

AMBLESIDE AC JUNIORS

RISK ASSESSMENT – PHOENIX TRACK, WINDERMERE (floodlit)

Hazard/Injuries	Who it affects	Unmanaged Risk	Control Measures	Managed Risk
Injury due to falls, trips and slips/ uneven ground	Juniors, volunteers & coaches	High	Remind all about wearing appropriate footwear. Check new member’s footwear and advise parents on what to buy. Remind juniors to be aware of other track users. First aid kit to be carried by at least one coach or to be kept close at hand. Coaches to carry mobile phone and emergency contact list.	Medium
Sprains, strains & pulled muscles	Juniors, volunteers & coaches	High	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
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 monitor weather and plan session to take account of the conditions. Coaches to check the training route is free from patches of ice/not too slippery and brief runners accordingly. 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.	Low
Litter , broken glass etc.	Juniors, volunteers & coaches	Medium	Coaches to check and clear the area before the session of any broken glass, bottles tops and any other hazards.	
Getting lost/ Dark nights	Juniors, volunteers & coaches	Medium	Juniors briefed not to wander away from the track and to stay within sight of coaches/parents. Juniors briefed to tell a coach or volunteer if dropping out of an activity. 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 children at each session and to do head counts at regular intervals. Parents requested to put children in fluorescent clothing and to carry a head torch.	Low
Dogs	Juniors, volunteers & coaches	Medium	Brief juniors to stop or walk if necessary where there are dogs around, especially if off their lead. Brief juniors to avoid turning their back on the dog. Seek assistance from dog owner if appropriate.	Low

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			<p>Juniors to be briefed where appropriate on stroking unfamiliar dogs without owner’s permission. Brief all to be aware of dog faeces. Coaches to check area before session and clear up any dog faeces.</p>	
Asthma/other medical conditions.	Juniors, volunteers & coaches	Medium	<p>Coaches to be aware of any juniors who suffer from asthma/medical conditions. Coaches to have knowledge of how to deal with asthma attack/medical condition. Asthmatics and their parents must be briefed about always carrying inhaler when at the track. Asthmatics should be briefed not to run if they are suffering badly or if they fear an asthma attack is imminent. Coaches to carry a mobile phone and emergency contact list.</p>	Low
Other People	Juniors	Medium	<p>Coaches to be aware of other people on the track and adjust session accordingly Juniors are not allowed to leave the training session without their parent or carer and should be collected track side and not in the car park</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, differentiating if necessary. If necessary coaches to advise juniors to walk or miss parts of the session out.</p>	Low
Equipment	Juniors, volunteers & coaches	Medium	<p>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.</p>	Low

RISK MANAGEMENT:

- 1) A First Aid kit to be carried by all coaches.
- 2) A mobile phone and emergency contact list to be carried by all coaches.
- 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) Coaches to brief volunteers on the session plan and venue, plus any hazards they need to be aware of.
- 6) 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.