

## CAAT TRAINING RISK ASSESSMENTS

Risk	Impact (1-5)	Control Measure(s)
<b>ROAD</b>		
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	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. Athletes must run on pavements where available. All running on public roads to be in single file and running towards oncoming vehicles.
		No i-pods or mp-3 players allowed during A.R.C. sessions
		All athletes to be in clear view of at least one of the coaches/helpers.
		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 not 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 mto 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