



RRR Risk Assessment – Training Runs

Activity/Task Assessing?	Identified Hazards?	Who may be harmed by the hazards?	Precautions to eliminate or reduce risk of an accident occurring?	Additional precautions to eliminate or reduce risk?
Group safety at start of every session	Location/venue/route Participants ability Any known health problems/injuries – prior to session	Runners Coach	<ul style="list-style-type: none"> ▪ Ensure there is a safe place for belongings. ▪ Participants to feel safe at venue. ▪ Medication to be carried by participants where appropriate 	<ul style="list-style-type: none"> ▪
General Safety for each session	Unreported Injury/Illness of participants	Coach Runners	<ul style="list-style-type: none"> ▪ Injury/health inquiry before each session – carry out visual check ▪ Clothing to be appropriate to conditions. 	<ul style="list-style-type: none"> ▪ Where possible keep count of group throughout session.

	<p>Inappropriate clothing</p> <p>Group Visibility</p> <p>Energy & hydration levels</p> <p>Injury & illness during session</p>		<ul style="list-style-type: none"> ▪ Bibs/ reflective tops to be worn if required. ▪ Emergency contact details to be available for each participant ▪ Instructor led sessions must be delivered by qualified person only. ▪ A qualified person ONLY to give first aid. 	
Different types of sessions	<p>Winter Training</p> <p>Summer Training</p> <p>Off Road</p> <p>Hill Training</p> <p>Speed Sessions</p>	Runners Coach	<ul style="list-style-type: none"> ▪ Winter Training <ul style="list-style-type: none"> ○ Make sure individuals dressed for weather conditions (keep warm). ○ Check ground conditions prior to setting off running ▪ Summer Training <ul style="list-style-type: none"> ○ Participants to keep hydrated. ○ Wear cool clothing and hat ○ Wear sunscreen! ▪ Off Road <ul style="list-style-type: none"> ○ Make sure set off and stay in group. ○ Make runners aware to look out for any debris underfoot and make aware that can be slippy. 	<ul style="list-style-type: none"> ▪ If appropriate Instructor to advise members of public what they are doing in the session.

			<ul style="list-style-type: none"> ▪ Hill Training <ul style="list-style-type: none"> ○ Participants to listen to instructions at all times ○ Make participants aware of traffic ○ When doing HILL session make sure runners go up on one side and down on the other to avoid collisions. ▪ Speed sessions <ul style="list-style-type: none"> ○ Runners to work at own ability. If not done speed training before can feel quite hard and make it hard to breathe 	
Members of public	Getting in way of participants, causing accidents/injuries	Public Instructor Participants	<ul style="list-style-type: none"> ▪ Ensure participants are respectful of members of public 	<ul style="list-style-type: none"> ▪ If required instructor to speak to members of public – explain what areas are being used and activities going on.
Other hazards	Weather conditions (extreme)	Instructor Participants	<ul style="list-style-type: none"> ▪ Check surfaces prior to exercise ▪ If appropriate use alternative surface (i.e. grass instead of icy path) ▪ Advise participants to wear sunscreen/hats in really hot weather. 	<ul style="list-style-type: none"> ▪ Instructor to re-schedule session if hazard to exercise and no alternative area/surface is available.

			<ul style="list-style-type: none">▪ Make sure all runners hydrate appropriately for the weather conditions	
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