###### Risk Assessment Form – The Quarry - Running

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 of incident.

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| Venue: | | **The Quarry, Shrewsbury** | Venue Contact Name & Contact Details: | n/a |
| Address:  (Include postcode) | | Shrewsbury, SY1 1JA |
| Group: | |  | Location of first-aider: | Coach & Reception of Quarry Leisure Centre |
| Date: | | 6 July 2023 | Location of Defibrillator | Quarry Leisure Centre, STOP coffee shop, toilets by blue gates |
| Time: | | 1800 – 1900 | Location of telephone: | Coach mobile or Leisure Centre Reception |
| Participants: | Number: | Up to 36 | Location of toilets: | Public toilets in Quarry |
| Age: | 16+ | Location of changing rooms: | Public toilets |
| Ability: | Mixed | Location of first-aid kit: | Leisure Centre Reception |
| Lead coach name: | | Coaches will vary | Stocked and maintained: | ☒ Yes ☐ No |
| Venue documents read and understood  (please ✓ appropriate box): | | Normal operating procedures:  ☒ Yes ☐ No | Additional notes: | Coaches will have access to contact EC numbers for all participants, including potential new members (to be emailed across by membership officer) |
| Health and safety policy:  ☒ Yes ☐ No |
| Emergency action plan (EAP):  ☒ Yes ☐ No |

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| Name of person conducting risk assessment: | Signed: | Date: |
| Sorrel Williams | S.Williams | 5 July 2023 |

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| **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** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Pre-existing medical condition presenting during session | Athletes, coaches | Likelihood: M  Impact: M | x Yes  If yes, who: Athlete to inform coach of current physical state | * Coaches to screen athletes’ medical declarations. * Coaches to check for injuries and medical issues before each session commences. * Membership cards to be handed in prior to start of session. * Athletes reminded to train within their limits. * Seek medical assistance if required. | Coaches | Likelihood: L  Impact: M | Annually |
| Slips, trips & falls | Athletes, coaches | Likelihood: M  Impact: M/H | x No | * Athletes briefed on direction of running * Advise athletes to take care of wet, icy and slippery surfaces. * Coaches to pay attention to ground conditions. * Equipment to be kept tidy and away from path. * Athletes to be reminded of public space | Coaches | Likelihood: L  Impact: M | Annually |
| Public, loose dogs, other park users | Athletes, coaches | Likelihood: H  Impact: M/L | Coach | * Remind athletes of other park users * Keep athletes to one side of the path | Coaches | Likelihood: M  Impact: M/L | Annually |
| *During Summer*  Sunburn, dehydration, hyperthermia from weather | Athletes, coaches | Likelihood: M  Impact: M | x Yes  If yes, who: coach | * Encourage athletes to wear suncream during summer. * Remind athletes to drink during sessions. * Remind athletes to be dressed appropriately for weather conditions. * Coaches to monitor athletes for signs of hyperthermia, dehydration, sun stroke, fatigue, stress, injury. | Coaches | Likelihood: L  Impact: M | Annually |
| *During Winter*  Hypothermia | Athletes, coaches | Likelihood: M  Impact: M | x Yes  If yes, who: The coach | * Remind athletes to drink during sessions. * Remind athletes to be dressed appropriately for weather conditions. * Coaches to monitor athletes for signs of hypothermia, especially in any athletes who have stopped (e.g. due to injury) | Coaches | Likelihood: L  Impact: M | Annually |
| Fatigue leading to injury | Athletes | Likelihood: L  Impact: M/H | x Yes  If yes, who: Athlete to inform coach of current physical state | * Coaches to monitor athletes for signs of fatigue, stress, injury. * Coach to rest athletes as required. * Coach to ask athlete to leave session, if required. | Coaches | Likelihood: L  Impact: M | Annually |
| Collisions | Athletes, coaches | Likelihood: M  Impact: L/M | x No | * Remind athletes of direction of running * Ensure athlete numbers evenly distributed across the paths and coach to participant ratios are as per club guidelines. * Arrive and depart the park together as a group observing other park users. | Coaches | Likelihood: L  Impact: L | Annually |

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| **Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):**    Toilets and defib  meeting point  Reception area:first aid point, assistance/telephone |