Serpentine RC Risk Assessment: 'Tuesdays at Maida Vale' Event Specific Level Track sessions on Tuesdays at 1900 at Paddington Rec Ground

Updated 1/8/2023

		Risk Location						Risk Breakdown				Control Measure
Risk name	Risk Description	Lanes 1-4 (running only)	Lanes 5-6 (walking and running)	Infield, immediately to the left of Lane 1 and coloured green	Start Line	60m Sprint Lane	150m-250m (shaded)	Likelyhood	Severity	Probability after Control Measures	Responsibility	
Heat related danger	Dehydration, heatstroke							L	H	L	Coach and athlete	Stay hydrated in very hot weather, wear sunscreen and a hat, consider not training. The coaches will adapt sessions, eg shorter reps, longer recoveries, lower intensities
Slipping on ice	Suffering extrinsic or intrinsic injury as a result of running on ice						RISK HERE	M	H	L	Coach and athlete	In cold weather there may be patches of ice before and after the 200m line. Risk of slipping or a change in running gait that can contribute to leg injuries. Spikes may help or training on an unnaffected part of the track. It's not usually reccommended to run when there is ice on the track and the coaches may cancel the session as a precaution. Gavin Edmonds has a First Aid at Work qualification but would need to go to the reception to get a Firsrt Aid Kit. All incidents must bre reported to reception and logged according to the Serpentine accident policy
Collisions - 1	Directly colliding with another track user, whether running, walking, stationary, performing an exercise	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	L	H	L	Coach and athlete	Coaches briefs athletes on track safety in line with UKA guidlines, ensuring they understand what is expected. Athletes will keep vigilant for hazardous track users running across their path, slowing down, stopping, walking. Athletes will only run in lane 1, overtake in lanes 2 and 3 and jog or walk in lanes 5 and 6. Coaches will reinforce guidelines according to different sessions demands, eg shuttle runs or running sessions with a lot of stopping will need extra vigilance
Collisions - 2	Directly colliding with an object that should not be on the track, eg tree branch, leaves, football, hockey ball, child on bicycle	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	L	H	L	Coach, athlete, track management, 3rd parties	Coaches will keep vigilant during the session and watch for stray footballs coming over the fence - this may happen every 10 minutes during a busy evening. Windy days might throw debris like tree parts onto the track especially on the back straight. Athletes must keep alert for hazards. The coaches will check the gate to the hockey pitch is closed and advise athletes if anyone is cycling on the track. If there are any other objects on the track then the track management must be informed immediately by the coach and the session suspended until the problem is rectified
Trips and falls	Falling over while running, walking, stationary, performing an exercise	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	L	H	L	Coach and athlete	Risk of tripping during warmup routines which are held in a smaller contained area on the Sprint lanes with frequent turns and switches between different exercises. Ensure athletes have enough room between them when performing exercises such as a Soldiers March, where there would be a risk of kicking each other. If running backwards then slow the athketes down and encourage gently turning the head to face the direction of travel. If lying down to perform a stretch ensure there are no other track users liable to run into the athlete who will be invisible from a person viewing at head height. General common sense and diligence must be employed by the coach in the drills they select and they must regularly ask athletes if they have heard instructions and understood any safety implications. Make sure the athletes are competent before giving them an exercise though this is an Event Specific level session and they should be demonstrably competent at a wide range of exercises. If they are not, it should be mindfully considered they try out the Foundation session, which is the level below on the UKA grading scale
Accidents in the dark		RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	L	H	L	Coach and athlete	Between September and March the sessions will not be held in daylight. There is only 1 control measure that the track floodlighting is always switched on. This is not the responsibility of the coach but if the lights are not on or only partially, then the track management must be informed immediately by the coach and the session suspended until the problem is rectified
Muscular pain (intrinsic)	Pulling a muscle or tendon during a session	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	RISK HERE	H	M	L	Coach and athlete	Training injuries are a contsant feature of endurance running and thus one of the competencies of endurance is learning how to avoid injury. Factors such as tyoe of shoe, surfaces run on, general training hanits, the specific session, age, health in reltaion to bone disorders or postural problems can all play a part. The coach must create sessions that are safe for the athletes, yet challenge them to adapt positively to training loads. Athletes must listen and act on advice given to them and also take agency for their own decisions in the amount of running they do in a given week and the ratio of easy pace running to hard sessions. The coach cannot know what an athlete has done during the rest of the week and can only instill good practice and also reward those who show temperance, particularly when they curtail a session because of a niggle