

## **Lytham St Annes Road Runners Junior Club Risk Assessment**

**Area to be assessed:** Area outside of the YMCA grounds where a training session is to be undertaken.

**General description:** Various types of athletic training using pathways, fields, sand hills or other environments considered to be safe.

**Hazard description:** Uneven surfaces, obstructions, pot holes and other general hazards within the area where the training is to be undertaken, inappropriate clothing and training with an injury.

**Persons at risk:** Athletes, Coaches and other users of the area.

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

- Before training commences ensure that a thorough inspection of the area is undertaken.
- Remove any dangerous objects such as glass from the area.
- Mark/cover any hazards and make known to the Athletes.
- Check clothing, including footwear, is appropriate for the training session.
- Ascertain if any Athletes are injured and if so exclude them from activities that could cause further injury or be unsafe because of the injury.
- Mobile phone and first aid kit to be carried.