

Risk Assessment: <Insert Activity/Event>

Date:	Assessed by:	Location :	Review :
30 /07/20	Bruce Warren	Withdean Track	Rev 2

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
Spread of Covid-19 Coronavirus	Coach, athlete Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation to the training activity	Provided an action plan for track use. Liaising with Freedom Leisure and complying with Freedom Leisure requirements. Only authorised people to enter the track – athletes, coaches and helpers. Register of people attending on each evening together with contact details to be maintained. Restricting numbers using the track initially making sessions invite only until safe training practices can be established. Restricting training group sizes in accordance with current	L	Remind athletes at the start of each session to comply with public health and social distance guidance.	L	Coaches and athletes



		<p>England Athletics guidelines. Advising athletes and parents via e-mail that when attending they should follow all government social distance guidance and not to attend if they have a fever, cough, or loss of taste/smell Coaches to liaise and manage the groups on the tracks to reduce numbers on the track at any one time and to avoid congestion. If using cones only the coach who bought the cones to touch the cones and to sanitise hands after. If hurdles are used for hurdle drills only the coach to touch the hurdles. Coach to wipe down hurdles before and after use and sanitise hands before and after. If using the storage container only one person to use at any one time and to sanitize their hands before and after use. Informing Freedom Leisure if any body fluids get spilt.</p>				
Unauthorized athletes turn up	Athletes and coaches	Invited athletes only to attend	L	Request that athletes leave	L	Coaches

members of the public gain access	Athletes and coaches and member of public	Having one access only with the entrance	L	If this happened inform the intruder politely that there is restricted access and private property and ask them to leave, if none compliant inform Freedom Leisure/ phone the police depending on the circumstances.	L	coaches
Exercise stress – possible participant collapse	Athlete	Choosing sessions suitable for the athletes ability	L	Instruct athletes to inform the coach if they feel unwell. Coach to monitor athletes for exhaustion and get them to stop if concerned.	L	coaches
Musculoskeletal injury	Athlete	Participants will be instructed to perform warm-up exercises prior to undertaking the exercise tasks. Suitable footwear to be worn.	L	Coach to ask athletes if they have any injuries/pains on the day and to inform the coach if anything hurts during the session,	L	coaches
Athlete collision during training	Athlete	Reduced numbers on the track Coaches liaising about sessions	L	Athletes reminded about track etiquette before each session	L	coaches
Extreme hot weather – causing dehydration, possible	Athlete	Participants instructed to bring water	L	Coach to monitor conditions on the day.	L	coaches

collapse						
Potential medical incident	Athlete	<p>Inform Freedom Leisure if medical incident.</p> <p>Have first aid kit on site. First aid kit to have extra covid protection items in it</p> <p>Have parents emergency contact details on site.</p> <p>Ensure a mobile phone is available.</p>	M	<p>Try and avoid physical contact between patient and rescuer, particularly breathing etc. If contact made hands to be washed thoroughly after.</p> <p>If suspected cardiac arrest then follow guidance from emergency services if possible, if not then in person 15+ If there is a perceived risk of infection, rescuers should place a cloth/towel over the victims mouth and nose and attempt compression only CPR and early defibrillation until the ambulance arrives.</p> <p>For those under 15 rescue breaths are more effective despite the COVID risk.</p>	M	coach
trip or health hazards	Athlete/coach	<p>Coaches to check all training areas prior to start.</p> <p>Athletes instructed to keep to training areas only.</p>	L		L	coach