

Assessment Team / Document Control

Activity: Running inc. sprinting, endurance and hurdling
 Location / address: Multiple locations
 Approved by: Simon Townsend
 Approved date: 2020 / 08
 Review date and reason (regular review or straightaway): 2020 / 08

Who might be harmed? (Yes / No)

Members / participants: Yes
 Coaches / volunteers: Yes
 Visitor/s: Yes
 Members of the public: Yes

RA Ref: RA03
If a review or changes are made to the content of this risk assessment, the amended assessment must be forwarded for inclusion website

Generic supportive controls:

CAAT AGM and [Constitution](#) governs and outlining clubs objectives, roles, responsibilities, equal opportunities, child / adult protection and sub committees.

CAAT [Code of Conduct](#) covers principles for vulnerable child / adults, [coaches](#), parents, Members and juniors to ensure respect, integrity, standards, inclusivity and diversity.

CAAT [Committee](#) reviews, meetings and AGM ensures appropriate compliance and governance of club including risk assessments.

CAAT Coach meetings help continuous development of suitable training plans and safe training sessions leading to successful participation of sporting events. Development of training plans and specific training sessions or event instructions by lead coaches

CAAT [MOJO club membership](#) governs attendees and emergency contacts at training session, incidents or injury shall be reported using [accident reporting form](#).

CAAT Website contains membership, training and competition information and is governed by privacy [terms and conditions](#) and [privacy policy](#)

CAAT Safeguarding is overseen by a safeguarding officer and [key contacts](#), all coaches are [DBS certificated](#) and volunteers either self-certify or have [appropriate level DBS](#).

CAAT has approved [risk assessments](#) (RA) for training and events. Site Specific Risk Assessment (SSRA) covering training venues and a COVID RA covering infection/ hygiene. These shall be referenced in collaboration with other relevant controls measures and instructions to form CAAT's Emergency Action Plan (EAP) and safety arrangements.

CAAT operates within [Public Health England, UKA, EA, BTF](#) and [IE](#) guideline to ensure there is a healthy and safe pathway to training and racing.

CAAT coach to carry club provided first aid kits to all training. First aider coverage reviewed periodically, first aid contents reviewed after use and annually for expiry dates.

Training sessions and events should be planned, assessed, with suitable control measures in place and have effective communication to all relevant parties to reduce bacteria and virus transmission risks

Responsible Person (RP) = member or member parent, guardian, or other person helping with travel arrangements of member / supporting a session or event.

Other supportive Information or drawings

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
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Lead Coach Responsible -	Overall Risk Rating:	Low	<input checked="" type="checkbox"/>	Medium	<input type="checkbox"/>	High	<input type="checkbox"/>
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Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required and By Who
Risk of illness, infection / disease	Member, parent, coach, volunteer, member of public, family of the above. Showing symptoms from the Infection of COVID 19 possibly leading to longer term health issues or death	<ul style="list-style-type: none"> Follow Risk Assessment COVID Secure guidance and instruction for updated information including personal hygiene, venues, use of equipment, inadequate instruction, poor supervision, other Members, travel to venues, first aid provisions. Coach to Member ratio's set by governing bodies Public Health England, UKA, EA. Each coach can train 12 people at one time in a club/running group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present. Revert to governing body guidance on coach to Member ratio for non COVID secure venues or activities. Athletes must not touch or share anything inc. water bottles, cones, stakes or hurdles. If blocks are used, they must not be shared. Relay batons must not be used by more than one person. Personal clothing or footwear can only be adjusted by the athlete or parent/guardian i.e. the coach cannot tie shoelaces. 	Med	
Slips, trips and falls including inclement weather	Members, may be injured if they slip, trip or fall during the session	<ul style="list-style-type: none"> Where possible check the running surface is suitable before the session starts and adjust session as required. Remind members before training to wear appropriate clothing/footwear for terrain, location and conditions. Complete a quick check on footwear, hydration and clothing before session starts. Where necessary alter session to suit or manage members attendance. Where the weather or ground condition change and it is no longer safe to continue stop and return to agreed safe location per SSRA / instruction. 	Low	

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
		<ul style="list-style-type: none"> Any injuries must be recorded on an accident form and sent to the central register held by the Safeguarding lead. Athletes will be visible by at least one coach or assistant at all times. 		
Poor ground conditions, unknown objects, sharps or needles	Members, may be injured by tripping over tree branches or roots. The ground may be flooded or uneven. Objects left on the grass or paths e.g. litter/glass/excrement	<ul style="list-style-type: none"> Where possible check training area prior to session for debris, obstacles and that it is suitable ground to run on. Notify Members early of known conditions so that they are prepared for the session with suitable footwear and clothing. Mark out areas that are potential hazards, including low tree branches and protruding roots. Do not handle unknown objects, sharps objects, needles or excrement. Divert training pathway as necessary to avoid hazards. 	Low	
Other users of training area / park / venue	Member, parent, coach, volunteer, member of public.	<ul style="list-style-type: none"> Follow site specific risk assessment guidance. If running in public areas with vehicles (e.g. roads) hi-vis clothing must be worn during day or night. Look for other events in the area that may clash with the training sessions that could introduce uncontrolled risk of collision, poor social distancing. If possible, identify training area using cones, stakes and tape. Undertake a dynamic risk assessment, if the area is unsuitable for use, then revert to another suitable running area. 	Low	

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
		<ul style="list-style-type: none"> Provide clear instruction of where to run and for members to give way to oncoming member of the public where appropriate allow suitable space and the right of way where appropriate Avoid conflict and unnecessary risk of any contact. Give Members advanced warning of change of training area via approved comms channel for group like message groups, email or social media page. 		
Risk from additional equipment e.g. blocks, hurdles, ladders, etc.	Member	<ul style="list-style-type: none"> All equipment must be in good working order. Any additional equipment, such as hurdles, ladders, etc. must only be touched by a named coach. If any equipment is touched by any Members they should clean their hands immediately. Relay batons should not be used. 	Low	
Risk of injury due to horseplay	Member, coach or volunteer being injured by physical or mental interaction	<ul style="list-style-type: none"> All members act within code of conduct. Coach to remind Member of conduct during session and where appropriate the member RP. Coach to report any safeguarding issues to CAAT officer. 	Low	
Unsupervised Member prior to during and after sessions	Member	<ul style="list-style-type: none"> Member to have suitable supervision prior to, where necessary during (at agreed safe location) and afterwards by members RP. Coach to release Member to members RP where appropriate. 	Low	
Unknown third-party intervention with training	Member, coach	<ul style="list-style-type: none"> Avoid conflict were possible Where required stop session and support members to a safe location point detailed in SSRA Report any incident to safeguarding officer 		
Poor lighting, poor visibility of member in public space or footpaths	Member	<ul style="list-style-type: none"> Review lighting requirement is suitable for session and location Member to wear hi-vis vest or top to class 2 standard Member to carry torch when instructed to 	Low	

Ref No:

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
		<ul style="list-style-type: none">• Follow instruction from coach on use of paths or track including any crossing points		
Lack of medication	Member	<ul style="list-style-type: none">• Members with known medical requirements should be registered on the MOJO and the coach be aware of the member requirements.• Member should raise any issues with the training instructions with the coach is there is any concern before, during or after• Member to carry own provisions and be able to self-medicate if required during session	Low	