



Thirsk and Sowerby Harriers Risk Assessment for training at Sowerby Sports Village

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Agreed by TaSH committee 13/12/23

This Risk Assessment follows UK Athletics guidance documents and has been prepared for Thirsk and Sowerby Harriers (TaSH) training sessions on the Sowerby Sports Village site for all TaSH members under the guidance of a UKA qualified Coach.

“It is the responsibility of all coaches and athletes to ensure that training sessions are conducted in a safe manner” (UKA Code of Practice 2022).

What are the hazards being assessed?	Who might be harmed ?	What are you doing already?	What control measures are in place?	Rag rating	Action by whom?
General safety Venue. Minor medical, slips, trips, falls.	Athletes coaches leaders	A UKA qualified coach/leader must lead all sessions. Coaches and leaders to check the track and grass for hazards and suitability for use before the session starts.	Anticipate potential risks of injury or harm, taking measures to eliminate or reduce them.	Low	UKA qualified Coaches and leaders
General safety Lost or missing athletes	Athletes	1.Maintain a register with emergency contact numbers. Athletes to update their emergency contact if it changes. Juniors to be signed in by their parent/guardian/nominated adult. 2.Take a head count before and during warm up and at the end of the session.	4.Coaches and leaders of each group will take a head count of the group they are leading before and at the end of the session. 5.Athletes must let a coach or leader know if they are leaving the session early.	Low	Coaches and leaders 1,2,3,4 Athletes 1,3,5

		3. Allocate athletes to similar ability groups.			
Safeguarding	Coaches Leaders Athletes General public	1. Coaches must always consider runner welfare and wellbeing in line with the Coaches Code of Conduct and Safeguarding training. 2. Training prescription should be age-related and not age-determined. Training prescription should be based according to biological status, training age, motor skill competency, technical proficiency, existing strength levels and psychosocial maturity. 3. In the event of an incident consider the entire groups' safety and wellbeing. 4. 12-17 year olds must be accompanied by their parent, guardian or nominated adult.	5. Ensure training is supervised by a qualified and licensed UKA coach. 6. Anticipate potential risks of injury or harm, taking measures to eliminate or reduce them.	Low	Coaches and leaders 1,2,3,4,5,6 Athletes 4
Weather	Coaches leaders athletes	1. Check weather in advance. 2. Athletes are responsible for wearing clothing appropriate for the weather. 3. Advise athletes if clothing not appropriate.	4. Adapt the session according to the conditions. 5. In extreme conditions cancel the session if there is ice, snow or lightening. 6. Consider having spare water available in hot weather.	Low	Coaches and leaders 1,3,4,5,6 Athletes 1,2,6
Low light, dark nights, collisions	Coaches leaders, athletes, other users of the	1. Head torches and high visibility clothing must be worn in order to see and be seen by other users on the	7. Activities should be arranged so that runners are well spaced so the likelihood of	Low	Coaches and leaders 1,2,3,4,5,6,7 Athletes 1,2,3,4,5,6

	track and Gateway site	<p>track and Sports Village site.</p> <p>2.Ensure any cycle crossings are crossed with care and attention.</p> <p>3.Consider visibility to others may be limited if entering or exiting cycle paths from the side and adjust your running accordingly.</p> <p>4.Be alert and respectful to all users of the Sports Village.</p> <p>5.Athletes should be involved in ongoing assessment of the route and encouraged to flag any risk to the coach and others.</p> <p>6.Be alert to footballs causing a trip hazard and footballs flying over the fence from the astroturf football pitches.</p>	collision is reduced.		
Pre-existing medical conditions	Athletes Coaches Leaders	<p>1. All athletes to declare a medical condition (if they have one) on the membership form when joining or renewing and thereafter declare any new health conditions to the lead coach and person taking the register.</p> <p>2. New members or guests details will be taken by the person in charge of the register. Any medical conditions declared will be communicated to the coach before the session commences.</p>	<p>5.*Coaches and leaders to follow data protection guidance.</p> <p>6.Advise everyone to wear or carry ICE (in case of emergency) information.</p>	Low	<p>Athletes 1,2,4,6</p> <p>Coaches, leaders 1,2,3,4,5,6</p> <p>Committee 1,2,3,4,5,6</p>

		<p>3. *The coach/leader will have access to contact details in the register and a note of any medical conditions is issued monthly to the coaches and leaders.</p> <p>4.. Ensure medication is carried by participants where appropriate.</p>			
Ill health	Athletes coaches Leaders General public	<p>1.All members are advised to inform the coaches and leaders of any new health problems.</p> <p>2.Coaches and leaders to perform a visual check and monitor athletes during the session for illness and injuries.</p> <p>3. Athletes to inform coaches or leaders of any health issues which develop during the session</p>	<p>4.All coaches and leaders to have up to date First Aid certificate.</p> <p>5.Coaches to have a First Aid kit on site.</p> <p>6. Ensure the group know to dial 999 and that the location of the nearest defibrillator if needed will be given by the Emergency call handler with the code to access the defibrillator. There is a defibrillator located on the outside of the Sowerby Sports Village Pavilion building.</p> <p>7. Coaches and leaders to carry mobile phones on their person</p>	Low	Athletes 1,3,6 Coaches and leaders 1,2,4,5,6,7
Equipment	Coaches leaders athletes	Check all equipment prior to use eg lights, head torches, first aid kit	Consider having a spare head torch	Low	Coaches, leaders, athletes

Dogs on the track	Coaches leaders athletes	Make yourselves known to dog walkers and be aware of any dogs off lead or of dogs on extendable leads. If chased by a dog it is often best to stop and ask the owner to regain control of their animal.	Make yourself visible by wearing high visibility clothing and head torches in low light or night time.	Low	Coaches, leaders and athletes
Physical overload Incorrect supervision	Athletes	1.Training to be supervised by a licensed UKA coach. 2.Training prescription should be appropriate to the ability of everyone in the group. 3.Session content for 12-17 year olds must always be confirmed with a qualified and licensed UKA coach for appropriateness to the age and stage of the runners.	4.Coaches and leaders will monitor the group for general fatigue, tiredness, illness, minor injuries and check that training is appropriate for all abilities in the group and adapt as required.	Low	Coaches and leaders 1,2,3,4
Changes to plans Unsuitable activity Unsuitable route	Athletes coaches leaders	Coaches and leaders may change, adapt, or cancel the session before or during according to any of the hazards stated above to ensure continuing safety of the group.		Low	Coaches and leaders
Emergency situations	Athletes Coaches Leaders public	1.Be alert to possible emergency situations arising eg conflict, serious ill health.	2.All coaches and leaders to have up to date First Aid certificates and have First Aid kit available on site and carry mobile phones on their person during the session.	Low	Coaches and 1,2 Athletes 1

