



NUNEATON HARRIERS ATHLETIC CLUB

GENERIC RISK ASSESSMENTS FOR NORMAL CLUB ACTIVITIES

This guide outlines generic risk assessments for activities anticipated to be carried out by members of the club.

This guidance is supported by the club's codes of practice and expectation that athletes, coaches and other individuals will comply with those codes.

This guidance document is made available to all members and will be posted on the noticeboard in the Pingles stadium clubhouse

CONTENTS

Road running	2
Track / stadium sessions	5
Indoor/clubhouse training	8
Cross-country training	9

Explanatory note for individual Risk Assessments

P = probability of event occurring, measured as High, Medium, Low (H/M/L)

I = impact of event upon who is affected, measured as High, Medium, Low (H/M/L)



TERMS AND ADDITIONAL INFORMATION

Run leader – the person who has organised the run qualified as LiRF, CiRF / Coach – EA qualified athletics coach, assistant coach

Social media – the club has a Facebook page, Nuneaton Harriers AC

Website address: www.nuneatonharriers.org.uk

EA covid guidance available via: [Return of athletics and running \(updated 26 March\) - Athletics & Running \(englandathletics.org\)](https://www.englandathletics.org/return-of-athletics-and-running)



RISK ASSESSMENT: ROAD RUNNING INCLUDING FARTLEC SESSIONS AND HILL REPETITION SESSIONS (outside the stadium)

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Trip hazards – uneven surface in park, cracked and uneven pavements, wheelie bins, potholes, etc	Runners	Detail hazards in pre-run briefing, and advise caution. Call out hazards within the run group	H	M	Advise adult runners to carry a mobile phone in case of serious injury e.g. call 999 for themselves or on behalf of another runner. Move obstacles if appropriate.	L	Run leader
Road crossings	Runners, drivers	Strongly advise runners to cross roads with caution in pre-run briefing; wear hi-vis clothing. Lead young athletes to use controlled crossings if available and cross as a group	H	H	Strongly advise runners at new runners briefing, and pre-run briefing to NOT wear headphones.	L	Run leader
Icy pavements, potentially slippery underfoot	Runners	The run leader will make decision whether to cancel or not based on their assessment of conditions underfoot to the best of their ability at that time. Announce cancellation via Facebook pages. If run goes ahead, caution runners that pavements may be slippery in places during the pre-run briefing.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Strong winds, lightning storm	Runners	Run leader to take decision whether to cancel based on their assessment of conditions at the time of the assessment. If not cancelled, advise caution in pre-run briefing.	L	M	As above. Advise runners not to shelter under trees if conditions worsen during the run.	L	Run leader

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Extreme heat or cold	Runners	Run leader to take decision whether to cancel. If not cancelled, advise runners to bring/carry water/wear layers (as appropriate) on social media pages prior to the run.	M	M	Pre-warn runners on social media that due to an adverse weather forecast, there is a possibility that runs might be cancelled and to keep an eye out on social media for announcements	L	Run leader
Dark nights, poor visibility	Runners, pedestrians, drivers	Strongly advise adult runners to wear hi-vis clothing – fluorescent, reflective, lights prior to run and in pre-run briefing. For young athlete groups insist on hi-vis clothing. Hi-vis vests are available to borrow from the clubhouse.	H	H	Hi-vis vests are available to borrow from the clubhouse	L	Run leader
Congestion on pavements	Runners, pedestrians	Advise runners that we do not have priority on the pavement. Give way to pedestrians, operation of single file – detail this in pre-run briefing. Have reverse route runners volunteer to keep runners mindful and to keep an eye on pavement safety. Dispatch runners in discrete groups so as not to overwhelm the pavement, and leave gaps between groups of runners. Include information about narrow pavements or blind corners specific to a particular route.	M	M	Get feedback from reverse route runners on issues e.g. distribution of runners. For repetition runs on a section of path – instruct runners to stay on their left-hand side to avoid collision.	L	Run leader

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Runner has major health incident during the run e.g. heart attack, stroke, asthma attack	Runner	New runners/temporary membership/couch to 5k form asks runners if they are medically fit to undertake the run. Ask runners to carry their inhalers – in new runners briefing, general pre-run briefing. Tail runner must carry a mobile phone with them. At least one Coach for YA groups to carry mobile phone.	L	H	Ask runners to carry ICE information with an emergency contact and information about any existing medical conditions, allergies, medication. Publicise on social media on how to purchase plastic tags for ICE information e.g. from parkrun merchandise.	L	Run leader
Getting lost	Runners	Publicise route maps in advance. A volunteer tail runner is the last person. Beginner runners have a dedicated volunteer to run with them, running laps of a circuit of roads. YA groups to always have lead and tail runners.	M	L	Match runners new to the area with experienced runners – ascertain in new runners briefing.	L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on noticeboard as part of the information on runs.	L	Club Committee
Covid 19	Runners, coach, public	Limited size groups. Members advised to look at EA guidance. Athletes instructed to abide by stadium procedures on arrival. Segregated group meeting points. Pre run briefing to be delivered by leader regarding appropriate hygiene and distancing. Leader to carry face masks in case required to deal with 1 st aid/medical incident.	L	H	Remind athletes re distancing at crossing / re-grouping points. Risk assessments to be posted on website	L	Run Leader

RISK ASSESSMENT: TRACK / STADIUM

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Track kerb not securely fixed, debris (e.g. branches) on track	Athletes	Walk the track to clear debris, check kerb before sessions	M	M	Observation during session in case conditions change.	L	Coach
Equipment e.g. hurdles, starting blocks	Athletes	Check hurdles are not damaged, set to correct height and distances, counter-weights correctly adjusted and hurdles facing correct direction. Check blocks are not damaged, foot plates can be secured and blocks are secure on track.	L	M	Ask athletes to also check equipment before use. Train athletes how to check equipment	L	Coach & athletes
Wet or icy track, potentially slippery underfoot	Athletes	Coach to make a decision whether to cancel or not based on assessment of conditions underfoot. Announce cancellation via club Facebook pages. Adjust session activities to avoid needing sharp turns / stops / jumps, etc	L	M	If session goes ahead, caution athletes that the track may be slippery in places. Adapt session as appropriate.	L	Coach & athletes
Strong winds, lightning storm	Athletes	Coach to take decision re cancellation based on their assessment of conditions at the time of the assessment.	L	M	As above	L	Coach
Extreme heat or cold	Athletes	Coach to take decision re cancellation. If not cancelled, advise athletes to bring/carry water/wear layers (as appropriate).	M	M	As above	L	Coach

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Dark nights, floodlights off, poor visibility	Athletes	Switch on floodlights before darkness. If floodlights fail and visibility is poor then suspend session	L	M	Report blown bulbs to stadium staff	L	Stadium staff Coach
Athletes performing throws practice on the infield area	Athletes,	If there is activity on the infield then instruct runners not to cross the throw area. No long throws practice during 6:30 to 7:30 sessions where there are U13s in the stadium. If throws are contained then designate a safe area where athletes may cross the field	L	L	Liaison between coaches using the stadium to avoid conflict of use.	L	Coach & athletes
People playing football in the central area	Athletes, football /rugby players	Normal arrangement is to avoid double bookings at the stadium. If there is activity on the infield then instruct players to control footballs. Advise runners that people playing football may walk across track to access football area or to retrieve a ball.	L	L	Intervene if ball players are not following instruction during club sessions.	L	Coach
Athlete has major health incident during the session e.g. heart attack, stroke, asthma attack	Athlete	New athlete form asks runners if they are medically fit to undertake the activity. Coach to seek help from track facility management to get help from first-aid trained staff on premises, including access to a defibrillator if necessary. Coach or stadium staff to call 999 if necessary. Club office to call athlete's emergency contact if not already onsite.	L	H	Ask athletes to carry their inhalers if likely to be needed. Ensure athletes have an up-to-date membership form with an emergency contact and information about any existing medical conditions, allergies, medication.	L	Coach
Covid 19	Athletes, coach, other stadium users	Limited size groups in accordance with EA. Pre-booking only to support track-and-trace. Members advised to look at EA guidance. Athletes instructed to abide by stadium procedures on arrival. Segregated group meeting points / lanes for training. Pre session briefing to be delivered by coach/leader regarding appropriate hygiene and distancing.	L	H	Remind athletes re distancing during session Risk assessments to be posted on website. Marking zones within stadium to provide segregation if there is potential for groups to overlap.	L	Coach

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Covid 19 Young athlete groups	Athletes, coach, other stadium users	Limited size groups (12 max). Pre-registration for all classes Mandatory registration briefing for parents on stadium procedures. Class register plus track and trace for parent/carers Class 'bubbles' maintained Young athletes instructed to abide by stadium procedures on arrival. Segregated group meeting points. Coaches/helpers only to touch equipment and/or hygiene procedures between usages	L	H	Remind athletes re distancing during session Periodic reminders to parents	L	Coach

Note; additional risk assessments may be prepared for specific events or training sessions, e.g. jumps, throws, pole-vault.

RISK ASSESSMENT: INDOOR / CLUBHOUSE TRAINING - Prohibited until 12th April at earliest

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Trip hazards. Stored furniture and equipment Kit bags and personal belongings	Athletes Coaches	Moving furniture to the sides of room. Asking athletes to put belongings on or under furniture	L	H	Ensure room is as tidy as possible. Screen / barriers /cones around any remaining obstacles and highlight possible hazards that cannot be moved or screened off. Remind athletes re positioning of personal belongings Care in placement of equipment to be used during session	L	Coach
Crowding Access to & from function room and café area	All stadium users	Prior reservation by coaches for use of the room. Wait for access if already in use. Care when moving around the room / between exercise stations. Athletes to inform Coach if they need to leave the room.	M	M	Remind athletes of current procedure. Ask parents, carers and other athletes to remain outside of function room whilst in use	L	Coach
Correct use of equipment	Athletes	Check that equipment is not damaged and set up correctly.	L	H	Remind athletes of correct use and set up. Instruct athletes in the correct use of equipment. Equipment only to be used in the presence of coach.	L	Coach
Covid-19	All Stadium Users	Limited group size. Maximum of 2 Groups, i.e. 10 athletes and 2 coaches. Pre booking only to ensure track & trace. All users to sanitize hands before and after use of the room. Observe social spacing when placing exercise stations and whilst moving between stations. Under 18s only (in accordance with EA guidance)	M	H	Work with others to ensure limited users. Remind athletes and parents to pre book. Keep café door closed with no-entry signage. No spectators in the room. Have fire door open and secured to allow airflow - open door to be by locked main gates, not by trackside Remind athletes to sanitize hands and of social distancing.	L	Coach

RISK ASSESSMENT: CROSS-COUNTRY TRAINING

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Weather conditions Heat, cold, slippery surfaces, etc	Runners	Managed as for road running	M	M	Managed as for road running	L	Run leader
Variation in terrain, gradient. Uneven ground. Grass obscuring uneven ground. Sloping ground, adverse camber. Low hanging tree branches and twigs. Tree debris. Mud - may be deep in places. Dry ditch. Ditch with water or stream. Items submerged in water. Boggy ground. Tree roots, tree stumps, potholes. Nettles, brambles. Narrow paths, pinch points, blind-corners. Dog mess. Insects.	Runners, other park users	Run leader to advise runners of the risks and to run with caution. Strongly recommend that trail shoes are worn, and if appropriate, shoes with spikes. Advise runners to pick their feet up.	H	M	Run leader to run initial slow lap with all runners and point out any specific or additional hazards in the environment. Advise runners with road shoes to take extra care. Advise runners to look up as well as down - in case of branches at eye level.	L	Run leader

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating		What else can you do to control this risk?	Residual risk rating	Action by whom
			P	I			
Other park users on narrow paths	Runners, other park users	Run leader to advise runners that we do not have priority over other park users; look out for them; move to one side, when appropriate.	H	L		L	Run leader
Dogs off the lead, dogs on extendable leads	Runners	Advise runners that there may be dogs off lead or on long extendable leads.	H	M		L	Run leader
Getting lost	Runners	Run leader to devise a short route that is run as laps. Run first lap together so that all runners become familiarised with the route.	L	L		L	Run leader
All hazards	Runners, pedestrians, drivers	Pre-run briefing by run leader before run, for assembled runners to listen to.	M	M	Make risk assessments available on website and on Facebook page as part of the information on runs.	L	Committee