

Hazard/Injuries	Who might be at risk	Level of risk	Control Measures	Level of risk
Injury due to falls, trips and slips	Juniors, volunteers & coaches	High	Coaches to check footwear with good grip is being worn. Walk if conditions are particularly difficult or unsuitable footwear is being worn. Avoid training on the fells/adjust plans if conditions are very wet. Warn all of uneven ground/conditions underfoot when necessary. Ensure children understand how to take care of themselves on downhill running i.e. check shoelaces are done up; keep a sensible distance between themselves and the runner ahead; only pass a runner when there is space; stop at set points to re-group; stay in control and run at a pace they are comfortable with (walk if necessary). <i>In winter:</i> 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 will be cancelled if conditions are considered dangerous.	Low
Sprains, strains & pulled muscles	Juniors, volunteers & coaches	Medium	Coaches to start sessions with a warm up and finish with cool down and stretching. Ensure juniors understand the importance of warm up and cool down	Low
Road/traffic	Juniors, volunteers & coaches	High	Brief juniors on danger of traffic whilst running along Under Loughrigg, especially when joining it from Miller’s Bridge or after the descent to the cattle grid. Younger children: If running on road coach/ volunteer to run at the front and one at the back. Juniors briefed to stay behind the front coach/volunteer. In dark or fading light all to wear high visibility vests and carry head-torches if running on the roads or pavements.	Low
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Dehydration/sun burn/sun stroke	Juniors, volunteers & coaches	Medium	Advise about wearing clothing appropriate to the conditions including wearing a sun hat and using sun cream. Advise carrying a bottle of drink. Coaches to ensure 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
Hypothermia	Juniors, volunteers & coaches	Medium	Advise juniors and parents about wearing and/or carrying a waterproof jacket/long sleeved top/hats & gloves according to the conditions. Advise to take a bum bag to put kit in. Coaches to check children have appropriate clothing, footwear before setting out.	Low

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			Coaches to monitor weather and plan session to take account of the conditions. Coaches to be aware of the symptoms of hypothermia, to have the knowledge of what to do and to know when to seek assistance.	
Getting lost	Juniors, volunteers & coaches	Medium	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. One coach to be at the front and one at the back of group, plus where possible other adults placed in between. Ratio of 1:12 children per coach, plus one adult volunteer. An attendance register to be taken at each session and coaches to be aware of the number of children and to do regular head counts.	Low
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Dogs	Juniors, volunteers & coaches	Medium	Where there are dogs close by, especially if off their lead brief juniors to: <ul style="list-style-type: none"> - walk. - avoid turning your back on the dog. - do not approach /pat. Coach to seek assistance from dog owner if appropriate.	Low
Ticks	Junior, volunteers & coaches	High	Brief juniors, volunteers, parents about the dangers of ticks and Lymes disease and where they can find information about it (via email/website) Brief all about checking for ticks after runs, especially if running through bracken and long grass. Whenever possible choose routes that avoid high bracken/long grass.	Low
Insects and Snakes (Adders)	Juniors, volunteers & coaches	Medium	Brief all to avoid running off the paths, especially through bracken/long grass. Coaches to plan sessions that don't involve juniors wanting to take short-cuts/that keep juniors on the paths. 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/qualification of how to deal with asthma attack. Coaches to seek emergency medical assistance if attack is severe. Asthmatics and their parents must be briefed about always carrying inhaler when	Low

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			<p>out on running. Asthmatics should be briefed not to run if they are feeling unwell or if they fear an asthma attack is imminent. Coaches to carry mobile phone, emergency contact list.</p>	
Other medical conditions	Juniors, volunteers & coaches	Medium	<p>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.</p>	Low
Hazard/Injuries	Who might be at risk	Level of risk	Control Measures	Level of risk
Other People	Juniors	Medium	<p>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. If necessary, coaches to alter the route to avoid groups of adults or young people. Coaches to ensure all juniors are collected by their parent or carer at the end of training sessions. Parents to advise coach if another adult is collecting their child. Juniors are not allowed to leave the training session without their parent or carer.</p>	Low
Drowning Rivers/streams/tarns	Juniors, volunteers & coaches	Medium	<p>Juniors advised not to enter Lily tarn. Juniors advised not to enter streams without adult supervision. Where the training session takes place at Lily tarn, coaches and volunteers to be spaced out appropriately around the course (1 by stream crossing). Juniors to be briefed on the dangers and advised to keep away from the water's edge. Coaches to plan routes to avoid known boggy areas. Juniors to be supervised at all times.</p>	Low
Exhaustion	Juniors, volunteers & coaches	Medium	<p>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 to plan the session appropriately, if necessary differentiating. If necessary coaches to advise juniors to walk or miss parts of the session out.</p>	Low
Remoteness	Juniors, volunteers	Medium	<p>Coaches to carry appropriate safety equipment with them and to know how to get assistance when necessary.</p>	Low

	&coaches		Coaches only to use routes/paths that they are familiar with.	
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