



Crowborough Runners

Risk Assessment: Crowborough Running Club (Track Based Running)

Produced	July 2023	Review Date	Jun 2024
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It is the responsibility, prior to commencement of a track session, and at all times during a session, for the coach leading the session to satisfy themselves that the track provides a reasonably safe environment for the session to take place and to cancel, halt or amend a session at such time as they feel otherwise.

Hazard	Hazards items on the track.
Who/How	Athletes – Risk of injury due to slipping or tripping.

Control Measures/Mitigation	1. Ensure that athletes attending are wearing adequate and appropriate footwear. 2. The track to be inspected prior to the commencement of any session and any hazards/debris is to be removed. 3. The track to be inspected for any maintenance requirements at the commencement of any session and reported to the Club Secretary for reporting to Town Council. 4. Runners are to be advised of any remaining hazards/debris, or maintenance issues, before commencement of a session.
Control measures Responsibilities	Coach leading the session

Hazard	Extreme Weather Conditions
Who/How Affected	Athletes -Risk of de-hydration in hot weather and of injury in times of cold weather.
Control Measures/Mitigation	1. Ensure that athletes attending are appropriately dressed for the prevailing weather conditions. 2. In times of hot weather, ensure that athletes have arrived hydrated and remain so during the session. 3. In times of extreme cold weather the condition of the surface of the track is to be examined for ice and continuously monitored for deterioration in running conditions with the session being halted if it is thought too hazardous to continue.
Control measures Responsibilities	Coach leading the session

Hazard	Others Using The Track
Who/How Affected	Athletes – Risk of injury due to collision with other track users.
Control Measures/Mitigation	1. Ensure that athletes attending are made aware of other athletes using the track. 2. Advise athletes of the Club's track etiquette before a session commences, and monitor compliance during the course of the session and take corrective action. 3. Ensure athletes run the same way round the track at all times to avoid collisions with other athletes, unless instructed by the coach leading the session.
Control measures Responsibilities	Coach leading the session.

Coaches are requested to report any incident of an infringement of usage of the track during a session e.g. bikes on the track, which is considered hazardous to Club athletes to one of the Club's Lead Coaches and a report of all infringements is to be submitted every six months to the Club Secretary for submission to the Town Council.

Hazard	Lighting of the Track During Winter Months
Who/How Affected	Athletes - Risk of injury due to track floodlighting being faulty.
Control Measures/Mitigation	1. Ensure that during the winter months that the track floodlighting is turned on at the commencement of a session. 2. Any faults to the track lighting are to be reported to the Club Secretary so that the Town Council can take appropriate action.
Control measures Responsibilities	Coach leading the session.

Coaches are requested to report any maintenance issues to the Club Secretary for reporting to the Town Council. Any other issues arising in relation to the track lighting during a track session are to be reported to one of the Club's lead coaches and a report is to be submitted every six months to the Club Secretary for reporting the Town Council, who are responsible for the track lighting in respect of all track users.

Hazard	Track Access
Who/How Affected	Athletes – Risk of injury.
Control Measures/Mitigation	1. Ensure before the commencement of the session that the two access gates are closed. 2. Be mindful of any dogs that are off-lead in the area adjacent to the track and warn athletes appropriately. 3. Stop the session if a dog enters on to the track until such time as it is retrieved by its owner.
Control measures responsibilities	Coach leading the session.

Coaches are requested to report any incident of a dog running on to the track during a track session to one of the Club's Lead Coaches and a report of such incidents is to be submitted every six months to the Club Secretary for submission to the Town Council.

Hazard	Equipment
Who/How Affected	Athletes - Risk of injury due to incorrect usage.
Control Measures/Mitigation	1. Ensure correct equipment is used and to provide guidance on its usage 2. Ensure equipment deployed is of the correct UKA standard. 3. Ensure adequate placement of equipment e.g. starting blocks, hurdles.
Control measures Responsibilities	Coach leading the session.

Coaches are requested to report any equipment defects to one of the Club's Lead Coaches.