

RISK ASSESMENT: RUN _ Abington Park

Purpose of document:

To record the risks reviewed associated with activity

Author:

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Last revision:

21 June 2018

This form should be completed with a list of hazards that affect the session, and should be written from a coaching perspective, not a venue management perspective. For each risk assessment there should be associated Emergency Action plan to be used in case a risk occurs.

Venue:		Winter: Varies, refer to the facebook page, Summer: Abington park	Venue Contact Name & Contact Details:	Venue is public space, Northampton leisure trust 01604 837 800 Monday to Friday between 8am to 8pm Saturday & Sunday 8.30am to 4pm
Address: (Include postcode)		Abington Park, Northampton, NN3 3HN. Meeting point is 2nd Lamppost down from the corner of Park Ave Street and Abington Park Crescent.		
Group:		Northants tri club	Location of first-aider:	None
Date:		Thursday evenings	Location of Defibrillator	none
Time:		19:30 to 20:30	Location of telephone:	Mobile phone with coach(es)
Participants:	Number:	5 to 30	Location of toilets:	none
	Age:	16+	Location of changing rooms:	none
	Ability:	Mixed age grouper to beginner	Location of first-aid kit:	none
Lead coach name:		Stephen Dransfield, Matt Howes	Stocked and maintained:	Yes No
Venue documents read and understood (please ✓ appropriate box):		Normal operating procedures: Yes No	Additional notes:	This venue is a local public space, always try to know what is going on in the area i.e. another club running or an event likely to effect the session etc...
		Health and safety policy: Yes No		
		Emergency action plan (EAP): Yes No		

Name of person conducting risk assessment:	Signed:	Date:
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RISK ASSESSMENT FORM

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required:(from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk:After resolution	Dates Reviewed
Muscle / strain injury	Runners	Likelihood: med Impact: med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who: lead coach	- Coach to always post on the portal 2 days before with what the sessions consist of.	Runners	Likelihood: med Impact: low	21.06.2018
Conditions: Weather, appropriate clothing and footwear	Runners	Likelihood: med Impact: med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who: lead coach	- Coach to review the weather forecast before and post a note on the portal on appropriate clothing, venue change or cancellations etc	Runners	Likelihood: med Impact: med	21.06.2018
Conditions: Weather, rain	Runners	Likelihood: med Impact: med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who: lead coach	- cancel session if this is an electrical storm - coach to consider adapting session (i.e. no intervals on slippery surfaces etc)	session coach	Likelihood: med Impact: med	21.06.2018
Conditions: Weather, winter	Runners	Likelihood: med Impact: med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who: lead coach	- coach to review the surfaces, if frozen / slippery the coach to alter the session (possibly intervals on the grass or grass hill repeats adjacent the duck pond?)	Runners	Likelihood: med Impact: high	21.06.2018

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required:(from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk:After resolution	Dates Reviewed
Conditions: Weather, wind	Runners	Likelihood: med Impact: med	✓ No <input type="checkbox"/> Yes If yes, who:	- in windy weather consider the trees any branches, flying debris etc coach to do a lap (on the bike or car)	Runners	Likelihood: med Impact: med	21.06.2018
Conditions: Environment	Runners, public	Likelihood: med Impact: med	✓ No <input type="checkbox"/> Yes If yes, who: lead coach	- coach to be prepared to reconsider session if there are activities in the park affecting the session (lots of activities during the school holiday week etc)	session coach	Likelihood: med Impact: med	21.06.2018
Risk of collision: At junctions	Runners, public	Likelihood: med Impact: high	✓ No <input type="checkbox"/> Yes If yes, who:	- During briefing remind users of the 2 pedestrian crossings (see map) where there is risk of collision with public and to keep an eye out for children, pets prams etc...	Runners	Likelihood: med Impact: high	21.06.2018
Risk of collision: Along pavement	Runners, public	Likelihood: med Impact: med	✓ No <input type="checkbox"/> Yes If yes, who	- at briefing remind runners the pavement is shared and should be on the lookout for dogs or kids running into the pavement or even slower runners and pedestrians, runners to be polite and considerate to general public	Runners	Likelihood: med Impact: med	21.06.2018
Risk of collision: Vehicular	Runners	Likelihood: low Impact: high	✓ No <input type="checkbox"/> Yes If yes, who	- at briefing remind runners to run on the pavement facing oncoming cars, there is a barrier between the road and pavement but runners to still be observant	Runners	Likelihood: low Impact: high	21.06.2018
Trip Hazard	Runners	Likelihood: low Impact: high	✓ No <input type="checkbox"/> Yes If yes, who	- remind runners to consider the tactile paving at the pedestrian junctions indicated on the map, these fall towards the road and are across the footpath	Runners	Likelihood: low Impact: high	21.06.2018

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required:(from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk:After resolution	Dates Reviewed
Trip Hazard	Runners	Likelihood: low Impact: high	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	- remind runners there are some raised paving slabs which have been uprooted by the large tree just before the museum entrance, runners to be reminded to NOT stand on the apex but rather to lift feet up over the raise.	Runners	Likelihood: low Impact: med	21.06.2018
Visibility during winter night runs	Runners, public	Likelihood: med Impact: high	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	- Ensure there is enough light and encourage runners to bring their own running lights, have a few head lamps to share with the runners.	Runners	Likelihood: med Impact: med	21.06.2018

Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):



END