

Summer Session Risk Assessment

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
<u>Running injuries</u>										
1	Cold muscle	Pulled / torn muscle	Inadequate warm up	Designed warm up for the session	3	2	Check with runners after warm-up, do more if necessary or adapt first rep	2	1	A
2	Turn foot/ankle over	sprain	Slips / trips	See Venue RA						
3	Stiffness / inflexibility	pain	Inappropriate drill or stretch	Only suitable drills and stretches used; ask runners if anyone has any issues beforehand	2	2	Not required			A
4	Over-exertion	Passing out / collapse / etc.	Running too fast or too long	Design and explanation of session; using “%” or “out of 10” effort to inform runners of speed; number of reps, etc.	3	1	Check runners ok, suggest slowing or missing a rep	2	1	A
5	Any of above	Any of above	Pre-existing condition	Runners do not come to session if injured or unwell	3	2	Ask runners if they have any existing injuries / health issues Adapt session requirements for that individual	2	1	A
<u>Conditions</u>										
6	Hot & Sunny	Dehydration / heat stroke	Insufficient water and cover	Coach to design session with sufficient breaks	2	2	Not required			A

				& runners encouraged to shelter in shade between efforts						
7	Rain	See slippery ground								
8	Hail	Minor injury	Hail stones	interrupt run and take shelter	2	1	Not required			A
9	Sunny	Minor injury	sunburn	Sun cream / suitable clothing	2	2	Not required			
10	High humidity	dehydration	weather	Stop runners to ensure can have a drink	2	2	Not required			A

Additional actions:

1. Ask runners to inform you if dropping out of session

Key:

<u>Score</u>	<u>Severity</u>	<u>Likelihood</u>	
5	death or permanent disability	certain	
4	major injury (broken bones)	likely	
3	injury that prevents training for a few weeks	probable	
2	requires first aid	possible	
1	minor injury	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					