



## Risk Assessment for Indoor Training at Thirsk School

### Thirsk and Sowerby Harriers

November 2023

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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) off road training sessions for all TaSH members under the guidance of a UKA qualified Coach.

This Risk Assessment will be reviewed and adapted and used for planning each session for each venue used for training off road.

“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	1.A UKA qualified coach/leader must lead all sessions. 2.Coaches and leaders to check the gym/sports hall for hazards before the session starts. 3.Ensure that personal belongings including water bottles are safely stowed and do not constitute a hazard. 4.Ensure that water bottles are leak proof.	5.Anticipate potential risks of injury or harm, taking measures to eliminate or reduce them.	Low	UKA qualified Coaches and leaders 1,2,3,4,5 Athletes 3,4,5
General safety Illness/injury	Athletes Coaches Leaders	1.Maintain a register with emergency contact	6.Athletes must let a coach or leader know if	Low	Coaches Leaders

		<p>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.                  3.All members are advised to inform the coaches and leaders of any new health problems.                  4.Coaches and leaders to perform a visual check and monitor athletes during the session for illness and injuries.                  5.Athletes to inform coaches or leaders of any health issues which develop during the session</p>	<p>they are leaving the session early.                  7.All coaches and leaders to have up to date First Aid certificate.                  8.Coaches to have a First Aid kit on site.                  9.Ensure the group know to dial 999 in an emergency.                  The location of the nearest defibrillator if needed will be given by the call handler. However in the school the defibrillator is located in the staff room, behind the door, no code needed.                  (From the school entrance, take first right and right again).                  10. Coaches and leaders to carry mobile phones.</p>		<p>1,2,4,6,7,8,9,10                  Athletes                  1,2,5,6</p>
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.                  2. New members or guests details will be taken by the person in charge of the register. Any</p>	<p>5.*Coaches and leaders to follow data protection guidance.                  6.Advise everyone to wear or carry ICE (in case of emergency) information.</p>	Low	<p>Coaches                  Leaders                  2,3,4,5,6                  Athletes                  1,2,4,6</p>

		<p>medical conditions declared will be communicated to the coach before the session commences.</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>			
Equipment	Athletes Coaches Leaders	<p>1.Ensure that all equipment is regularly checked before each session.</p> <p>2.Damaged equipment should never be used.</p> <p>3.Ensure that any moveable equipment does not constitute a hazard to any events or individuals.</p> <p>4.In the case of demountable tracks, ensure that the track boards are set up according to the manufacturers specifications.</p> <p>5.Athletes must report any damaged equipment to the coach.</p>	6.Athletes should be encouraged to get involved with safety checks to promote good health and safety practice.	Low	Coaches Leaders 1,2,3,4,6 Athletes 2,3,4,5,6

Safeguarding	Athletes Coaches Leaders	<p>1.Coaches must always consider runner welfare and wellbeing in line with the Coaches Code of Conduct and Safeguarding training.</p> <p>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.</p> <p>3.In the event of an incident consider the entire groups safety and wellbeing.</p> <p>4.12-17 year olds must be accompanied by their parent, guardian or nominated adult.</p>	<p>5.Ensure training is supervised by a qualified and licensed UKA coach.</p> <p>6.Anticipate potential risks of injury or harm, taking measures to eliminate or reduce them.</p>	Low	Coaches and leaders 1,2,3,4,5,6 Athletes 4
Collisions	Athletes Coaches Leaders	Activities should be arranged so that runners are well spaced so the likelihood of collision is reduced.		Low	Coaches Leaders
Physical overload Incorrect supervision	Athletes	<p>1.Training to be supervised by a licensed UKA coach.</p> <p>2.Training prescription should be appropriate to</p>	<p>4.Coaches and leaders will monitor the group for general fatigue, tiredness, illness, minor injuries and check that training is appropriate for all</p>	Low	Coaches and leaders 1,2,3,4

		<p>the ability of everyone in the group.</p> <p>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.</p>	abilities in the group and adapt as required.		
Changes to plans Unsuitable activity	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	<p>1.Be alert to possible emergency situations arising eg serious ill health, fire.</p> <p>2.Ensure that the group are aware of Fire exits in the gym (there are two) and sports hall (there is one).</p> <p>Ensure that the fire exits are kept clear at all times.</p>	3.All coaches and leaders to have up to date First Aid certificates and have First Aid kit available on site and carry mobile phones during the session.	Low	Coaches and 1,2,3 Athletes 1,2