



# Bedford Harriers AC

## Risk Assessment - Number 2

### -Track Work-

Task Description:	Harrier controlled Friday summer track work
Assessment Completed By:	Lesley Gaunt MIOSH
Date Completed: 15/07/2014	Review Date: Upon change

Hazards Identified:	
Nature of the track surface, collision/tripping up other runners, heat exhaustion, dehydration, injury, occasionally midges are present in the evening.	
Who Can Be Harmed:	Nature of possible harm:
Club runners and other users of the track	Cuts, grazes and bruises, thermal stress, running injury.

SEVERITY		H	Fatality, Major injury or illness causing long term disability Injury/Illness causing short term disability Other injury or illness	SEVERITY	L/H	M/H	H/H
		M			L/M	M/M	H/M
	<b>X</b>	L			<b>L/L</b>	M/L	H/L
					LIKELIHOOD		
LIKELIHOOD		H	Certain or Near Certain to Occur	Plot assessment of Severity against Likelihood & Highlight Value obtained			
		M	Reasonably likely to occur	H/H: Avoid Whenever Possible			

			L/L : May be Ignored
X	L	Very Seldom or Never Occurs	All other Values Control or Minimise Risk

#### Existing Controls:

Track sessions will always be coach led – preferably assisted by at least one volunteer.

Coaches are Club approved and are either qualified by a recognised national body or have become approved by virtue of completing the 'Becoming a group Leader' process as published on the Club website. Coaches issue training schedules which are published on the notice board and web sites enabling runners to decide if they can attend based on their own ability.

Full warm completed before session starts, to reduce risk of injury caused by the training session or the track surface.

Runners are split into ability groups by the coaches if the need arises.

Coaches ensure the ability groups work in separate areas of the track if congestion is likely to occur.

Runners are advised on track etiquette (shouting a warning when approaching from behind, being considerate of other runners)

Coaches are assisted by unofficial timekeepers/volunteers who look after an ability group either from track side or from within the group.

Sessions are limited to approximately one hour including warm up/down.

Water is available at the stadium.

Runners are advised to wear suitable clothing for the weather conditions.

Runners are advised to use sun screen and insect repellent when required.

Dynamic risk assessment is completed for any disabled/recovering from injury runners.

#### Additional Controls:

Consider whether Coaches to be trained in basic first aid.

Coaching Co-ordinator to discuss this risk assessment and the Be Safe When Running document at next coaches meeting.

Date Additional Controls Implemented:

Date: 15<sup>th</sup> July 2014

©LG Bedford Harriers AC 2014