

CAAT TRAINING RISK ASSESSMENTS

Risk	Impact (1-5)	Control Measure(s)
TRAIL/FELL		
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.
Trail running (risk of collision with vehicles, bikes, horses, etc.)	5	Running area to be checked for risk of collision by coach(es). Athletes to be briefed of any potential obstacles, and warned to be wary of unexpected obstacles that could pose a risk of injury during session.
		All athletes to follow direction of coaches.
		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.
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	4	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.
		Ensure athletes are wearing suitable footwear and other clothings to match conditions (that could be adverse).
Icy/muddy road/path conditions (risk of slipping/falling)	4	Supervisors to assess condition of roads/pavements/trails/fields/etc. prior to session. Session to be abandoned in adverse conditions.

Reviewed : December 2018