

RISK ASSESSMENT

STEP 1: The Nature of the Activity

Activity

Women's fitness session

Brief Description of Activity and Equipment used

Facility: Wilberforce Road athletics ground
 Equipment: Track
 Activity: sprinting drills, long distance runs

STEP 2: List Hazards

- | |
|-----------------------|
| 1. Warm-up |
| 2. Sprint Drills |
| 3. Long Distance Runs |
| 4. Weather |

STEP 3: Assess each Hazard and determine Risk

Hazard 1

Nature of Hazard: Warm-up

Persons at Risk: Athletes

Control Measures:
 1. Coach to ensure everyone warms up properly and together
 2. Appropriate clothing to be worn
 3. First aid kit to be on hand
 4. Safety policy of Wilberforce Road to be found at www.sport.cam.ac.uk

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

Hazard 2

Nature of Hazard: sprint dills

Persons at Risk: athletes – sharp turns, exhaustion

Control Measures:
 1. Proper warm-up to be undertaken
 2. Water to be taken on as often as possible
 3. Breaks to be given between drills for recovery
 4. First aid kit to be on hand
 5. Safety policy of Wilberforce Road to be found at www.sport.cam.ac.uk

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

Hazard 3

Nature of Hazard: Long distance runs
Persons at Risk: Runners
Control Measures: 1. Team leaders to choose distance appropriate to all standards of runner in the group 2. Appropriate clothing and footwear to be worn 3. Drinks to be available at beginning and end

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury					////////////////////
Env / Plant					

Is this risk acceptable ? yes

Hazard 4

Nature of Hazard: Weather
Persons at Risk: Athletes – slipping on wet surface, especially when pivoting and changing direction
Control Measures: 1. Coach to assess surface and adapt drill accordingly 2. If sprinting is too dangerous, session to be abandoned or team to go on a run 3. Appropriate clothing to worn and water to be taken to all sessions by individual participants 4. Greater danger of cold-related problems than heat ones so precautions to be taken accordingly 5. First aid kit to be on hand

Assessment of risk

	Likely	Probable	Possible	Remote	Improbable
Fatal Injury					
Major Injury					
Minor Injury				////////////////////	
Env / Plant					

Is this risk acceptable ? yes

a) Risk Assessment completion and approval

Name:	Signature:	Date
Club Officer Completing Form:		
Club President:		
Senior Treasurer:		

STEP 4: Review

Date of Review	Describe changes to the equipment or state 'none'.	Assessor Signature	Next review due

Notes: