SGR RISK ASSESSMENT FOR SCHEDULED CLUB TRAINING SESSIONS

RA Owner: SGR Club Coach, Stubbington Green Runners

Date of Risk Assessment: 06th December 2022

Training Venues: Pavements, paths, grass areas and quiet well-lit roads

Date of Approval (By SGR Committee): 06th December 2022

Date of Last Review (By RA Owner): 22 April 2026

OVERALL DESCRIPTION:

Club sessions take place at a number of training venues in and around; Locks Heath, Warsash, Titchfield, Whiteley, Stubbington, Hill Head and Lee on the Solent. The risks associated which these venues are sufficiently common to be covered by this single RA. Athletes, coaches and leaders meet up at a number of meet up points where cars can be parked, (including: Whiteley, Locks Heath Sports Ground, Crofton Community Centre, Titchfield Boxing Club and others). After initial warm up exercises, the training group will jog to the scheduled training venue where the planned training is delivered, (sometimes the training takes place close to the meet up point). The scheduled training often includes running drills, further warm up strides and then the main exercise set. The group then returns to the meet point where stretching is carried out before dispersal.

(The club normally maintains a maximum athlete to coach (or leader) ratio of 10:1. The minimum age permitted to attend sessions is 12 and junior athletes from the age of 12 until 17 must be accompanied by a responsible adult.)

	Hazards Identified	**Location / persons at risk**	**Likelihood/ severity**	**Level of risk (pre/post mitigation)**	**Action to mitigate**	**Owner**	**When to complete**

1	Collisions, Slips and Trips	During run outs to session venue / All those present plus members of the public	High/low	Med/ Low	Brief everyone clearly about the following or any other slip and trip hazards (as appropriate): • Wet damp ground (according to the weather) • Pavement curbs • Dogs on leads • Other people may be using the route • Posts or other obstructions • At trail run session venues members will be advised to maintain more of a gap so that they can see the ground which maybe uneven. • Advice will be given about correct footwear to use prior to trail runs. (*This will normally be via the club Facebook Group and/or face to face at a previous run*) Emphasise the need for particular care when running in a group because you may become distracted.	Coach/ leader on the night	At the meet up
2	Collisions, Slips and Trips	At the venue and on training routes during the main session/ All those present plus members of the public	High/Med	Med/Low	Brief everyone clearly about the following or any other slip and trip hazards (as appropriate): • Wet damp ground particularly on corners (according to the weather) • Pavement curbs • Dog walkers using long leads • Other people may be using the route • Posts or other obstructions particularly on corners	Coach/ leader on the night	At the venue

					• Advice will be given about correct footwear to use prior to trail runs. (*This will normally be via the club Facebook Group and/or face to face at a previous run*)		
3	Road Traffic	On the training route itself and the run out and back/ All those present	Low/high	High/low	• Training routes are chosen to be either traffic free or are on particularly quiet roads. • On the day of the session the coach/ leader will draw attention to any specific risks from traffic on the route. • For night time running, the wearing of High Vis clothing and/or lights is strongly recommended for all club sessions. (Members will be reminded of this when the sessions are published on social media). • Bright clothing is also strongly advised for day time sessions On run outs, emphasise the need for particular care when running in a group because you may become distracted.	Coach/ leader	During session planning and on day of the session
4	Adverse effects from exceptional weather conditions	At meet point, during run out and back or at the session/ All present	Med/Med	High/low	The SGR Club coach in consultation with the committee will consider the predicted severity of the forecasted weather and any guidance provided by UKA, before deciding between the following potential actions: 1) Cancelling all sessions 2) Allowing sessions to continue but with specific advice to leaders and coaches about how to mitigate against the weather. 3) No action needed	Club Coach	Before Session

					Mitigations under 2) could include for example; for hot weather, moving to a shaded training venue, reducing training intensity and asking athletes to bring water, for cold weather, moving to a more sheltered venue and advising athletes to wear suitable clothing.		
5	Medical emergency	At meet point, during run out and back or at the session/ All present	Low/high	High/ Med	• Coaches/leaders will have a mobile phone with them at sessions. They will be advised to install the What3words App. So that any incident location can be passed easily to the emergency services. • The incident will be handled by the coach/ leader using their first aid training and they will quicky contact emergency first responders if necessary. (They will also seek help from any trained first aiders or medical professionals in the group). • All training sessions are at locations where emergency responders would normally be able to attend an incident within 30min. • All SGR leaders and coaches have undertaken suitable first aid training to meet at least the minimum mandated requirements set by UKA. In addition, leaders and coaches are encouraged to do additional more advanced, (face to face) first aid training which is also funded by the club. • The club will purchase a number of first aid kits which will be available at sessions.	Club Coach	On-going actions

					• Leaders and coaches will be asked to make themselves aware of the locations of the nearest public defibrillation kits. (A good way of doing this is to load a suitable App on their mobile phones.) • When joining the club, SGR Members are asked to declare any disabilities and Coaches and Leaders will be made aware of any such declarations. Members are also told to declare any specific medical conditions they may have which could affect their ability to run to the Coach or Leader of a session, prior to the session commencing. • Leaders and Coaches will ask athletes at the beginning of the session if they have any injuries/illnesses that they should be aware of. • The Coach will prioritise the safety of individuals over all else. If someone feels unwell or is injured, this may require the session to be terminated early so that the individual concerned can be cared for and/or escorted back safety.		
7	Deliberate or inadvertent Interference with the session from members of the public.	At venue/ all present plus externals	Low/Med	Med/Low	• Coach will consider changing the session venue, or cancelling the session and dispersing the athletes should there be external interference which puts members at risk or makes running the session unwise. (E.gs. another event taking place at the same location unexpectedly or significant anti-social behaviours being exhibited by others external to the group, that puts the group at risk). *NOTE that follow up actions later*	Coach/ leader	On day of session

					in connection with an anti-social behaviour incident, such as contacting the police, are outside of the scope of this RA.		