



Risk Assessment Training Sessions

Scope of assessment

This risk assessment covers all club organised training sessions including - interval training, hill training and cross country training.

Medical emergency planning

- The nearest Hospitals are Addenbrooke’s in Cambridge and the West Suffolk Hospital in Bury St Edmunds. Both can be reached within from the venue within 30 minutes.
- All coaches will be offered first aid training and provided with a basic first aid kit. Where a training session is led by a coach who isn’t first aid trained, the coach will be provided with contact numbers of people in the club that could respond to a first aid incident.
- All coaches must carry a phone in case of emergency.
- If the situation is particularly severe coaches should call 999 immediately
- All incidents requiring first aid treatment need to be recorded on an accident form.

General precautions

- All training sessions will be led by UKA qualified coaches.
- A coach/athlete ratio of 1:12 will be maintained whenever possible.
- Coaches should risk assess each area before starting the session. Control measures should be put in place to reduce the risk of harm. If this is not possible, the session should be changed.
- Where training is taking place after dark, there should be adequate street lighting to make it possible to see hazards.
- Hi-viz must be worn by all coaches and athletes when some or all of the session takes place after dark.
- Suitable running shoes and clothing to be worn by all.
- Runners must be fit and well enough to take part. Coaches will check this at the start of each session.

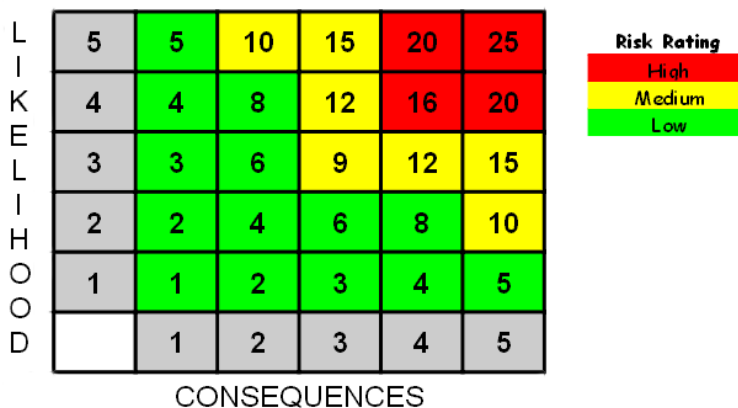
Hazard	Risk	Control	Risk Level*
Uneven surfaces (e.g., curb stones and rabbit holes)	Uneven surfaces can cause people to trip and fall, resulting in cuts, bruises and possibly broken bones and head injuries.	<ul style="list-style-type: none"> • Areas being used for sessions to be inspected prior to session. • Remove the hazard from the session if possible, or use other methods to make the hazard easier to see and avoid e.g., mark with paint or tape. • Ensure runners are aware of any hazards. 	Low 2x3=6
Slippery surfaces due to adverse weather	Slippery surfaces can cause people to trip and fall, resulting in cuts, bruises and possibly broken bones and head injuries.	<ul style="list-style-type: none"> • Paths and pavement to be inspected prior to session. • Training will not take place if the likelihood of an incident becomes ‘Possible’ (Score 3 according to the matrix table below). • Runners to be warned of any slippery areas and asked to slow down. 	Low 2x3=6

Vehicles	Collision with cars resulting in serious injury or death.	<ul style="list-style-type: none"> Sessions will only take place in areas that have low volume of traffic at this time of the day e.g., residential streets or certain parts of the industrial estate. Sessions must not take place in areas where there is no pavement or verge that the runners can use to get out of the way of vehicles. Sessions to be planned in a way that avoids the need to cross roads during the effort. The use of earphones is not permitted. 	Low 1x5=5
Branches from overgrown bushes obstructing pavement.	Brambles and branches could cause eye damage.	<ul style="list-style-type: none"> Training areas to be risk assessed prior to the session. Any over-hanging or protruding branches to be removed. Avoid running close to the trees etc. If the route required for the session involves running through the trees (e.g., for a XC training session), make the runners aware of the hazard so that they can avoid it. 	Low 2x3=6
Muscular skeletal injuries caused by incorrect training intensity	Running faster/further or at a greater intensity than the body is used to can lead to injury.	<ul style="list-style-type: none"> Runners reminded that they can complete as much of the session as they feel able. 	Low 2x3=6


***Assessment Matrix**

Likelihood (Probability)	Consequences (Impact)
5. Almost Certain	5. Fatality
4. Probable	4. Major Injury, resulting in disability
3. Possible	3. Injury Requires, Doctor's or Hospital attendance
2. Possible (under unfortunate circumstances)	2. Minor Injury, 1st Aid required
1. Rare	1. Minor Injury, 1st Aid not required

5 x 5 Risk Matrix



Risk Rating is calculated by multiplying the likelihood against the consequences, e.g. taking a likelihood of 4, which is classified as Probable, and multiplying this against a consequence

Assessor: Mark Novels	
Date: 26 th March 2025	Signature:
	Review Due: March 2026

