

CAAT TRAINING RISK ASSESSMENTS

Risk	Impact (1-5)	Control Measure(s)
TRACK & FIELD		
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.
General public/parents, etc. (risk of collision with athletes)	3	To be allowed to stand in front of grandstand and not be allowed onto track area.
Risk of athletes colliding with others.	4	Athletes participating in sessions to warm-down/recover on directed areas away from the training athletes. Typically the outside two lanes of the track or the grass on the inside of the track.
		Segregation of sessions. Athletes to keep to inside of allotted lanes when being overtaken. When finished lap or interval athletes to move off track to allocated warm-down/recovery area. No ipods or mp3 players allowed during A.R.C. sessions.
		Athletes participating in sessions to leave bags/jackets/drinks off the track.
		Athletes to be briefed on 'track etiquette'.
Unsolicited photographic images being taken at training sessions.	3	No phones, tablets or cameras to be used in Sportshall without permission from Lead Coach (es).
Training staff/helpers (risk of collision with athletes)	1	All to be aware of other training sessions being carried out simultaneously. All sessions to be coordinated by one supervisor.
Icy or very wet track conditions (risk of slipping/falling)	4	Track supervisors to assess condition of track prior to session. Abandon if necessary. Use of spikes will aid grip, and reduce chance of incidents.
		Conditions may not be suitable for fields events such as throwing and jumping events. In particular, color and/or wet conditions can dramatically increase risk of injury to athlete or others in vicinity.
Throwing events can cause serious injury.	5	Throwing area needs to be secured from incursion by other athletes.
		Throws athletes MUST follow coaching direction at all times, to ensure safety of themselves and others.

Reviewed : December 2018