Lytham St Annes Road Runners Club
Risk Assessment for Senior Athletes

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 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 to be led by a UKA licensed Leader or Coach

Action by Lead Coach:

- Ensure adequate number of licensed Leaders or Coaches to number of Athletes.
- 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.
- If possible mark/cover any hazards and make known to Athletes.
- Awareness of other users of pathways or training routes so as to avoid situations of conflict or collision.
- Advise on clothing, including footwear, appropriate for the training session.
- Ascertain if any Athletes are injured and if so advise them from activities that could cause further injury or be unsafe because of the injury.
- Senior Athletes are advised to take personal responsibility for their own medical fitness to take part in training session.
- Mobile phone and first aid kit to be carried.

Last reviewed/updated: 02/2025