

Date:	Assessed by:	Location :	Review :
UPDATED 18/02/2026	DMVAC COMMITTEE	Pixham Lane Sports Ground..	31/09/26

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
LACK OF FIRST AID PROVISION	ATHLETES/COACHES/COACHING ASSISTANTS/ANY PERSON AT PIXHAM SPORTS GROUND DUE TO RISK BEING UNABLE TO DEAL AFFECTIVLY IN A MEDICAL EMERGENCY.	COACHES/ASSISTANT COACHES AND RUN LEADERS ARE OFFERED A 1 DAY FIRST AID COURSE EVERY YEAR. (1 DAY FIRST AID COURSE COMPLIANT WITH UKA CAT B ON SUNDAY 14/06/26 BOOK PLACE WITH HOWARD JONES.) NON LICENSED COACHES HAVE THE OPPORTUNITY TO DO A RUN LEADERS WORKSHOP WHICH COVERS AN NUMBER OF FIRST AID SCENARIOS. COACHES AND RUN LEADERS ARE SUPPLIED WITH A PERSONAL FIRST AID KIT TO CARRY OUT WHEN LEADING GROUPS. UKATHLETICS LICENCED COACHES/RUN LEADERS MUST HAVE COMPLETED THE APPROPRIATE LEVEL OF FIRST AID TRAINING AS AND WHEN	L	DMVAC CONDUCTS BOTH COACHED 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 WITHIN A 10 MILE RADIUS. WITH AMBULANCES ABLE TO DISPATCH FROM EAST SURREY HOSPITAL/ EPSOM HOSPITAL / ROYAL GUILDFORD HOSPITAL/DORKING HISPITAL AND THE	L		27/04/26	

		THEY FIRST BECOME LICENCED OR WHEN THEIR LICENCE IS DUE FOR RENEWAL IN COMPLIANCE WITH UKA INSTRUCTION. (DUE TO THE PRESENCE OF FIRST AID TRAINED PERSONS WHO WOULD BE EXPECTED TO BE ABLE TO ATTEND WITHIN 5 MINUTES AVAILABLE AT PIXHAM SPORTS ON CLUB TRAINING EVENINGS A CATEGORY A FIRST AID COURSE CERTIFICATE WILL BE SUFFICIENT TO COACH WITHIN THE CONFINDS OF THE SPORTS GROUND. AWAY FROM SPORTS GROUND/SPORTS CENTRE ALL LICENCED COACHES. ASSISTANTS AND LICENCED RUN LEADERS AS THEIR LICENCE COMES UP FOR RENEWAL REQUIRE CATEGORY B LEVEL FIRST AID CERTIFICATE. . I.E. (1 DAY FIRST AID TRAINING AT LEAST EVERY 3 YEARS AND BE IN DATE) FROM 01/04/23 THIS WAS MADE A MANDATORY REQUIREMENT FOR ALL UKA LICENCED COACHES/ASSISTANT COACHES AND RUN LEADERS AS THERE LICENCE COMES UP FOR RENEWAL.		AMBULANCE STATION AT HOMEWOOD DORKING. THE CLUB PROVIDES A CATOGORY B FIRST AID COURSE WHICH IS AVAILABLE TO ALL COACHES/COACHING ASSISTANTS AND LICENCED AND NON LICENCED RUN LEADERS . NEXT 1 DAY CAT B FIRST AID COURSE IS BOOKED FOR SUN 14/06/26. BOOK A PLACE THROUGH HOWARD JONES.					
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		NEXT 1 DAY CAT B FIRST AID COURSE IS AT PIXHAM LANE SCOUT HUT ON SUN 14/06/26. BOOK PLACE VIA HOWARD JONES. AT PRESENT NOT A REQUIREMENT FOR NON UKA LICENCED RUN LEADERS BUT CLUB ADVISES ALL RUN LEADERS TO HAVE UPTO DATE FIRST AID TRAINING. UK ATHLETICS HAVE (CATAGORY A) ON LINE FIRST AID COURSE AVAILABLE TO ALL. THIS IS RECOMMENDED THAT AS A MINIMUM ALL COACHES/ ASSISTANT COACHES AND BOTH LICENCED AND NON LICENCED RUN LEADERS IF THEY ARE UNABLE TO ATTEND THE CATOGORY B DAY FIRST AID COURSE PROVIDED BY THE CLUB.						27/04/26	
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ATHLETES AND COACHES – INJURIES FROM SLIPPING/TRIPPING DUE TO WORN OUT TRACK/UNDULATIONS IN GRASS TRACK/INCLUDING ALL OTHER GRASS PLAYING FIELD AREA	ATHLETES TRAINING ARE THE MOST LIKELY TO BE HARMED AS A RESULT OF STUMBLING AND FALLING.	• 1. ATHLETES AND COACHES SHOULD WEAR APPROPRIATE FOOTWEAR. • 2. ENSURE TRACK/TRAINING AREA IS LEVEL, FREE OF HOLES AND ANY DEBRIS REMOVED E.G. STONES. • 3. GRASS SURFACE SHOULD BE CUT REGULARLY TO PROVIDE A SMOOTHER SURFACE TO RUN ON. • 4. ENSURE ADEQUATE MAINTENANCE AND REGULAR INSPECTION- THIS SHOULD BE DONE WHILE REGULAR WHITE LINE PAINTING TAKES PLACE.	• ATHLETES REMINDED TO WEAR APPROPRIATE FOOTWEAR. • COACH HAVE ACCESS TO MOBILE PHONE SO THEY CAN QUICKLY CONTACT EMERGENCY SERVICES IF REQUIRED. • COACH TO HAVE ACCESS TO FIRST AID KIT IN THE EVENT OF ATHLETE BECOMING ILL OR INJURED. • FOR COACH TO BE TRAINED IN THE ADMINISTERING OF FIRST AID. PIXHAM LANE SPORTS GROUND IS MAINTAINED WITH THE GRASS REGULARLY CUT AND THE FIELD PREPARED TO BE SMOOTH AND FLAT AND FREE FROM POT HOLES PRIOR TO THE START OF THE ATHLETICS SEASON. FACILITY IS SHARED WITH DORKING CRICKET CLUB WHO ALSO ENSURE THE WHOLE PLAYING			27/04/26	
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VEHICLES PARKING IN CAR PARK AND ON GRASS FIELD.	DANGER TO ATHLETES, PARTICULARLY YOUTH ATHLETES GETTING KNOCKED OVER BY CARS MANOEUVRING ON GRASS FIELD/DRIVING OVER TRACK.	ACCESS TO FIELD BY CARS RESTRICTED TO CERTAIN AREAS CORDONED OFF BY TAPE .		<i>SURFACE/INCLUDING TRACK AREA AND ACROSS THE CENTRE IS SMOOTH AND CLEAR OF HOLES AND DEBRIS.)</i> <i>MEMBERS ASKED NOT TO ATTEND PIXHAM LANE SPORTS GROUND IN A VEHICLE IF POSSIBLE.</i> <i>GROUPS ADVISED NOT TO MEET UP OR CONGREGATE IN THE CAR PARK.</i>				
WEATHER – RAIN/SUN/HEAT/COLD. ATHLETES AND COACHES - CUTS AND STRAINS FROM SLIPPING ON WET GRASS. DEHYDRATION DUE TO WARM/HOT WEATHER HEAT STROKE. HYPOTHERMIA	ATHLETES/COACHES TRAINING MIGHT BE HARMED IF THEY SLIP ON WET SURFACE, END UP OVERSTRETCHING/FALL AND CAUSING STRAIN/GRAZE, BREAK OR OTHER INJURY. ATHLETES AND COACHES OUT IN THE SUN BECOMING DEHYDRATED/FAINT. HEATSTROKE/SUNSTROKE.	• ADVISE RE APPROPRIATE FOOTWEAR. • PROPER WARM UP AND STRETCHING TO REDUCE LIKELIHOOD OF STRAINS/PULLS. • MOVE TRAINING AWAY FROM ANY STANDING WATER/PUDDLES. • ATHLETES ADVISED TO	L	• ADAPT TRAINING SESSION TO BEST SUIT CONDITIONS. • GRASS SURFACE TO TRAIN ON PROVIDES A SOFTER MORE FORGIVING SURFACE TO LAND IN THE EVENT OF A FALL. • FIRST AID KIT AVAILABLE. • COACH OR OTHER FIRST	L			

		HAVE BOTTLE OF WATER WITH THEM. • COACH TO TAILOR TRAINING TO WEATHER CONDITION. DYNAMIC RISK ASSESSMENT BY COACH. • IN HOT SUNNY WEATHER CONSIDER BRIEFING ATHLETES IN SHADE. PROVIDE REGULAR BREAKS FOR ATHLETES TO TAKE ON WATER. • IN COLD CONDITIONS ENSURE ATHLETES HAVE ADEQUATE CLOTHING. TAILOR SESSIONS TO REDUCE TIME ATHLETES STANDING INACTIVE/POTENTIALLY GETTING COLD.		AID TRAINED PERSON IN ATTENDANCE. IN THE EVENT OF A RED SEVERE WEATHER WARNING ALL TRAINING OUTSIDE IN THE ELEMENTS WILL BE CANCELLED FOR ALL CLUB MEMBERS. IN THE EVENT OF A AMBER SEVERE WEATHER WARNING ALL TRAINING WILL BE CANCELLED FOR YOUTH ATHLETES WHO WOULD BE TRAINING OUTSIDE IN EXTREME 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. FOR ADULT MEMBERS AMBER WEATHER WARNING. CONSIDERATION MUST BE MADE BY THE COACH/RUN LEADER AS TO CANCELLING THE SESSION OR IF SUITABLE MITIGATIONS CAN BE PUT IN PLACE. E.G CAN TRAINING BE HELD IN DOORS? OR AT				
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				DIFFERENT TIME OF DAY? AT A DIFFERENT LOCATION. SUCH AS SHADED AREA. COACH TO ALTER SESSION SO THAT THE CONTENT TO REFLECT CONDITIONS. FIRST AID KIT TO BE AVAILABLE. MOBILE PHONE TO BE CARRIED.			
ATHLETES BECOMING INJURED AS A RESULT OF THE TRAINING. ATHLETES COLLIDING	ATHLETES WHO HAVE DONE LITTLE PHYSICAL EXERCISE IN RECENT TIMES/NEW TO RUNNING AT HIGHER RISK OF INJURY. ATHLETES BUMPING INTO EACH OTHER.	- ATHLETES, STARTING WITH STRETCHING/ RUNNING TECHNIQUE. ATHLETES CHOOSE PACE I.E WHETHER TO WALK /JOG ACTIVITIES. GRADUAL BUILD UP. ADVISED RE MOST APPROPRIATE GROUP. - ALL RUNNERS ADVISED RE TRACK ETIQUETTE RUN	L	- SESSIONS PLANNED TO PROVIDE ATHLETES WITH FLEXIBILITY TO CHOOSE THE LEVEL OF EXERTION AND REST WHEN THEY WANT. - SESSIONS PLANNED FOR GRADUAL DEVELOPMENT. BEGINNERS RUNNING COURSE SO THAT ATHLETES GET .TRAINING	L		

		ANTICLOCKWISE ON TRACK. FASTER RUNNERS RUN IN INSIDE LANES.		INCLUDING TRACK ETTICATE.				
ATHLETES WITH PRE- EXISTING CONDITIONS	ATHLETES COMING TO TRAINING WITH PRE EXISTING CONDITIONS, EG ASTHMA, DIABETES ETC	• ATHLETES SHOULD BE ASKED IF ANY MEDICAL CONDITIONS AS PART OF START OF SESSION. • ATHLETES RENEWING OR JOINING THE CLUB WILL BE ASKED TO DISCLOSE ANY CONDITIONS WHICH MAY AFFECT THEM WHILE TRAINING. • ATHLETES SHOULD TAKE INITIATIVE AND INFORM COACH OF ANY PRE EXISTING CONDITIONS WHICH MAY AFFECT THEM WHETHER PROMPTED OR NOT.	L	JOINING/RENEWING MEMBERSHIP. ATHLETES ARE ASKED TO DISCLOSE ANY PRE EXISTING CONDITIONS THAT MAY AFFECT THEM WHILE TRAINING WITH THE CLUB. DISCUSS WITH ATHLETE HOW BEST TO MANAGE THEIR TRAINING WITH ANY CONDITION BROUGHT TO ATTENTION OF COACH. THIS MAY INCLUDE, PRECLUDING ATHLETE IF COACH CONSIDERS THAT THEY REQUIRE CONFIRMATION FROM MEDICAL EXPERT, I.E GP THAT THE PERSON IS FIT TO TRAIN. • COACH OR OTHER FIRST AID TRAINED PERSON TO BE IN ATTENDANCE. • FIRST AID KIT TO BE READILY AVAILABLE.	L		27/04/2 6	

GOOD HYGEINE, RISK OF SPREAD OF VIRUS.	RISK TO COACH AND ATHLETES PASSING VIRUS TO EACH OTHER EITHER VIA DIRECT CONTACT, OR INDIRECTLY THROUGH THE USE OF EQUIPMENT.	EQUIPMENT TO BE IN A CLEAN CONDITION. FACILITIES AVAILIABLE TO WASH OR GEL HANDS AFTER USE.		ALL EQUIPMENT TO BE CLEAN PRIOR TO USE BY THE ATHLETE. WASH FACILITIES OR GEL SHOULD BE AVAILABLE FOR USE AFTER TOUCHING EQUIPMENT.				
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NB COPY AND PASTE ROWS AS REQUIRED