Session Risk Assessment

Ref	Hazard	Consequence	Cause	Controls	Risk Evaluation		Additional Measures	Residual Risk		
					Severity	Likelihood		Severity	Likelihood	Rating
Running injuries										
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
Conditions										
6	Cold	Chilled becoming unwell	Insufficient clothing, weather	keep them moving; Advise to return to LC/home;	2	2	Not required			A
7	Rain	See slippery ground								

8	Hail	Minor injury	Hail stones	interrupt run and take shelter	2	1	Not required			A
9	Snow	See slippery ground								
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:

Score	Severity	Likelihood
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 / likelihood risk matrix:

likelihood \ Severity	1	2	3	4	5
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