing infield.	Before each training session, if needed.	Coach

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			Coach carries First Aid Kit. Athletes & Coach have phones to call 999.			Coach & Athletes