

Deer Park School grass track Risk Assessment

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
<u>Slips & Trips</u>										
1	Uneven ground	Fall/ turned over ankle	holes	Check course, alert runners	2	3	Inspection by runners on warm-up, warning other runners if found	2	2	A
2	Uneven ground	Fall/ turned over ankle	Not seen (due to speed of runners)	Check visibility towards end of session	2	3	Put "markers" where significant issues or do not use that lane	2	2	A
3	Slippery ground	Fall/ turned over ankle	Wet grass	Appropriate footwear. Check track, weather conditions, alert runners	2	2				A
4	Slippery ground	Fall/ turned over ankle	mud	Change lanes using alert runners	2	1				A
<u>Collisions</u>										
5	Moving Cars and motorbikes	hospitalisation	runners coming to and going from track	Low speed of cars & bikes plus visibility of runners	3	2	audible warning from coach & other runners	3	1	T
6	Collision with other runners	Bruising or worse	Runners coming from behind stationary/walking runner(s)	Encourage runners to leave track as soon as finished efforts	2	2	Not required			
<u>Conditions</u>										
7	Cold	Chilled becoming unwell	Insufficient clothing, weather	Session design (avoiding long rests), runners experience	2	2	Not required			A
8	Rain	See slippery ground								

9	Hail	Minor injury	Hail stones	Wet weather gear; interrupt session and take shelter	2	1	Not required			A
10	Snow	See slippery ground								
11	High humidity	dehydration	weather	Water breaks in session	2	2	Not required			A
12	Hot & Sunny	Dehydration / heat stroke	Insufficient water and cover	Coach to design session with sufficient breaks & runners encouraged to shelter in shade between efforts	2	2	Not required			
13	Sunny	Minor injury	sunburn	Sun cream / suitable clothing	2	2	Not required			

Key:

Score

Severity

Likelihood

5 death or permanent disability
4 major injury (broken bones)
3 injury that prevents training for a few weeks
2 requires first aid
1 minor injury

certain
likely
probable
possible
unlikely

		Severity				
		1	2	3	4	5
likelihood	5	T	U	U	U	U
	4	T	T	U	U	U
	3	T	T	U	U	U
	2	A	A	T	T	U
	1	A	A	T	T	T
	A	ACCEPTABLE				
	T	TOLERABLE				
	U	UNACCEPTABLE				