



# RUN GROUP RISK ASSESSMENT

## (Track)

<b>Event</b>	DHR Run Groups	<b>Date</b>	29/11/2024
<b>Completed by</b>	Simon Dolman		
<b>Reviewed by</b>	Simon Dolman	<b>Review Date</b>	1 <sup>st</sup> Issue

Risk	Risk Rating L/M/H	Control Measures	Residual Risk L/M/H
Injuries from slipping/tripping due to worn out track and loose kerbing	M	<ul style="list-style-type: none"> <li>Athletes should wear adequate footwear. Ensure track is free of holes and debris e.g. stones.</li> </ul>	L
Impact injuries due to collision with other athletes encroaching into other lanes	M	<ul style="list-style-type: none"> <li>Before starting, ensure there is no risk of collision with other athletes using the track. All athletes and coaches should always observe lane discipline.</li> </ul>	L
Injury / Niggles / Feeling Unwell	M	<ul style="list-style-type: none"> <li>Go through proper stretching and warm up exercises before starting session. Runners should STOP IMMEDIATELY on feeling any discomfort. Raise hand, walk the shortest route towards coaching position. If not possible stay where you are and wait for assistance. If able to do so, remove yourself from the session and go home.</li> </ul>	M

Belongings left on track

M

- Training Group should have a designated assembly point away from the track.
- No bags/water/spikes to be left trackside.

L