

Hazard/Injuries	Who might be at risk	Level of risk	Control Measures	Level of risk
Getting out of depth/ drowning	Juniors, coaches	High	Depth pre-assessed prior to the group entering the water to make sure it is suitable. Each coach should check the swimming ability of their runners before allowing them to enter the water. Younger runners should stay within a reasonable depth and within easy reach of the shoreline. Runners in the water should be supervised at all times by at least one adult on the shoreline.	Medium
Cold water/ body temperature of individuals	Juniors, coaches	Medium	Water temperature assessed before and during any swimming activity. Coaches to monitor well being of any runners in the water- especially younger runners. Coaches to be aware that children’s body temperature can drop quite suddenly.	Low
Polluted water/blue green algae	Juniors, coaches, volunteers	Low	Coaches to inspect the water before the group enters. Do not allow runners to swim if algae is present.	Low
Debris/ under water hazards (rocks, reeds, litter etc)	Juniors, volunteers & coaches	Low	Coaches to inspect the water before any runner enters the water. Runners should not jump into the water from rocks etc. All runners in the water should keep their fell shoes on.	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.