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: Running/walking to a destination where a training session is to be undertaken.
Various types of athletic training using pathways, fields, sand hill or other environments considered to be safe.

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

Safeguarding: Sessions may be led by a **Coaching Assistant** unassisted working from a session plan, but a **Supervising Coach** should be present at the venue.
UKA Level 1 Coach should work from a session plan and be **supervised.**

Action by Lead Coach:

- Ensure adequate supervision ratios of licensed Coaches to number of Athletes.
- **8 -12 years:** 1x Coaching Assistant or Level 1 Coach and 1x UKA licensed Coach to 8 Juniors.
- **13 – 18 years:** 1x Coaching Assistant or Level 1 Coach and 1x UKA licenced Coach to 10 Juniors.
- Please note: There are no specific guidelines, but these are Best Practice supervision guidelines. (NSPPC – Recommended Ratios)
- Before training commences ensure that a thorough inspection of the area is undertaken.
- Ensure appropriate decisions are made in relation to weather conditions as to the safety of the planned session.
- 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. On dark evenings ensure that high visibility clothing is worn and if necessary provide high visibility vests.
- 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.

Last reviewed/updated: 02/2025