



**Birmingham Rowheath A.C.**

**RISK ASSESSMENT: Indoor training**

Context: Conditioning etc indoors at various centres ad hoc to individual athletes' training schedules. Environmental hazards relate to equipment and activities.

<b>Hazard</b>	<b>Who/how affected</b>	<b>Control measures</b>
Hurdles	Athletes : injuries through poor technique, contact with other athletes, collisions	1 Demonstrate correct technique 2 Provide & keep adequate space 3 Coach & athletes to be alert Responsible: coach & athletes
Sit-ups, Press – ups	Athletes: injuries from poor technique.	1. Demonstrate correct technique 2. Provide mats for cushioning 3. Provide adequate space Responsible: coach, athletes
Wall push	Athletes: injuries from poor technique, slippery floor, collisions	1. Demonstrate correct technique 2. Provide adequate space 3. Check floor friction Responsible: coach, athletes
Weighted arm motions	Athletes: injuries from poor technique, flying weights, collisions	1. Demonstrate correct technique 2. Provide & keep adequate space 3. Provide suitable weights & check 4. Keep alert Responsible: coach, athletes
Squats etc with bar	Athletes: injuries from poor technique, bar, collisions	.....as above
Skipping	Athletes: injuries from poor technique, trips, rope, collisions	1 Demonstrate correct technique 2. Provide & keep adequate space 3. Provide suitable rope 4. Keep alert Responsible: coach athletes
Speedbounce Medicine balls	As per UKA code of practice p92, 93	As per UKA code of practice p92, 93

**If control measures are implemented and Risk Assessments of premises used adhered to then the risk is low**

Mar 2007



**Birmingham Rowheath A.C.**

**RISK ASSESSMENT** Road running groups

Context: training on roads/off road starting from the Rowheath Pavilion or other mutually agreed points when engaged in support of Club activities

Hazard	Who/How affected	Control measures
Road / field environment, General	Athletes, coaches.  Injuries from tripping & falling, cuts, stings, impact with stationary objects	<ol style="list-style-type: none"> <li>1. Use routes that provide safe surfaces &amp; are clear of particular hazards.</li> <li>2. Adhere to the Country Code.</li> <li>3. Adhere to UKA rules re. ratio of adults to juniors</li> </ol> Responsible: coach, athletes, group leader.
Traffic	Athletes, coaches.  Injuries from crossing roads, negotiating roundabouts, parked cars.	<ol style="list-style-type: none"> <li>1. Adhere to the Highway Code.</li> <li>2. Keep alert.</li> <li>3. Warn group members.</li> <li>4. Wear reflective bibs etc in poor light.</li> </ol> Responsible: coach, athletes
Animals / Pedestrians	Athletes, coaches  Injuries from attack, trips or impact	<ol style="list-style-type: none"> <li>1. Keep alert.</li> <li>2. Avoid contact with animals or geese.</li> <li>3. Give priority to pedestrians.</li> <li>4. Do not respond to abuse.</li> <li>5. Wear reflective bibs etc in poor light.</li> </ol> Responsible: coach, athletes.
Canal tow –path	Athletes, coaches  Immersion in water by slipping etc	<ol style="list-style-type: none"> <li>1. Keep alert</li> <li>2. Use route on dry days</li> <li>3. Proceed in single file</li> <li>4. Avoid using in poor light</li> <li>5. Avoid geese</li> </ol> Responsible coaches, athletes and assistants

**If the control measures are implemented then the risk is low.**

**Mar 2007**



## Birmingham Rowheath A.C.

### RISK ASSESSMENT –Cross Country Training

**CONTEXT:** training over fields and paths in open country, woodland or civic parks in support of Club activities

Hazard	Who/how affected	Control Measures
Uneven / slippery ground and tree roots	Athletes, coaches – injuries from tripping and slipping	1 check out for particular hazards 2 Warn athletes and coaches 3 Athletes and coaches to be alert Responsible: 1 Coach, 2,3 coach & athletes
Animals	Athletes, Coaches – injuries for attacks or trips	1 Keep alert 2 Avoid contact with animals or geese Responsible: 1,2 Coach, athletes
Brambles / vegetation / Wire fences / other obstacles	Athletes, coaches – cuts, stings, grazes or bruises from collisions	1 Warn athletes and coaches 2 Check out course in advance 3 Athletes and coaches to be alert 4 Use known routes where possible Responsible: 1,2,4 Coach 3 Coach, athletes
Weather	Illness or injury from extreme weather conditions – water, snow, ice, fog etc	1 Check weather in advance 2 Wear or have available suitable clothing 3 Plan routes to enable shelter if conditions worsen Responsible: 1 coach
Isolated areas	Athletes – possible problems from other people	1 Athletes should avoid running alone 2 Coaches to carry mobile phone Responsible: 1 Coach , athletes

**If control measures are implemented then the risk is low**

**Mar 2007**