

Risk Assessment: Training

Date:	Assessed by:	Revision
13 th January 2026	Jim Armitage & James Perrett	REV 3
19 June 2022	Jim Armitage & Alistair Smith	REV 2
15 Jun 2020	Fran Light & Richard Taylor	REV 1
4 Jun 2020	Richard Bacon & Richard Taylor	Initial Issue

What are the Hazards?	Who might be harmed and how?	Control Measures	Action	Likelihood	Severity	Residual Risk
Stationary object collisions	<i>Coaches, Leaders & Athletes may be injured if they run into stationary objects such as street furniture, parked cars, trees, low hanging branches, rubbish/litter.</i>	<ul style="list-style-type: none"> • Coaches/Leaders consider and warn athletes to take care of collision risks. 	Coaches Leaders Athletes	L	M	L

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What are the Hazards?	Who might be harmed and how?	Control Measures	Action	Likelihood	Severity	Residual Risk
Moving object collisions	Coaches, Leaders & Athletes may be injured if they run into or get hit by moving objects such as vehicles, cyclists, other runners, walkers, animals, cricket balls, footballs etc	<ul style="list-style-type: none"> • Coaches/Leaders and athletes are required to wear high visibility clothing for training sessions when there is little daylight. • Coaches/Leaders warn athletes to take care of collision risks. • Coaches, Leaders and Athletes warn others of moving objects when encountered during the session that may pose a risk by calling out: "Car!", "Bike!", "Horse!" etc. 	Coaches Leaders Athletes	L	H	L
Trips, Slips, and Stumbles	Coaches, Leaders & Athletes may be injured if they trip, slip or stumble because of an uneven or slippery surface including: speed bumps, pot holes, rabbit/mole/badger burrows, rocks/stones, tree roots, uneven ground, broken paving slabs, ice, grease, water etc.	<ul style="list-style-type: none"> • Coaches/Leaders to assess the running surface condition likely to be encountered before the session and warn athletes to take care of any perceived risks prior to the beginning of the training session. • If the risk of slipping is high, such as in the case of ice/frost, the session should be cancelled or relocated • Coaches/Leaders carry a first aid kit on their person, or in their car. 	Coaches Leaders Athletes	M	L	L

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What are the Hazards?	Who might be harmed and how?	Control Measures	Action	Likelihood	Severity	Residual Risk
Medical Emergencies	A Coach, Leader or Athlete may experience a medical emergency during training.	<ul style="list-style-type: none"> • Coaches and Leaders to carry a mobile phone and seek help if needed. • Coaches and Leaders to undergo First Aid training and keep their certification up-to-date. • Coaches and Leaders to be aware of where defibrillators are located reference: http://www.heartsafe.org.uk/aed-locations • Coaches and leaders have access to a spreadsheet containing all athletes disclosed medical conditions for use in an emergency. 	Coaches Leaders Athletes	L	M	L

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What are the Hazards?	Who might be harmed and how?	Control Measures	Action	Likelihood	Severity	Residual Risk
One or more persons separates from the group and gets lost	Coaches, Leaders & Athletes may get separated from the group and get lost, or suffer a debilitating injury, or medical emergency, without being noticed, .	<ul style="list-style-type: none"> <i>If training in a remote location coaches/leaders warn athletes before the session not to run alone and, if possible, to carry a mobile phone.</i> <i>Coaches/Leaders should carry a mobile phone loaded with the contact numbers of the other coaching team members.</i> <i>Coaches/Leaders to count athletes in before and after the session to ensure no-one has gone missing.</i> <i>Ask athletes to notify the coach/leader if they are leaving the group before the session finishes.</i> <i>If there are enough coaches/leaders, position one at the front, back and centre of the group to ensure the group stays together.</i> <i>During a long run reform the group at regular intervals to check everyone is okay and happy with the pace.</i> 	Coaches Leaders Athletes	L	L	L

Changes June 2022 (Approved by Committee 26/09/22)

Moved Severity and likelihood to the right.

Added "Residual Risk" column.

Removed date columns as these Risks and Actions are all ongoing.

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Combined “What are you already doing?” and “What else can you do to control this risk?” into 1 column “control measures”

Increased stationary object collision severity to “Medium”

Increased moving object collision to “High”

Re-written Coronavirus section.

Minor amendments made to other sections.

Changes January 2026

Heading changed from “Training Outdoors” to “Training”

“Spread of Covid-19 Coronavirus” taken out.

Control measure referring to Coaches and leaders having access to disclosed medical conditions added.

