

**Club / Society:** York St John University Running Club

**Event / Activity:** Training (Club Training)

**Date of Activity:** N/A (Weekly Training)

**RA Completed By:** Karl Swales

**Location of Event / Activity:** York St John University Sports Park Athletic Track / York Sport 400m Track

**Date of Risk Assessment:** Thursday 7<sup>th</sup> June 2016 (07/07/2016)

**RA Verified By (SU Use Only):**

Hazard	Who May be Harmed?	Risk Score (without EC)	Existing Controls (EC)	Risk Score (with EC)
Trips / Slips / Falls / Collisions with Other Athletes	All Session Participants / Coaches / Observers	10	<ul style="list-style-type: none"> <li>▪ Immediate first aid provision can be given to injured participants by club members / staff on YSJ University Campus / external venue staff</li> <li>▪ Participants are informed and advised on correct footwear / clothing (participants without correct clothing / equipment are asked not to participate)</li> <li>▪ Sessions are abandoned if indoor lighting is poor and putting participants at risk</li> <li>▪ Inspection of training area is completed prior to training / competitions</li> <li>▪ Committee aware of how to call First Aid</li> <li>▪ All training sessions must be taken by a competent coach who has the necessary coaching credentials</li> <li>▪ No playing / training on wet surfaces (dangerously wet surfaces)</li> <li>▪ Ensure that the court and surrounding area is clear before training / BUCS fixtures</li> </ul>	5
Poor Quality Coaching	Session Participants	9	<ul style="list-style-type: none"> <li>▪ All individuals delivering sessions are required to have relevant Running Coaching credentials. This must be documented and kept on file at the SU</li> <li>▪ All coaches are advised to engage in continued professional development (CPD)</li> <li>▪ Coaches must differentiate for ability</li> <li>▪ Adequate number of coaches must be present at all training sessions, participant to coach ratio must be sensible and follow NGB guidelines / recommendations</li> </ul>	3
Muscle Strains / Bruising / Cuts / Bleeding	Session Participants	5	<ul style="list-style-type: none"> <li>▪ All participants / players must engage with an appropriate warm-up prior to training</li> <li>▪ Players / participants suffering from muscle strains / bruising / cuts are immediately given the appropriate first aid provision</li> <li>▪ Any player suffering severe injury in game must seek further medical attention</li> <li>▪ Club must have one first aid qualified individual present at each session (or the knowledge of how to call for emergency first aid)</li> </ul>	3

Head / Spinal Injury	Session Participants	10	<ul style="list-style-type: none"> <li>▪ If an individual is suspected to have suffered from a spinal / head injury the individual must NOT be moved</li> <li>▪ Emergency services (999) and YSJ-Active staff present at the facility must be notified immediately (YSJ-Active only needed if YSJ Facility)</li> <li>▪ Ensure a member of the team / YSJ-Active Staff / SU Staff is ready to meet the ambulance / paramedics on their arrival at YSJ University and lead them to Foss Sports Hall / YSJ Sports Park</li> </ul>	3
Poor Track Quality / Maintenance	Session Participants	10	<ul style="list-style-type: none"> <li>▪ Before use committee / YSJ-Active should complete a court inspection removing any harmful / foreign objects from the athletics track / surrounding area</li> <li>▪ Students' Union / YSJ-Active will advise when the athletics track is unplayable due to poor lighting and / or the quality of the track, if the Club are training on an offsite facility, the Club committee and qualified coach are responsible for making a decision if training is safe</li> </ul>	5
Incorrect Footwear	Session Participants / Coaches	10	<ul style="list-style-type: none"> <li>▪ Players / session participants must wear footwear advised by YSJSU / YSJ-Active on different playing surfaces, if using an external facility the Club must follow guidance given by the facility</li> <li>▪ Individuals are encouraged to wear appropriate trainers / shoes with increased support / protection (e.g. running spikes)</li> <li>▪ Individuals without correct footwear will be asked not to participate in the session</li> </ul>	1
Fire	All Session Participants / Coaches / Spectators	20	<ul style="list-style-type: none"> <li>▪ All electrical equipment used must be PAT tested prior to its use at training sessions / competitions (ie stereo systems / CD players)</li> <li>▪ All club members must understand and know the fire evacuation procedure and know where the nearest fire assembly point is</li> <li>▪ In the case of a fire, all participants / players, coaches and spectators must follow the evacuation procedure and inform security at the earliest possibility</li> </ul>	5
Inexperienced Athletes (Beginners)	Inexperienced Athletes (Beginners)	3	<ul style="list-style-type: none"> <li>▪ All inexperienced athletes (beginners) must be coached by the qualified coach, inexperienced athletes should be closely monitored</li> <li>▪ Session content should be differentiated based on ability</li> <li>▪ Beginner athletes should be given a brief health and safety talk by the Club Captain, Health and Safety Officer and Coach</li> </ul>	1
Spectators	Spectators / Fans		<ul style="list-style-type: none"> <li>▪ All spectators must be advised to keep well away from the track during training and in competitive fixtures. In the case spectators refuse to follow above instruction, security should be called</li> </ul>	

Use of Equipment / Storage of Equipment	All Members of the Club / Coaches	N/A	<ul style="list-style-type: none"> <li>▪ Equipment must be checked for damage prior to every training session / use at competition, any damage to equipment must be reported the Students Union immediately, heavily damaged equipment must not be used for training sessions</li> <li>▪ All equipment must be stored safely in the allocated storage unit</li> <li>▪ No new equipment is to be ordered without authorisation from the SU (Matt Walton)</li> </ul>	N/A
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## Risk Assessment Severity and Likelihood Matrix

		Severity					
		Minor Injuries or discomfort, no medical treatment or measurable physical effects	Injuries or illness requiring medical treatment, temporary impairment	Injuries or illness requiring hospital admission	Injury or illness requiring hospital admission, injury resulting in permanent impairment	Fatality	
		Not Significant (Severity = 1)	Minor (Severity = 2)	Moderate (Severity = 3)	Major (Severity = 4)	Severe (Severity = 5)	
Likelihood	Expected to occur regularly under normal circumstances	Almost Certain (Likelihood = 5)	Medium (Risk = 5)	High (Risk = 10)	Very High (Risk = 15)	Very High (Risk = 20)	Very High (Risk = 25)
	Expected to occur at some time	Likely (Likelihood = 4)	Medium (Risk = 4)	High (Risk = 8)	High (Risk = 12)	Very High (Risk = 16)	Very High (Risk = 20)
	May occur at some time	Possible (Likelihood = 3)	Low (Risk = 3)	Medium (Risk = 6)	High (Risk = 9)	High (Risk = 12)	Very High (Risk = 15)
	Not likely to occur in normal circumstances	Unlikely (Likelihood = 2)	Low (Risk = 2)	Low (Risk = 4)	Medium (Risk = 6)	Medium (Risk = 8)	High (Risk = 10)
	Could happen but probably never will	Rare (Likelihood = 1)	Low (Risk = 1)	Low (Risk = 2)	Low (Risk = 3)	Low (Risk = 4)	Medium (Risk = 5)

Please note that this risk assessment has been completed using the above matrix to calculate severity, likelihood and overall risk scores.

If you have any questions in regards to the completion of your risk assessment please contact [k.swales@yorksj.ac.uk](mailto:k.swales@yorksj.ac.uk) (Sport) or [v.firth1@yorksj.ac.uk](mailto:v.firth1@yorksj.ac.uk) (Societies)