**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 areasStanmer Park Rd, Stanmer, Brighton BN1 9QAGrid 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