

## Lytham St Annes Road Runners Junior Club Risk Assessment

**Area to be assessed:** Route to be taken when outside of the YMCA grounds.

**General description:** Running / walking to a destination where a training session is to be undertaken.

**Hazard description:** Crossing roads, other users of pathways, obstructions on pathways.

**Persons at risk:** Athletes, Coaches and other path/road users.

### **Action by Lead Coach:**

- Give clear instructions to Athletes and other Coaches of route to be taken and, if appropriate, who is to lead each group.
- For Athletes aged 8 - 13 adopt a policy of a minimum of 2 Adults to 12 Athletes with one at the front and one behind the group.
- If groups are splitting up then each leader should carry a mobile phone with contact numbers for other Coaches.
- Leaders to ensure that their group keeps together.
- On dark evenings ensure that high visibility clothing is worn and if necessary provide high visibility vests.
- First Aid Kit to be carried by at least one leader.