

Risk Assessment: Sprint & Hill Sessions

Date:	Assessed by:	Location :	Review :
21/10/23	Andy Hill	Various Locations	20/10/24

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Muscle strain during session	Participating members – Pulled or strained muscles	<ul style="list-style-type: none"> Ensure adequate warm up drills, with emphasis on muscle groups specific to proposed session Encourage the wearing of correct kit to account for the weather conditions eg waterproof jacket if raining to protect upper body etc 	M	<ul style="list-style-type: none"> Minimise warm up group size Repetition of warm up drills on weekly / session basis Reinforce RAMP (Raise HR, Activate muscles, Mobilise joints, Potentiate body) 	L	Session Leader	On going	
Potential contact with pedestrians and / or vehicles (on route to / back from session location)	Participating members – serious injury to participant and / or pedestrian. Injury / fatality with vehicle	<ul style="list-style-type: none"> Ensuring routes to session locations minimise or reduce the requirement to run on roads Run leaders & participating members are made aware of session location & route from start location 	L	<ul style="list-style-type: none"> If session carried out, out of daylight hours, wearing of hi-viz & head torches essential. Explain route prior to setting off 	L	All participants of the session	On going	
Potential contact with pedestrians and / or vehicles (during session)	Participating members – serious injury to participant and / or	<ul style="list-style-type: none"> Ideally, session to be held at a location not accessible to 		<ul style="list-style-type: none"> Strategically place marshals, if available, at 				

	pedestrian. Injury / fatality with vehicle	<p>vehicles, eg sports field or similar.</p> <ul style="list-style-type: none"> • Consideration should be given to other footpath users – encourage single file running if required 	M	<p>points where moving vehicles may be present.</p> <ul style="list-style-type: none"> • Session leader to explain the proposed session activity bringing awareness to any vehicle or pedestrian conflicts 	L	All participants of the session	On going	
Trips and / or falls during session	Participating members – injury (potential cuts, grazes, sprains etc)	<ul style="list-style-type: none"> • If possible, selected session locations to have minimal undulations (eg curbs, steps) • If session carried out during out of daylight hours, ensure area is well lit (eg street lights, floodlights) 	M	<ul style="list-style-type: none"> • If new session location, survey area prior to session & access suitability • Session leader to position themselves at potential trip locations • Potential trip locations to be highlighted prior to the session 	L	All participants of the session	On going	
Dehydration during the session	Participating members - dehydration	<ul style="list-style-type: none"> • Participants to bring their own water / hydration fluid to the session – more so during the summer months 	L	<ul style="list-style-type: none"> • Remind participants of weather conditions prior to session & advise fluid intake social media 	L	All participants of the session	On going	