

TEMPLATE 3: Facility Health Check- Non Covid – General Training Away From Club Risk Assessment.

Location/Venue:					
Date:		Assessor:			
SUMER TRAINING AWAY FROM PIXHAM SPORTS GROUND./RANMORE /LED RUNS		10/03/2025		DMVAC Committee	
Potential Hazards	What risks do they pose and to whom?	Who is at risk? E.g. athletes/coaches/parents/the public/others	Risk Level H/M/L	What precautions have been taken to reduce the risk?	What additional action is needed to control identified hazards and reduce the risk?
<u>LACK OF FIRST AID PROVISION.</u>	RISK BEING UNABLE TO DEAL EFFECTIVLY IN A MEDICAL EMERGENCY.	ATHLETES/COACH /RUN LEADER/NON EA LICENSED RUN LEADER	L	UKA LICENCED COACHES/RUN LEADERS MUST HAVE COMPLETED THE APPROPRIATE LEVEL OF FIRST AID TRAINING IN COMPLIANCE WITH UKA INSTRUCTION. FOR DMVAC A CATEGORY B FIRST AID COURSE AND CERTIFICATE IS REQUIRED BY ALL COACHES.ASSISTANTS AND LICEENCED RUN LEADERS AS THEIR LICENCE COMES UP FOR RENEWAL. . I.E. (NEXT FIRST AID CATEGORY B FIRST AID TRAINING DAY IS BEING PUT ON BY REIGAT AC IN NEXT 3 MONTHS. DATE TO BE	DMVAC CONDUCTS BOTH TRAINING AND LED RUNS AWAY FROM OUR DESIGNATED SPORTS GROUND AT PIXHAM LANE. AS A RESULT WE FALL INTO THE UK ATHLETICS CATOGORY B FIRST AID TRAINING REQUIREMENT. (EMERGENCY ASSISTANCE/AMBULANCE WOULD BE EXPECTED TO BE ABLE TO ATTEND THE SCENE WITHIN 10-20 MINUTE TIME SCALE) N.B. DORKING IS SURROUNDED BY EMERGENCY MEDICAL PROVISION ALL WITHIN A 10 MILE RADIUS. WITH AMBULANCES POTENTIALLY ABLE TO DISPATCH FROM EAST SURREY HOSPITAL/ EPSOM HOSPITAL / ROYAL GUILDFORD

				<p>CONFIRMED. OPEN TO ALL RUNNING LEADERS/COACHING ASSISTANTS AND COACHES REGARDLESS OF WHETHER THEY ARE LICENCED RUN LEADERS OR NOT.) IF YOU HAVE A EA LICENCE REQUIRING RENEWAL IN NEXT 12 MONTHS YOU NEED TO DO THE COURSE! PLEASE GIVE NAMES TO COACHING COORDINATOR. HOWARD JONES.</p> <p>FROM 01/04/23 THIS BECAME A MANDATORY REQUIREMENT FOR ALL UKA LICENCED COACHES/ASSISTANT COACHES AND RUN LEADERS AS THERE LICENCE COMES UP FOR RENEWAL.</p> <p>AT PRESENT NOT A REQUIREMENT FOR NON UKA LICENCED RUN LEADERS BUT</p>	<p>HOSPITAL/DORKING HISPITAL AND THE AMBULANCE STATION AT HOMEWOOD DORKING.</p> <p>THE CLUB HAS PROVIDED A CATOGORY B FIRST AID TRAINING AND THE NEXT COURSE IS BEING PUT ON BY REIGATE PRIORY AC. THIS COURSE IS AVAILABLE TO ALL COACHES/COACHING ASSISTANTS AND LICENCED AND NON LICENCED RUN LEADERS . PLEASE GIVE NAME TO HOWARD JONES.</p>
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				<p>CLUB ADVISES ALL RUN LEADERS TO HAVE UPTO DATE FIRST AID TRAINING.</p> <p>UK ATHLETICS HAVE (CATAGORY A) ON LINE FIRST AID COURSE AVAILABLE TO ALL.</p> <p>IT IS A MINIMUM FOR ALL COACHES/ ASSISTANT COACHES AND LICENCEDRUN LEADERS. NON LICENCED RUN LEADERS IF THEY ARE UNABLE TO ATTEND THE CATOGORY B DAY FIRST AID COURSE PROVIDED BY THE CLUB ARE RECOMMENDED TO DO THIS ON LINE COURSE.</p>	
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<p><u>TREATING PERSON SUFFERING AN INJURY.</u></p>	<p>INJURY TO ATHLETE/ BROKEN BONES/ CUTS GRAZES. HEAD INJURY FROM FALL.</p> <p>OTHER ATHLETES WAITING GETTING COLD.</p> <p>RISK OF TRANSFER OF INFECTION INCLUDING COVID-19 (FLUID TRANSFER, BLOOD SILIVA)TO COACH ANY ONE GIVING ASSISTANCE. ALSO POTENTIAL TRANSFER OF VIRUS TO INJURED ATHLETE BEING TREATED.</p>	<p>ATHLETES/COACH /RUN LEADER/NON EA LICENSED RUN LEADER</p>	<p>L</p>	<p>ALL COACHES /ASSISTANT COACHES AND RUN LEADERS TO BE PROVIDED WITH PERSONAL BUM BAG/CARRY FIRST AID KITS.</p> <p>ALL UKA LICENCES COACHES /ASSISTANT COACHES AND RUN LEADERS MUST HAVE CATEGORY B FIRST AID TRAINING IN ORDER TO COACH AT LOCATIONS AWAY FROM PIXHAM SPORTS GROUND. ALL NON LICENCESED RUN LEADERS SHOULD BE CONFIDENT TO CARRY OUT FIRST AID AND SHOULD COMPLETE THE UKA ONLINE FIRST AID COURSE OR ATTEND THE FIRST AID COURSE OFERED BY THE CLUB.</p> <p>COACH/RUN LEADER TO CARRY FIRST AID</p>	<p>PERSONAL FIRST AID KIT HAVE BEEN SUPPLIED BY DMVAC TO ALL CURRENT COACHES/RUN LEADERS THAT REQUIRE THEM. IF YOU HAVE NOT GOT A KIT PLEASE INFORM PAULA CARTER OR HOWARD JONES AND IT WILL BE PROVIDED.</p> <p>AT LEAST ONE LEADER/COACH TO CARRY PERSONAL FIRST AID KIT WHEN LEADING A GROUP.</p> <p>AT LEAST ONE PERSON IN EACH GROUP TO HAVE A MOBILE PHONE TO CONTACT EMERGENCY SERVICES IN EVENT OF MORE SERIOUS ACCIDENT.</p> <p>COACHES RUN LEADERS TO HAVE EMERGENCY CONTACT NUMBERS FOR ATHLETES.</p> <p>COACHES/LEADERS SHOULD ENQUIRE OF ANY HEALTH CONDITIONS OR INJURIES OF THEIR ATHLETES PRIOR</p>
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<p><u>ATHLETE SUFFERING ILLNESS</u></p>	<p>STROKE/ HEART ATTACK/ANGINA/</p>	<p>ATHLETES/ COACH/RUN LEADER</p>	<p>L</p>	<p>KIT WHEN LEADING/COACHING.</p> <p>ALL COACH/RUN LEADERS TO HAVE ACCESS TO MOBILE PHONE IN GROUP WHEN LEADING.</p> <p>THE DEFIBRILATOR ON RANMORE IS BY THE SMALL GATE INTO STEERS FIELD. THIS IS ABOUT 50 METRES FROM STEERS FIELD CAR PARK GOING BACK ALONG THE RANMORE ROAD TOWARDS DORKING.</p> <p>COACH/RUN LEADERS TO BE</p>	<p>TO A RUN. RECENT E MAIL DISTRIBUTED BY CLUB VICE CHAIR REMINDING COACHES, AND RUN LEADERS ABOUT INFORMATION TO INCLUDE IN PRE RUN BRIEFING!</p> <p>AT LEAST ONE OTHER ATHLETE IN GROUP COMPETENT TO LEAD OTHER MEMBERS BACK IN EVENT OF COACH/RUN LEADER HAVING TO REMAIN WITH INJURED ATHLETE.</p> <p>CLUB OFFERS FIRST AID COURSE FOR COACHES/ASSISTANT COACHES /RUN LEADERS AND NON LICENSED RUN LEADERS. NEXT COURSE IS IN NEXT 3 MONTHS HOSTED BY REIGATE AC DATE TO BE CONFIRMED. PLEASE GIVE NAME TO HOWARD JONES FOR PLACE ON COURSE.</p>
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<p><u>UNEVEN GROUND/UNEVEN PAVEMENT/ KERB/ ROAD. TREE ROOTS GROWING THROUGH.</u></p>	<p>THE RISK OF TRIPPING/FALL AND INJURY</p>	<p>ATHLETES/RUN LEADER /COACH</p>	<p>L</p>	<p>FAMILIAR WITH DEFIBRILATION POINTS AROUND DORKING AND PLANNED TRAINING ROUTES.</p> <p>CARRY MOBILE PHONE. CARRY FIRST AID KIT.</p> <p>ONLY ATHLETES WITH SUITABLE FOOTWEAR/ EG TRAIL SHOES/TRAINERS/SPI KES CAN TAKE PART.</p>	<p>IF ONE ATHLETE DUE TO ILLNESS INJURY TIREDNESS/UNABLE TO KEEP UP THEN THEY MUST BE ACCOMPANIED BACK TO VEHICLE/ START POINT/HOME (WITH AT LEAST 2 OTHERS) AND NOT LEFT TO MAKE OWN WAY BACK.</p> <p>LIST OF DEFIBRILATION LOCATIONS AROUND DORKING TO BE DISTRIBUTED TO COACHES AND RUNNING LEADERS.</p> <p>COACH/RUN LEADER TO CARRY OUT DYNAMIC RISK ASSESSMENT RE SUITABILITY OF ROUTE. (WEATHER CONDITIONS MAY ALTER SAFETY OF SURFACE) GROUPS CANNOT TRAIN DURING TIME OF A RED WEATHER WARNING COVERING THIS AREA.</p>
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<u>ATHLETES GETTING LOST</u>	<p>RISK TO THEMSELVES IF WET OR COLD OR TIRED. /OVER HEATING IN WARMER WEATHER. SLOWER ATHLETES UNABLE TO KEEP UP AND DROPPING OFF BACK OF GROUP AND LOSING CONTACT.</p>	ATHLETES/COACH/ RUN LEADER	L	<p>COACHES TO HAVE RECORD OF NAMES OF ATHLETES BEFORE SETTING OFF .</p> <p>TO HAVE A LIST ATHLETES IN THEIR GROUP AND CARRY EMERGENCY CONTACT NUMBERS.</p> <p>RUN LEADER TO RUN AT BACK OF GROUP OR POST A BACK MARKER TO ENSURE NO ATHLETES LOST OFF BACK OF GROUP.</p> <p>THE PARTICIPANTS SHOULD BE BRIEFED BEFORE A RUN WHICH SHULD INCLUDE ASKING ABOUT ANY INJURIES ILLNESS OR CONDITIONS OF ATHLETES. ALSO TO INCLUDE APPROXIMATE DISTANCE OF RUN</p>	<p>BACK MARKER MUST BE COACH / RUN LEADER OR ONE OF THE STRONGER ATHLETES FROM THE GROUP.</p> <p>IF ONE ATHLETE DUE TO ILLNESS INJURY TIREDNESS/UNABLE TO KEEP UP THEN THEY MUST BE ACCOMPANIED BACK TO VEHICLE START POINT/HOME AND NOT LEFT TO MAKE OWN WAY BACK TO START.</p>

				AND PACE OF GROUP WITH ROUTE DETAILS.	
<u>GETTING KNOCKED OVER BY A MOTOR VEHICLE.</u>	RISK TO ATHLETES /COACHES OF BEING HIT BY A VEHICLE. ATHLETES/RUN LEADERS TO TAKE ADDITIONAL CARE.	ATHLETES/COACHE S/RUN LEADERS	L	<p>WHERE PRACTICABLE USE UNDERPASS/BRIDGE/ TRAFFIC LIGHTS AND CROSSINGS POINTS TO NEGOTIATE ROAD CROSSINGS.</p> <p>ADULT ATHLETES RECOMMENDED TO WEAR LIGHT OR HI VIABILITY CLOTHING WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS</p> <p>ADULT ATHLETES RECOMMENDED TO CARRY A TORCH WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS</p> <p>YOUTH ATHLETES MUST WEAR HI VISABILITY COLTHING WHEN TRAINING</p>	<p>LEADERS/COACHES SHOULD CARRY PERSONAL FIRST AID KITS WHEN LEADING A GROUP.</p> <p>AT LEAST ONE PERSON IN EACH GROUP TO HAVE A MOBILE PHONE TO CONTACT EMERGENCY SERVICES IN EVENT OF MORE SERIOUS ACCIDENT</p>

				<p>OUTSIDE DURING THE HOURS OF DARKNESS.</p> <p>YOUTH ATHLETES SHOULD ALSO HAVE A TORCH WHEN TRAINING OUTSIDE DURING THE HOURS OF DARKNESS.</p>	
<p><u>ATHLETES TURNING UP ILL OR INJURED OR WITH MEDICAL CONDITION WHICH WILL POTENTIALLY EFFECT THEIR RUNNING.</u></p>	<p>RISK OF NOT BEING ABLE TO COMPLETE RUN AND HAVING TO STOP REQUIRING MEDICAL ATTENTION.</p>	<p>TO ATHLETES THEMSELVES IF THEY REQUIRE URGENT MEDICAL ATTENTION. ALSO OTHER RUNNERS WAITING IN COLD/WET /HEAT FOR ATHLETE TO BE TREATED MAY</p>	<p>L</p>	<p>AT THE START OF THE RUN COACHES/RUN LEADERS TO ASK TO BE MADE AWARE OF ANY ILLNESS/INJURIES OR MEDICAL CONDITIONS THAT MAY AFFECT ATHLETE OR IF ANY OF THE ATHLETES HAVE ANY MEDICATION WITH</p>	<p>ATHLETE MAY HAVE TO BE EXCLUDED FROM RUN UNTIL ILLNESS OR INJURY IS HEALED.</p> <p>BRIEFING ATHLETES REGARDING THE SESSION WILL ENABLE THEM TO MAKE A MORE INFORMED DECISION AS TO JOINING</p>

		BECOME CASUALTIES.		<p>THEM THAT THEY MAY NEED IN AN EMERGENCY.</p> <p>ATHLETES SHOULD MAKE COACHES AWARE OF ANY ILLNESS INJURY WHICH MAY AFFECT THEM REGARDLESS OF PROMPT FROM COACH. ALSO THEY MUST MAKE THE COACH/RUN LEADER AWARE OF ANY MEDICATION THAT THEY CARRY WITH THEM AND MAY NEED IN THE EVENT OF AN EMERGENCY.</p> <p>ATHLETES SHOULD BE BRIEFED REGARDING APPROX DISTANCE SPEED, AND ROUTE/ TYPE OF SESSION TO BE UNDERTAKEN.</p>	<p>APPROPRIATE LEVEL GROUP.</p> <p>WHEN GOING FOR LED RUN AT LEAST ONE OTHER RUNNER IN ADDITION TO THE LEADER MUST KNOW ROUTE SO IN EVENT OF EMERGENCY CAN IF REQUIRED LEAD REST OF GROUP BACK.</p>
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ADVERSE WEATHER CONDITIONS. (EXCESS HEAT, COLD, WET, (EXTREME WEATHER WARNINGS))	<p>ATHLETES/COACH /RUN LEADER . EXTREME HEAT – SUFFERING HEAT EXHAUSTION, HEATSTROKE, SUNBURN, DEHYDRATION.</p> <p>COLD/WET/SNOW /ICE – HYPOTHERMIA, FROSTBITE, FALL INJURIES DUE TO UNDERFOOT CONDITIONS CREATED BY WEATHER.</p>	ADVISE ATHLETES TO WEAR SUITABLE CLOTHING FOR THE CONDITIONS. <p>.</p> <p>.</p>	L	<p>COACH TO CARRY FIRST AID KIT. COACH TO HAVE ACCESS TO MOBILE PHONE IN THE GROUP TO CONTACT EMERGENCY SERVICES SHOULD THE NEED ARISE.</p> <p>COACH/RUN LEADER TO CONSIDER ROUTE PRIOR TO SETTING OUT. IS IT SUITABLE FOR ALL THE ATHLETES IN THE GROUP. DO THEY ALL HAVE SATISFACTORY CLOTHING AND FOOT WEAR.</p> <p>.</p>	<p>IN THE EVENT OF A RED SEVERE WEATHER WARNING ALL TRAINING OUTSIDE IN THE ELEMENTS WILL BE CANCELLED FOR ALL CLUB MEMBERS.</p> <p>IN THE EVENT OF A AMBER SEVERE WEATHER WARNING ALL TRAINING WILL BE CANCELLED FOR YOUTH ATHLETES WHO WOULD BE TRAINING OUTSIDE IN CONDITIONS. AN EXCEPTION BEING TRAINING INSIDE MAY CONTINUE IF CONSIDERING THE RISK THE COACH DEEMS IT SAFE FOR YOUTH ATHLETES TO DO SO, INCLUDING SAFE TRAVEL TO AND FROM THE TRAINING LOCATION.</p> <p>FOR ADULT MEMBERS AMBER WEATHER WARNING.</p>

					<p>CONSIDERATION MUST BE MADE BY THE COACH/RUN LEADER AS TO CANCELLING THE SESSION OR IF SUITABLE MITIGATIONS CAN BE PUT IN PLACE.</p> <p>E.G CAN TRAINING BE HELD IN DOORS? AT DIFFERENT TIME OF DAY? AT A DIFFERENT LOCATION. SUCH AS SHADED AREA. COACH TO ALTER SESSION SO THAT THE CONTENT TO REFLECT CONDITIONS.</p> <p>RANMORE OR OTHER TRAIL RUN ACTIVITY – CONSIDER 2 SMALLER LOOPS SO THAT ALL ATHLETES REMAIN CLOSER TO START POINT. PLAN ROUTE AND ENSURE ATHLETES ARE AWARE OF DISTANCE AND PACE PRIOR TO STARTING.</p> <p>FIRST AID KIT TO BE CARRIED.</p> <p>MOBILE PHONE TO BE CARRIED.</p>
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COVID-19 RISK OF INFECTION.	COACH AND ATHLETES MAY CONTRACT THE VIRUS FROM DIRECT CONTACT OR INDIRECTLY FROM BEING IN CLOSE PROXIMITY OR CROSS CONTAMINATION FROM THE USE OF THE SAME EQUIPMENT, WATER BOTTLES ETC.	ATHLETES AND COACH/RUN LEADERS	L	RISK CAN BE MITIGATED BY , MAINTAINING SOCIAL DISTANCING WHERE POSSIBLE. MAINTAINING GOOD HYGEINE OF EQUIPMENT.	GOVERNMENT HAS RELAXED RULES REGARDING COVID. HOWEVER WHERE POSSIBLE MAINTAIN SOCIAL DISTANCING AND MAINTAIN GOOD HYGEINE.
FALL/ADGILITY/ MOBILITY OF ATHLETES IN GROUP	RISK WHEN OPENING AND CLOSING GATES. GOING OVER STILES. THERE IS THE FALL RISK AS PEOPLE TRY TO HURRY OVER SO AS NOT TO BE LEFT BEHIND	ATHLETES/COACH/ RUN LEADERS.	L	COACH RUN LEADER. COACH/RUN LEADER TO WAIT HAVING GONE OVER STILE OR THOROUGH A GATE FOR ALL ATHLETES TO GET THROUGH. THIS WILL ELIMINATE THE RUSH TO GET THROUGH OR OVER SO REDUCE RISK.	COACHES/RUN LEADERS TO CONSIDER WHEN PLANNING ROUTES TO TAKE PATHS THAT REQUIRE GOING THROUGH MINIMUM NUMBER OF GATES OR OVER STILES TO REDUCE COVID RISK. ALSO TO CONSIDER SUITABILITY OF GROUND SURFACE.

LEADING TOO LARGE A GROUP	TOO MANY ATHLETES TO BE ABLE TO MONITOR THEM .	ATHLETES		ATHLETE NUMBERS ON LED RUNS SHOULD NOT EXCEED 1 COACH /RUN LEADER TO 12 ATHLETES.	