

TEMPLATE 3: Facility Health Check- Non Covid – General Training Away From Club Risk Assessment.

Location/Venue:	Date:	Assessor:
SUMMER TRAINING AWAY FROM PIXHAM SPORTS GROUND.	05/04/2024	DMVAC Committee

Potential Hazards	What risks do they pose and to whom?	Who is at risk? E.g. athletes/coaches/ parents/the public/others	Risk Level H/M/L	What precautions have been taken to reduce the risk?	What additional action is needed to control identified hazards and reduce the risk?
<u>LACK OF FIRST AID PROVISION.</u>	RISK BEING UNABLE TO DEAL AFFECTIVLY IN A MEDICAL EMERGENCY.	ATHLETES/COACH /RUN LEADER/NON EA LICENSED RUN LEADER	M	UKA LICENCED COACHES/RUN LEADERS MUST HAVE COMPLETED THE APPROPRIATE LEVEL OF FIRST AID TRAINING IN COMPLIANCE WITH UKA INSTRUCTION. EITHER COACH/ASSISTANT COACH OR UKA LICENCED RUN LEADER REQUIRE A CATEGORY B FIRST AID CERTIFICATE. (NEXT LEVEL B FIRST AID DAY BOOKED FOR SUNDAY 30/06/24 AT PIXHAM SPORTS CLUB. PLACES AVAILABLE.) COACHES.ASSISTANTS AND LICEENCED RUN LEADERS AS THEIR LICENCE COMES UP	DMVAC CONDUCTS BOTH TRAINING AND LED RUNS AWAY FROM OUR DESIGNATED SPORTS GROUND AT PIXHAM LANE. AS A RESULT WE FALL INTO THE UK ATHLETICS CATOGORY B FIRST AID TRAINING REQUIREMENT. (EMERGENCY ASSISTANCE/AMBULANCE WOULD BE EXPECTED TO BE ABLE TO ATTEND THE SCENE WITHIN 10-20 MINUTE TIME SCALE) N.B. DORKING IS SURROUNDED BY EMERGENCY MEDICAL PROVISION ALL WITHIN A 10 MILE RADIUS. WITH AMBULANCES ABLE TO DISPATCH FROM EAST SURREY HOSPITAL/ EPSOM HOSPITAL / ROYAL GUILDFORD

			<p>FOR RENEWAL. . I.E. (1 DAY FIRST AID TRAINING AT LEAST EVERY 3 YEARS AND BE IN DATE) FROM 01/04/23 THIS IS A MANDATORY REQUIREMENT FOR ALL UKA LICENCED COACHES/ASSISTANT COACHES AND RUN LEADERS AS THERE LICENCE COMES UP FOR RENEWAL. AT PRESENT NOT A REQUIREMENT FOR NON UKA LICENCED RUN LEADERS BUT CLUB ADVISES ALL RUN LEADERS TO HAVE UPTO DATE FIRST AID TRAINING.</p> <p>UK ATHLETICS HAVE (CATAGORY A) ON LINE FIRST AID COURSE AVAILABLE TO ALL. THIS IS RECOMMENDED THAT AS A MINIMUM ALL COACHES/ ASSISTANT</p>	<p>HOSPITAL/DORKING HISPITAL AND THE AMBULANCE STATION AT HOMEWOOD DORKING.</p> <p>THE CLUB WILL PROVIDES A CATOGORY B FIRST AID COURSE (THIS YEAR 30/06/24 AT PIXHAM SPORTS GROUND) WHICH IS AVAILABLE TO ALL COACHES/COACHING ASSISTANTS AND LICENCED AND NON LICENCED RUN LEADERS .</p>
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<p><u>TREATING PERSON SUFFERING AN INJURY.</u></p>	<p>RISK OF TRANSFER OF INFECTION INCLUDING COVID-19 (FLUID TRANSFER, BLOOD SILIVA)TO COACH ANY ONE GIVING ASSISTANCE. ALSO POTENTIAL TRANSFER OF VIRUS TO INJURED ATHLETE BEING TREATED.</p> <p>OTHER ATHLETES WAITING GETTING COLD.</p> <p>INJURY TO ATHLETE/ BROKEN BONE/ CUTS GRAZES. HEAD INJURY FROM FALL.</p>	<p>ATHLETES/COACH /RUN LEADER/NON EA LICENSED RUN LEADER</p>	<p>L</p>	<p>COACHES AND BOTH LICENCED AND NON LICENCED RUN LEADERS IF THEY ARE UNABLE TO ATTEND THE CATOGORY B DAY FIRST AID COURSE PROVIDED BY THE CLUB.</p> <p>COACH/RUN LEADER TO HAVE ACCESS TO FIRST AID KIT. MOBILE PHONE. FACE COVERING.</p> <p>THE DEFIBRILATOR ON RANMORE IS BY THE SMALL GATE INTO STEERS FIELD. THIS IS ABOUT 50 METRES FROM STEERS FIELD CAR PARK GOING BACK ALONG THE RANMORE ROAD TOWARDS DORKING. COACH/RUN LEADERS TO BE FAMILIAR WITH DEFIBRILATION POINTS AROUND</p>	<p>PERSONAL FIRST AID KIT IS SUPPLIED BY DMVAC TO ALL CURRENT COACHES/RUN LEADERS THAT REQUIRE THEM.</p> <p>AT LEAST ONE LEADER/COACH TO CARRY PERSONAL FIRST AID KIT WHEN LEADING A GROUP.</p> <p>AT LEAST ONE PERSON IN EACH GROUP TO HAVE A MOBILE PHONE TO CONTACT EMERGENCY SERVICES IN EVENT OF MORE SERIOUS ACCIDENT.</p> <p>RUN LEADERS TO HAVE EMERGENCY CONTACT NUMBERS FOR ATHLETES.</p>
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<p><u>ATHLETE SUFFERING ILLNESS</u></p>	<p>STROKE/ HEART ATTACK/ANGINA/</p>	<p>ATHLETES/ COACH/RUN LEADER</p>	<p>L</p>	<p>DORKING AND PLANNED TRAINING ROUTES.</p> <p>TO TREAT CASUALTY GLOVES SHOULD BE PUT ON</p> <p>CARRY MOBILE PHONE.</p> <p>CARRY FIRST AID KIT.</p> <p>THE DEFIBRILATOR ON RANMORE IS BY THE SMALL GATE INTO STEERS FIELD. THIS IS ABOUT 50 METRES FROM STEERS FIELD CAR PARK GOING BACK ALONG THE RANMORE ROAD TOWARDS DORKING. COACH/RUN LEADERS TO BE FAMILIAR WITH DEFIBRILATOR POINTS AROUND DORKING AND</p>	<p>COACHES/LEADERS SHOULD ENQUIRE OF ANY HEALTH CONDITIONS OR INJURIES OF THEIR ATHLETES PRIOR TO A RUN.</p> <p>AT LEAST ONE OTHER ATHLETE IN GROUP COMPETENT TO LEAD OTHER MEMBERS BACK IN EVENT OF COACH/RUN LEADER HAVING TO REMAIN WITH INJURED ATHLETE.</p> <p>CLUB TO OFFER FIRST AID COURSE FOR COACHES/ASSISTANT COACHES /RUN LEADERS AND NON LICENSED RUN LEADERS. (FIRST AID DAY 30/06/24 AT PIXHAM SPORTS CLUB)</p> <p>IF ONE ATHLETE DUE TO ILLNESS INJURY TIREDNESS/UNABLE TO KEEP UP THEN THEY MUST BE ACCOMPANIED BACK TO VEHICLE/ START POINT/HOME (WITH AT</p>
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<p><u>UNEVEN GROUND/UNEVEN PAVEMENT/ KERB/ ROAD. TREE ROOTS GROWING THROUGH. FALLEN TREES/ASH DIE BACK.</u></p> <p><u>TICK BITES AND OTHER INSECT BITES.</u></p>	<p>THE RISK OF TRIPPING/FALL AND INJURY</p> <p>RISK OF TREES/BRANCHES FALLING.</p> <p>RISK TO RUN LEADER AND ATHLETES WHO MAY BE BITTEN AND CONTRACT LYME DISEASE FROM AN INFECTED TICK</p>	<p>ATHLETES/RUN LEADER /COACH</p> <p>ALL IN THE GROUP ARE AT RISK FROM DIRECT CONTACT/BITE FROM TICK.</p>	<p>L</p>	<p>PLANNED TRAINING ROUTES.</p> <p>ONLY ATHLETES WITH SUITABLE FOOTWEAR/ EG TRAIL SHOES/TRAINERS/SPIKES CAN TAKE PART.</p> <p>RECON ROUTES PRIOR TO LEADING GROUP. CONSIDER ALTERNATIVE ROUTES TO AVOID FALLEN TREES OR AREAS IDENTIFIED WITH ASH DIE BACK</p> <p>RUN LEADERS TO CONSIDER ROUTE WHEN PLANNING. TO AVOID BRACKEN OR AREAS RUNNING THROUGH TO LONG GRASS CONSIDER AMENDING ROUTE.</p>	<p>LEAST 2 OTHERS) AND NOT LEFT TO MAKE OWN WAY BACK.</p> <p>COACH/RUN LEADER TO CARRY OUT DYNAMIC RISK ASSESSMENT RE SUITABILITY OF ROUTE. (WEATHER CONDITIONS MAY ALTER SAFETY OF SURFACE)</p> <p>WHERE ROUTE DOES GO THROUGH BRACKEN/LONG GRASS ADVISE ATHLETES TO CHECK THEMSELVES OVER FOR TICKS OR OTHER BITING INSECTS.</p>
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<p><u>LIVESTOCK GRAZING.</u></p>	<p>RISK OF STOCK INTERESTED INJUR ATHLETE.</p>			<p>CONSIDER ALTERNATIVE ROUTE. WALK GROUPS THROUGH FIELDS WHERE LIVESTOCK ARE LOCATED</p>	<p>IF A DOG IS RUNNING WITH THE GROUP AVOID CROSSING FIELDS CONTAINING LIVESTOCK.</p>
<p><u>ATHLETES GETTING LOST</u></p>	<p>RISK TO THEMSELVES IF WET OR COLD OR TIRED. /OVER HEATING IN WARMER WEATHER. SLOWER ATHLETES UNABLE TO KEEP UP AND DROPPING OFF BACK OF GROUP AND LOSING CONTACT.</p>	<p>ATHLETES/COACH/ RUN LEADER</p>	<p>L</p>	<p>COACHES TO RECORD NAMES OF ATHLETES BEFORE SETTING OFF .</p> <p>TO HAVE A LIST ATHLETES IN THEIR GROUP AND CARRY EMERGENCY CONTACT NUMBERS.</p> <p>RUN LEADER TO RUN AT BACK OF GROUP OR POST A BACK MARKER TO ENSURE NO ATHLETES LOST OFF BACK OF GROUP.</p>	<p>BACK MARKER MUST BE COACH OR ONE OF THE STRONGER ATHLETES FROM THE GROUP.</p> <p>IF ONE ATHLETE DUE TO ILLNESS INJURY TIREDNESS/UNABLE TO KEEP UP THEN THEY MUST BE ACCOMPANIED BACK TO VEHICLE START POINT/HOME AND NOT LEFT TO MAKE OWN WAY BACK.</p>

				<p>THE PARTICIPANTS SHOULD BE BRIEFED BEFORE A RUN WHICH SHOULD INCLUDE ASKING ABOUT ANY INJURIES ILLNESS OR CONDITIONS OF ATHLETES.</p> <p>ALSO TO INCLUDE APPROXIMATE DISTANCE OF RUN AND PACE OF GROUP WITH ROUTE DETAILS.</p>	
<p><u>GETTING KNOCKED OVER BY A MOTOR VEHICLE.</u></p>	<p>RISK TO ATHLETES /COACHES OF BEING HIT BY A VEHICLE.</p> <p>ATHLETES/RUN LEADERS TO TAKE ADDITIONAL CARE.</p>	<p>ATHLETES/COACHES/RUN LEADERS</p>	<p>L</p>	<p>WHERE PRACTICABLE USE UNDERPASS/BRIDGE/ TRAFFIC LIGHTS AND CROSSINGS POINTS TO NEGOTIATE ROAD CROSSINGS.</p> <p>ADULT ATHLETES ADVISED TO WEAR LIGHT OR HI VIABILITY CLOTHING WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS</p> <p>ADULT ATHLETES ADVISED TO CARRY A</p>	<p>LEADERS/COACHES SHOULD CARRY PERSONAL FIRST AID KITS WHEN LEADING A GROUP.</p> <p>AT LEAST ONE PERSON IN EACH GROUP TO HAVE A MOBILE PHONE TO CONTACT EMERGENCY SERVICES IN EVENT OF MORE SERIOUS ACCIDENT</p>

				<p>TORCH WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS</p> <p>YOUTH ATHLETES MUST WEAR HI VISABILITY COLTHING WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS.</p>	
<p><u>ATHLETES TURNING UP ILL OR INJURED OR WITH MEDICAL CONDITION WHICH WILL POTENTIALLY EFFECT THEIR RUNNING.</u></p>	<p>RISK OF NOT BEING ABLE TO COMPLETE RUN AND HAVING TO STOP REQUIRING MEDICAL ATTENTION.</p>	<p>TO ATHLETES THEMSELVES IF THEY REQUIRE URGENT MEDICAL ATTENTION. ALSO OTHER RUNNERS WAITING IN COLD/WET /HEAT FOR ATHLETE TO BE TREATED MAY BECOME CASUALTIES.</p>	<p>L</p>	<p>AT THE START OF THE RUN COACHES/RUN LEADERS TO ASK TO BE MADE AWARE OF ANY ILLNESS/INJURIES OR MEDICAL CONDITIONS THAT MAY AFFECT ATHLETE.</p> <p>ATHLETES SHOULD MAKE COACHES AWARE OF ANY ILLNESS INJURY</p>	<p>ATHLETE MAY HAVE TO BE EXCLUDED FROM RUN UNTIL ILLNESS OR INJURY IS HEALED.</p> <p>BRIEFING ATHLETES REGARDING THE SESSION WILL ENABLE THEM TO MAKE A MORE INFORMED DECISION AS TO JOINING APPROPRIATE LEVEL GROUP.</p>

				<p>WHICH MAY AFFECT THEM REGARDLESS OF PROMPT FROM COACH.</p> <p>ATHLETES SHOULD BE BRIEFED REGARDING APPROX DISTANCE SPEED, AND ROUTE/ TYPE OF SESSION TO BE UNDERTAKEN.</p>	<p>WHEN GOING FOR LED RUN AT LEAST ONE OTHER RUNNER IN ADDITION TO THE LEADER MUST KNOW ROUTE SO IN EVENT OF EMERGENCY CAN IF REQUIRED LEAD REST OF GROUP BACK.</p>
<p>ADVERSE WEATHER CONDITIONS. (EXCESS HEAT, COLD, WET, (EXTREEM WEATHER WARNINGS)</p>	<p>ATHLETES/COACH /RUN LEADER . EXTREEM HEAT – SUFFERING HEAT EXHAUSTION, HEATSTROKE, SUNBURN, DEHYDRATION.</p> <p>COLD/WET/SNOW /ICE – HYPOTHERMIA, FROSTBITE, FALL INJURIES DUE TO UNDERFOOT CONDITIONS CREATED BY WEATHER.</p>	<p>ADVISE ATHLETES TO WEAR SUITABLE CLOTHING FOR THE CONDITIONS.</p> <p>.</p> <p>.</p>	<p>L</p>	<p>COACH TO CARRY FIRST AID KIT. COACH TO HAVE MOBILE PHONE TO CONTACT EMERGENCY SERVICES SHOULD THE NEED ARISE.</p> <p>COACH/RUN LEADER TO CONSIDER ROUTE PRIOR TO SETTING OUT. IS IT SUITABLE FOR ALL THE ATHLETES IN THE GROUP. DO THEY ALL HAVE SATISFACTORY CLOTHING AND FOOT WEAR.</p>	<p>IN THE EVENT OF A RED SEVERE WEATHER WARNING ALL TRAINING OUTSIDE IN THE ELEMENTS WILL BE CANCELLED FOR ALL CLUB MEMBERS.</p> <p>IN THE EVENT OF A AMBER SEVERE WEATHER WARNING ALL TRAINING WILL BE CANCELLED FOR YOUTH ATHLETES WHO WOULD BE TRAINING OUTSIDE IN THE CONDITIONS.</p> <p>.</p> <p>FOR ADULT MEMBERS AMBER WEATHER</p>

					<p>WARNING.</p> <p>CONSIDERATION MUST BE MADE BY THE COACH/RUN LEADER AS TO CANCELLING THE SESSION OR IF SUITABLE MITIGATIONS CAN BE PUT IN PLACE.</p> <p>E.G CAN TRAINING BE HELD IN DOORS? AT DIFFERENT TIME OF DAY? AT A DIFFERENT LOCATION. SUCH AS SHADED AREA. COACH TO ALTER SESSION SO THAT THE CONTENT TO REFLECT CONDITIONS.</p> <p>RANMORE OR OTHER TRAIL RUN ACTIVITY – CONSIDER 2 SMALLER LOOPS SO THAT ALL ATHLETES REMAIN CLOSER TO START POINT. PLAN ROUTE AND ENSURE ATHLETES ARE AWARE OF DISTANCE AND PACE PRIOR TO STARTING.</p> <p>FIRST AID KIT TO BE CARRIED.</p> <p>MOBILE PHONE TO BE CARRIED.</p>
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COVID-19 RISK OF INFECTION.	COACH AND ATHLETES MAY CONTRACT THE VIRUS FROM DIRECT CONTACT OR INDIRECTLY FROM BEING IN CLOSE PROXIMITY OR CROSS CONTAMINATION FROM THE USE OF THE SAME EQUIPMENT, WATER BOTTLES ETC.	ATHLETES AND COACH/RUN LEADERS	L		GOVERNMENT HAS RELAXED RULES REGARDING COVID. HOWEVER MAINTAINE GOOD HYGENE. E.G, WEARING GLOVES TO TREAT BLEEDING ATHLETE.
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Car Park- RISK TO ATHLETES ARRIVING DUE TO BUSY CAR PARK.	RISK OF ATHLETES OR MEMBERS OF THE PUBLIC BEING KNOCKED DOWN BY A VEHICLE.	ATHLETES AND PUBLIC	L	ATHLETES TO BE ADVISED NOT TO MEET OR CONGREGATE IN THE CAR PARK.	NOTE IN CLUB NEWS LETTER TO ASK ATHLETES ARRIVING AT RANMORE FOR TRAINING TO MAKE THEIR WAY PROMPTLY

					FROM THE CAR PARK.