

Centurion Run Club

Track - Risk Assessment

Hazard Category	Risk	Likelihood of Risk	Impact	Mitigation
car park – safe movement of vehicles and people	Collisions with other vehicles during peak times. Movement between car park and track during peak times	Medium	High	Car part speed limit. One way system labelled on the floor Remind members need to maintain situational awareness when crossing or congregating in the car park.
Car park -theft	Theft of items in car	Medium	Low	Car alarms Reminder personal items are left at own risk Remind members not to leave personal items in vehicles or unsecured at the track, there are personal lockers available at the sports centre to use
Track – theft	Theft of items People picking up incorrect items at the end	Medium	Low	Advise participants items are left at own risk and to leave valuables at home or in the car.
Track – Safe organisation and movement of people of the track	Placement of personal belongings that crosses lanes 1 and 2 resulting in collisions People congregating near personal items near lanes 1 and 2. Runners who are not participating in the session running in all lanes resulting in collisions Runners may not perceive hazards that can result in collisions	Medium	High	Advise participants of placing water bottles on the outer side of the track to limit movement. Participants should be aware and respectful of other users of CRC and other track users. Remind participants that Lane 1 and 2 are in use at all times and not to congregate. Coach to remind participants of hazards
Track – slips, trips and falls	Slips and trips can be serious, leading to cuts, bruises, sprains and strains or even broken bones	Medium	High	Coach track walk before each session identifying potential hazards

				Ensure facility operator is aware of any areas of the track that may lead to slips and trips. Ensure athletes wear adequate footwear.
Track – medical issues	Asthma, injury, and other medical issues Serious underlying medical issues can have serious consequences and may require immediate attention.	Medium	High	Participants medical conditions are known by the coach, so they are prepared to respond appropriately First aiders at the track or understand the named first aider within the sport centre.
Track – adverse weather conditions	Heavy rain and stormy weather can lead to difficult conditions underfoot or, in extreme cases, flooding. Wet conditions increase the risk of slips and trips, as well as to lapses of concentration or discomfort due to being outdoors in wet weather, or even the risk of frostbite or hypothermia in serious cases	Medium	High	Rainfall monitored throughout the day. Check weather warnings to assess risk to participants and coaches, not just at the track, but their journey in getting there. Any areas of concern shall be highlighted to participants and coaches before the session. Coaches to do track walk to assess the risk of slips, falls and extent of puddles on the track. If the session cannot be delivered safely due to the extent of the rain, the session will be cancelled
Track – adverse weather conditions	High winds could affect temporary structures, potentially leading to damage to equipment or injury to those standing nearby.	Medium	Medium	Wind speeds monitored throughout the day. Check weather warnings to assess risk to participants and coaches, not just at the track, but their journey in getting there.
Track – adverse weather conditions	Heat exposure can lead to sunburn, fatigue and dehydration. More severe consequences can include heat stroke or heat exhaustion.	Medium	High	Encourage runners to drink water, rest where needed and to wear appropriate sun protection – sunglasses, hat and sunscreen.
Track – adverse weather conditions	Snow and icy conditions can lead to difficult conditions underfoot. Ice conditions increase the risk of slips and trips, as well as to lapses of concentration due to discomfort. The risk of frostbite or hypothermia in serious cases	Medium	High	Weather monitored throughout the day. Check weather warnings to assess risk to participants and coaches, not just at the track, but their journey in getting there. Any areas of concern shall be highlighted to participants and coaches before the session. Coaches to do track walk to assess the risk of slips, falls and extent of puddles on the track.

				If the session cannot be delivered safely due to the extent of the weather, the session will be cancelled
Track – dark evenings	Not visible to other runners, cyclists, or vehicles leading to collisions	High	High	Wear visibility clothing in the darker nights
Track – shared space	Track is open to the public who don't always pre-book with the centre. Increases the risk of collisions, assault and harassment.	Low	High	Coaches to be vigilant about who is not within the group, especially when u18 participants are present. Participants to be made aware the track is a shared space and have report any causes of concern.
Track – personal injury	Runners experience sudden ill health or injury during the session	Medium	High	If a participant experiences an issue and stops, ensure someone stays with the person. Call emergency assistance if required. Runners should not engage in a run if they feel unwell and should communicate any underlying health conditions (e.g., diabetes mellitus, asthma) and the treatment action to take, to at least one other group member, if they feel comfortable doing so. Run leaders and coaches should familiarize themselves with the closest source of medical aid (e.g., hospitals, defibrillators†) Each runner should consider their fitness level prior to engaging in the activity. A physical activity readiness questionnaire could be conducted prior to beginning any new activity.
Track – electricity	Floodlights not turned on during dark evenings. Electrical hazards from floodlights resulting in shock or burns.	Low	Low High	Coach to check with sports centre before the session to put the floodlights on as track will be in use. The sports centre has responsibility for maintaining equipment – coaches to report any faults.
Fire - sports centre toilets Track	People near a fire could suffer burns and/or smoke inhalation injuries. Being trapped with a fire can be fatal. Anxiety and panic caused by nearby fire.	Medium	High	Coaches to understand the fire safety and emergency procedures in the event of a fire. Outline procedures to participants.
Safeguarding	Unqualified coaches and volunteers in leading sessions and understanding of first aid.	Low	High	Coaches should all have up to date qualifications and DBS checked. Either be first aid trained or know the nearest first aider prior to each session.

Specific needs – Blind Participants	Known injuries before running. Inappropriate clothing or footwear Lack of resources to run	High	High	Use a trained guide runner with clear communication Use a tether if both are comfortable and trained using it. Coaches to do a surface check before the session. Where possible, reserve a lane for runner and guide.
Under 18 Participants	Known injuries and fuelling before running. Inappropriate clothing or footwear Check session is appropriate for under 18's	High	High	Coaches to ask youth or parent about injury before they begin session Coaches to check kit is appropriate for training and weather conditions. Speak with parent, if necessary. Coaches to adapt session to be age appropriate with reps and rest.

Key	Likelihood	Impact
High	Frequent – would be expected to occur at least monthly without mitigation	Serious – risk to life, risk of permanent disability, or irreparable loss.
Medium	Occasional – would be expected to occur at least once a year without mitigation	Substantial – risk of injury that would take many months to recover, or the loss of difficult to replace assets.
Low	Rare – expected to occur less than once per year.	Minor – an injury that may take a few days to recover, or the loss of replaceable assets.