

## CAAT TRAINING RISK ASSESSMENTS

Risk	Impact (1-5)	Control Measure(s)
<b>ROAD</b>		
Danger posed to themselves by athlete carrying an injury prior to session.	5	Ask athletes if anyone is injured or not well. Encourage parents/carers to inform coaches.
Danger of losing athletes during sessions.	5	All athletes must register before session starts. A count of athletes before, after and ideally several times during the activity, must be made.
		Athletes must tell a coach/helper if they are leaving the session for any reason.
Road running is high risk relative to other activities.	5	If possible, avoid it i.e. athletic track, use off road, parks, and other traffic free areas.
Road running (risk of collision with vehicles)	5	Junior athletes should never run on roads; always use the pavement.
		Senior athletes must run on pavements where available. Sessions should be planned to minimise need to run on roads. All running on public roads to be in single file and running towards oncoming vehicles.
		All athletes to wear hi-visibility tops during training on dark nights. Sessions planned to use well-lit paths, which are wide and have minimal other hazards.
		No ipods or mp3 players allowed during A.R.C. sessions
		All junior athletes to be in clear view of at least one of the coaches/helpers all the time.
		All crossing of roads must be fully supervised by a coach/helper, and ideally done at a crossing point.
		Long runs are not recommended, especially for young athletes. Better are sessions taking place in a confined and safe area e.g. hill reps, pyramids, loops. This is easier to manage, plus all athletes will be closer together, irrespective of age and ability.
Car park areas (risk of collision with vehicles)	5	No athlete to train/warm-up in these areas. Athletes to keep off roads and car park area while waiting for session to start.
Athletes putting themselves or other in danger through inappropriate behaviour.	3	If warning has no effect, the athlete will be barred from this and a number of future sessions.
Athletes becoming ill or injured during training sessions	2	Consider use of mobile phone on remote training sessions. One extra coach/helper per session, to enable them to accompany any ill athletes back to base.
Icy/muddy road/path conditions (risk of slipping/falling)	4	Supervisors to assess condition of roads/pavements prior to session. Session to be abandoned in adverse conditions.

Reviewed : December 2018