

AMBLESIDE AC JUNIORS

RISK ASSESSMENT –ALL SESSIONS

Hazard/Injuries	Who might be at risk	Level of risk	Control Measures	Level of risk
Injury due to falls, trips and slips/ uneven ground	Juniors, volunteers & coaches	High	Remind all about wearing footwear with good grip. Check new member’s footwear and advise parents on what to buy. Advise on slower pace if conditions are difficult/downhill/rougher terrain. Use set routes so children are used to the conditions and terrain. Warn all of uneven ground/conditions underfoot at start of each session. Remind juniors to keep a sensible distance between themselves and the runner ahead. First aid kit to be carried by at least one coach per group. Coaches to carry appropriate safety equipment including mobile phone and emergency contact list.	Medium
Sprains, strains & pulled muscles	Juniors, volunteers & coaches	Medium	Coaches to start sessions with a warm up and finish with cool down and stretching. First aid kit to be carried by at least one coach per group. Coaches to carry appropriate safety equipment including mobile phone and emergency contact list.	Low
Descending	Juniors	High	Remind all about wearing footwear with good grip. A minimum of one coach or adult volunteer will be at the front and one at the back of the group. Juniors advised to meet at a designated point to re-group. Remind juniors to keep a sensible distance between themselves and the runner ahead. Brief juniors on staying in control and running at a pace they are comfortable with or walk.	Medium
Weather, hot Dehydration/sun burn/sun stroke	Juniors, volunteers & coaches	Medium	Give advice about wearing clothing appropriate to the conditions including wearing a sun hat. Remind juniors and parents about using a high factor sun cream. While out training – ensure plenty of rests and drink stop are included in the session. Coaches to be observant of how juniors are coping with heat/session. Coaches to monitor weather and plan session to take account of the conditions.	Low
Weather, cold & wet Hypothermia	Juniors, volunteers & coaches	Medium	Brief juniors and parents about carrying a waterproof jacket/spare top/hats & gloves according to the conditions. Coaches to check children have appropriate clothing, footwear before setting out. Coaches to monitor weather and plan session to take account of the conditions.	Low

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			<p>Coaches to check the training route is free from patches of ice/not too slippery. Brief all to be aware of patches of ice. Runs outside will be cancelled if conditions are considered dangerous. Coaches to be aware of the symptoms of hypothermia, to have the knowledge of what to do and to know when to seek assistance. Coaches to carry appropriate safety equipment – first aid kit, bivvy bag, spare clothing, mobile phone and emergency contact list.</p>	
Road/traffic	Juniors, volunteers & coaches	High	<p>Ensure juniors are aware of the dangers of running on the road and to be aware of traffic. One coach/ volunteer to run at the front and one at the back. Juniors briefed to stay within shouting distance or meet at a designated location. In dark or fading light all to wear high visibility vests and carry head-torches. If running on roads without pavements, runners to stay behind the coach and an adult to stay at the back of the group.</p>	Medium
Hazard/Injuries	Who might be at risk	Level of risk	Control Measures	Level of risk
Getting lost	Juniors, volunteers & coaches	Medium	<p>Coaches to be familiar with the area and to have run the training routes. Juniors briefed not to wander off and to stay with group. Juniors briefed to stay where they are if they lose sight of the rest of the group/get lost. Ratio of 1:12 children per coach, plus one adult volunteer. An attendance register to be taken and coaches to be aware of the number of juniors and to do head count at regular intervals.</p>	Low
Dogs	Juniors, volunteers & coaches	Medium	<p>Coaches to be aware of dogs in the park or at other venues and to alter the route if necessary. Where there are dogs, especially if off their lead, slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate. Juniors to be briefed where appropriate on stroking unfamiliar dogs without owner's permission. Prior to session check for dog faeces and clear it up. Brief all to be aware of dog faeces.</p>	
Ticks	Junior, volunteers & coaches	High	<p>Brief juniors, volunteers, parents about the dangers of ticks and Lymes disease and where they can find information about it. Brief all about checking for ticks after runs, especially if running through bracken and long grass.</p>	Medium

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			Whenever possible choose routes that avoid high bracken.	
Insects and Snakes (Adders)	Juniors, volunteers & coaches	Medium	Brief all to avoid running off the paths, especially through bracken. Coaches and volunteers to check risky areas before and during session. All to be vigilant and inform others if an adder is seen. Coaches to carry first aid kit and have knowledge/qualifications to administer first aid. Coaches to carry mobile phone, emergency contact list.	Low
Asthma	Juniors, volunteers & coaches	Medium	Coaches to be aware of any juniors who suffer from asthma. Coaches to have knowledge of how to deal with asthma attack. Asthmatics and their parents must be briefed about always carrying inhaler when out running. Asthmatics should be briefed not to run if they are suffering badly or if they fear an asthma attack is imminent. Coaches to carry mobile phone, emergency contact list.	Low
Other medical conditions	Juniors, volunteers & coaches	Medium	Coaches to make sure they know of any medical conditions juniors may suffer from. Juniors and their parents to be briefed on carrying any appropriate medication on the run. Coaches to talk with parents about the condition and how to deal with it. Coaches to carry first aid kit and have knowledge/qualifications to administer first aid. Coaches to carry mobile phone, emergency contact list.	Low
Other People	Juniors	Medium	Juniors to be supervised at all times and briefed to be within sight of a coach or volunteer at all times. Where the training route goes through a wooded or quieter section of the park or fell, ensure that a coach or volunteer can see all the juniors at all times. Coaches to ensure they know who is collecting the children from the training sessions. Juniors are not allowed to leave the training session without their parent or carer.	Low
Equipment	Juniors, volunteers & coaches	Medium	Make sure the equipment to be used is safe, sound and appropriate for use. Make sure the equipment to be used is suitable for the age/ability. Make sure there are no obstructions.	Low

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Drowning Rivers/streams/tarns	Juniors, volunteers & coaches	Medium	Juniors advised not to enter tarns, streams, rivers unsupervised. Coaches plan routes which do not involve crossing any deep or fast flowing streams or rivers. Where the training session takes place near a tarn/lake, coaches and volunteers to be spaced out appropriately around the course and juniors to be briefed on the dangers. Juniors to be supervised at all times. See separate Risk Assessment for paddling/swimming activities.	Low
Exhaustion	Juniors, volunteers & coaches	Medium	Coaches to make themselves aware of other sports activities that the juniors have been doing that day or days immediately prior to the session and differentiate appropriately. If necessary coaches to advise juniors to walk or miss parts of the session out.	Low
Remoteness	Juniors, volunteers & coaches	Medium	Coaches to carry appropriate safety equipment with them and to know how to get assistance when necessary. Coaches only to use venues/routes that they are familiar with.	Low

RISK MANAGEMENT:

- 1) A First Aid kit to be carried by at least one coach/volunteer* per group. This should be planned if groups split during the session.
- 2) A mobile phone and emergency contact list to be carried by at least one coach/volunteer* per group. This should be planned if groups split during the session.
- 3) All coaches and volunteers* should read a copy of the risk assessment and sign to acknowledge reading it.
- 4) All coaches and volunteers* should have a knowledge of any juniors with medical conditions i.e. asthma, panic attacks
- 5) Any coach or volunteer* running with juniors on their own must carry a first aid kit and appropriate safety equipment (mobile phone, emergency contact numbers, bivvy bag, spare clothing)
- 6) Coaches to brief volunteers on the session plan and venue, plus any hazards they need to be aware of.
- 7) A coach ratio of 1:12 juniors. Wherever possible at least one volunteer should also run with the group..

*VOLUNTEERS – this means parents or Ambleside AC members who regularly help out with sessions.