**Risk Assessment: Brighton Phoenix Coached Run Sessions**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| 28/06/2020 | Liz Halliday | Stanmer Park, including one-way road circuit by Stanmer House plus nearby grass areas  Stanmer Park Rd, Stanmer,  Brighton BN1 9QA  Grid Ref TQ338096 | 27/06/2020 |

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| **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** |
| Injuries or illness occurring during activity | Runners, injuries or illness | * Coach to have mobile phone to contact emergency services if appropriate * Coach to have access to first aid kit * Coach to ask runners of any injury or illness that should be taken into account prior to commencing the session | M | * Runners asked to do pre-activity warm-up to minimise risk of injury * Runners to alert coach if feeling unwell or in pain | L | Coach & Runners | 01/07/2020 |  |
| Road is open to public but restricted to 10mph and one-way | Runners, collision | * Coaches to make runners aware of other users, runners to use caution particularly when vehicles and cyclists are sharing the road | M | * Ask runners to wear visible kit * Coaches and runners to call warnings of vehicles and cyclists approaching * Runners to run in counter clockwise direction against traffic flow | L | Coach & Runners | 01/07/2020 |  |
| Surfaced road can have some loose gravel and potholes | Runners, falls | * Coaches to make runners aware of potholes and gravel | L | * Ask runners to familiarise themselves with circuit during warm-up | L | Coach & Runners | 01/07/2020 |  |
| Playing fields in public park, all grass surface, some mole and rabbit activity | Runners, falls and twisted joints | * Coaches to make runners aware of risk | M | * Ask runners to familiarise themselves with circuit during warm-up | L | Coach & Runners | 01/07/2020 |  |
| Grass can be slippery if very wet | Runners, slips and falls | * Coaches make runners aware of risk | L | * Ask runners to familiarise themselves with surface * If risk too high move session to tarmac surface | L | Coach & Runners | 01/07/2020 |  |
| Dehydration / overheating if weather very warm and session intense | Runners, dehydration | * Runners advised to bring water and not to over dress in hot weather | L | * Coach to remind runners to drink water regularly when very hot | L | Coach & Runners | 01/07/2020 |  |
| Cold / wet conditions creating hyperthermia risk | Runners, hypothermia | * Runners advised to bring clothing appropriate to the weather and something warm / waterproof for after | L | * Coach to remind runners to use warm clothing and waterproofs, particularly after session | L | Coach & Runners | 01/07/2020 |  |
| Other park users e.g. walkers and their dogs and children | Runners and public, collision and trips | * Alert runners to potential and ensure respect given to other users at all times. | M | * Coach to speak with near-by users to make them aware of training in progress | L | Coach & Runners | 01/07/2020 |  |
| Covid-19 infection | Coaches, runners, public | * Runners to observe at least 2m social distance at all times * When deep breathing runners to face away from all other people * No spitting to be allowed * No physical interaction between humans * No equipment to be shared / handled * Water bottles and clothing to be personalised clearly and not shared * Training to be conducted in groups of 1 coach and up to 5 athletes | M | * Coach to remind all participants of risk * Coach to be equipped with protective gloves and face covering for use if a first aid emergency arises and to only have physical contact in emergency situation. * Coach and runners to have hand sanitising products for use if any physical contact occurs * Coach to have mobile phone for emergency use | L | Coach & Runners | 01/07/2020 |  |
|  |  |  | H |  | L |  |  |  |

NB Copy and paste rows as required