

CAAT TRAINING RISK ASSESSMENTS

Risk	Impact (1-5)	Control Measure(s)
GENERAL		
Coaching is not covered by insurance.	5	One senior coach needs to be present, plus other coaches/helpers in the ratio of 12:1 for juniors.
Young athletes wandering around before or after sessions	2	Young athletes must be accompanied by a parent/guardian, who will stop with child for the duration of the session
Risk of injury due to horseplay	2	All sessions to be controlled. Unruly behaviour or horseplay - athlete to be excluded from session
Athletes colliding whilst training	3	Athletes to be briefed on safety prior to session starting.
		Clear boundaries (cones,tape) to be setup, to separate different activities and groups.
Training aggravates an injury or illness.	3	Athletes to be asked whether they are suffering from any injuries or illnesses before session e.g. asthma, colds, muscle injuries, etc. Adjust session to suit them.
		Dynamic warm up before training sessions, Static stretches after session.
Injury sustained during training session.	3	First Aid kit must be available at all training venues.
		Mobile phone for contact of emergency services must be carried by one of the coaches/helpers.
Athletes following misdirection by others	1	Coaches and other helpers should be clearly identifiable in the session.