

# KAC Juniors – Risk Assessment for Junior Training Sessions

**Club:** Keswick Athletic Club

**Assessment carried out by:** John Battrick (Junior Coordinator)

**Date of next review:** Feb 2026

**Date of assessment:** 23/02/2025

**Venue:** Various – off road trails, grass and tarmac around Keswick

**Location of first-aid kit:** Coach equipment bag **Day/Time:** Wednesdays, 5.15pm - 6.15pm

**Participants:** Between 10 and 25 junior athletes aged 7-16, mixed ability

**Nature of session:** Running training and multi-skills session

What are the hazards?	Who might be harmed and how?	Likelihood and impact (1 Low – 5 High)	Measures to alleviate risk	Who needs to carry out the action?
<b>Surface</b>	Participants, coaches – uneven and steep surfaces are more likely to result in a fall or injury; hard tarmac surfaces pose greater risk of injury following a fall.	Likelihood 3 Impact 1-2	Pre-session check of training surface; ensure participants have suitable footwear; avoid especially slippery and uneven surfaces; avoid fast running or quick changes of direction on tarmac or slippery surfaces.	Coaches, participants

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<b>Lighting</b>	Participants, coaches – trip / fall / impact with other area users.	Likelihood 2 Impact 1-2	Where sessions do not take place in clear daylight, ensure coaches and participants have good quality headtorches.	Coaches, participants
<b>Visibility</b>	Participants, coaches – impact with each other, other area users or cars.	Likelihood 1 Impact 2-4	Where sessions do not take place in clear daylight, ensure coaches and participants wear a high-visibility top as a minimum requirement.	Coaches, participants
<b>Temperature</b>	Participants – effects of extreme heat, cold and other weather conditions.	Likelihood 1-2 Impact 3	Ensure all participants have suitable clothing for the weather conditions, and bring/carry water as necessary. Be prepared to cancel training sessions as required by extremes of weather.	Coaches, participants
<b>Natural Hazards</b>	Participants – collision with trees/branches, falling into rivers or lakes.	Likelihood 1 Impact 4	Ensure full supervision of participants near water; avoid activities in densely wooded areas; be prepared to cancel session if any risk of falling branches.	Coaches, participants
<b>Other park / trail / area users</b>	Collision with walkers, runners, cyclists or off-lead dogs.	Likelihood 2 Impact 2	Ensure participants are aware of their surroundings and give way to other park users; pause the session if the area becomes busy or an off-lead dog comes close; ensure participants and coaches wear a high-visibility top in dim conditions.	Coaches, participants