

Risk Assessment: ERC Organised Training - Track

Date:	Assessed by:	Location :	Review :
11/11/2024	Gareth Jones	Donkey Lane Athletics Track	01/11/2025

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Track/Kerb	Athletes and coaches – Injuries from slipping/tripping due to worn out track and loose kerbing	• Ensure athletes wearing adequate footwear. • Checking track for any defects or issues prior to use	L	• Highlight any known risks on published event if known in advance	L	Coach	Ongoing	
Weather	Athletes and Coaches - Cuts and Strains from slipping on slippery track	• Checking forecasts for likely hazardous weather conditions • Notifying participants of likelihood of hazards at pre-meeting • Determining if event should be cancelled	L	• Highlight any known risks on published event if known in advance	L	Coach	Ongoing	
Time of day/lighting conditions	Athletes - Injury from not being able to see event layout	• If installed ensure adequate flood lighting.	L	• Advise participants to wear lights prior to event commencing if floodlights not working • Cancel on track training if unsafe to proceed	L	Coach Coach	Ongoing Ongoing	

Risk Assessment Table

		Severity of Harm (Impact)		
		Low (L)	Medium (M)	High (H)
Likelihood	High (H)	3	4	5
	Medium (M)	2	3	4
	Low (L)	1	2	3