

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? |
|-----------------------|---|--|--|------------------------------------|
| Surface | 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 slippy and uneven surfaces; avoid fast running or quick changes of direction on tarmac or slippy surfaces. | Coaches, participants |

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|--|---|---|--|------------------------------------|
| Lighting | 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 |
| Visibility | 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 |
| Temperature | 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 |
| Natural Hazards | 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 |
| Other park / trail / area users | 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 |