

Risk Assessment: Occasional interval training on local roads

Date:	Assessed by:	Location :	Review :
02 / 01 /2018	Leila Oliver	Walker Rd, Braywick Rd, Clifton Close	02/01/2019

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?	Resultant Risk Rating	Action by whom	Target date	Complete
Slips and trips Spillages/loose cables	Staff may be injured if they slip on spillages or trip on cables or objects left on the floor.	<ul style="list-style-type: none"> There is general good housekeeping policy in the organisation Wet floor signs are always used Staff use electrical sockets nearest to where they are working to reduce the risk of tripping over leads 	L	<ul style="list-style-type: none"> Introduce a two-mop system for cleaning floors (wet mopping followed by dry mopping) Remind staff to wear sensible shoes, e.g. flat shoes with a good grip 	L	Joe Bloggs	25/12/16	Yes 14/09/15 Joe Bloggs
Slips and trips due to road and pavement conditions, eg. pot holes, wet leaves, uneven ground, objects on the ground.	Athletes may be injured if they trip over uneven pavement or objects, put foot in pot holes, slip on wet leaves/berries.	<ul style="list-style-type: none"> Alert athletes to where the hazards are and mark out if possible. Have a person by any hazards that cannot be marked out. Athletes use head torches. 	M	<ul style="list-style-type: none"> 	M	Leila Oliver		
Collision with car	Athletes may be injured if they are not seen by occasional road traffic and residents driving off/on drive.	<ul style="list-style-type: none"> Remind athletes of the danger of running on roads and the importance of being aware. All athletes to wear high visibility/reflective clothing and 	M	<ul style="list-style-type: none"> Use caution runner signs. 	M	Leila Oliver	When needed.	

		<p>head torches.</p> <ul style="list-style-type: none"> • Use pavement where possible. • Coach to be in an area in high visibility clothing where all athletes can be seen and alert them to approaching cars. • Session to stop. 					
Athletes colliding	Athletes injured by colliding with each other.	<ul style="list-style-type: none"> • Athletes to wear high visibility clothing and head torches. • Athletes to run on left. • Remind athletes to be aware of each other faster runners aware of slower runners and vice versa. • Session to stop if serious injury. 	L	<ul style="list-style-type: none"> • Segregated paths if possible. 	L	Leila Oliver	When needed.
Athletes colliding with member of the public	Athletes or member of the public injured by colliding with each other.	<ul style="list-style-type: none"> • Athletes to wear high visibility clothing and head torches. • Athletes to run on left. • Remind athletes to be aware of public and give them the right of way. 	L	<ul style="list-style-type: none"> • Caution runner signs. 	L	Leila Oliver	When needed.

NB Copy and paste rows as required