**Risk Assessment: Monday Night Training**

| **Date Completed:** | **Assessed by:** | **Location :** | **Last Reviewed :** |
| --- | --- | --- | --- |
| 01 / 04 /23 | BHWRC Coaching Team | Hove Park/Hove Seafront Location/ Hove Recreation Ground or other suitable public space | October 2024 |

| **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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Other users carrying out activities in the same public space | Other members of the public and Club members.  Risk of injury as a result of:   * Coming into contact with people doing other activities in the same public recreation area . * equipment (such as balls) being used by other people. | * Planning ahead before scheduling a session or series of training sessions by carrying out site visits at the planned time of the session to understand who else is likely to be using the space at the same time. * Prior to each scheduled session, arriving sufficiently in advance of the session start time and determining the best spot for the session to ensure adequate distance between BHWRC group and other users. * Alerting members of the group of any hazards present prior to the session start. * Directing members on a warm up jog route which avoids other users. * Monitor the surroundings throughout the session and warning members of any changes in hazards if required. | L | * No additional action identified. Session would be cancelled or moved if site is judged to be too crowded to safely complete a session on any given date. * Continuously review venue safety. If space regularly starts to get too crowded at the planned time – venue will be changed. | L | Coach/partcipants | ongoing | Y |
| Contact with other particpants in the session | BHWRC members  Injury could result from coming into contact with other people in the session | * Check at outset of warm up activity to make sure participants have left enough space between themselves and the people around them. Ask people to adjust their position if they are too close together. * Remind people as necessary to keep adequate distance between themselves and others throughout the session. | L | * No additional action identified | L | Coach/partcipants | Ongoing | Y |
| Trip and slip hazards | BHWRC members  Injury could result from tripping or slipping. | * Planning ahead before scheduling a series of training sessions by carrying out site visits to the planned location to spot potential trip or slip hazards. * Arrive sufficiently in advance of each session to re-inspect area (as far as reasonably possible) to see if any new trip/slip hazards have arisen. * Warn session participants of any hazards. |  | * No additional action identified | L | Coach/partcipants | ongoing | Y |
| Rubbish or discarded items in public space | BHWRC members  Injury could be caused by items which have been left behind by other people. | * Inspect chosen site for discarded items such as bottles/cans or rubbish etc and remove from the area before starting the session. * Ask session participants to check to ensure it is free from hazards. | L | * No additional action identified. | L | Coach/partcipants | Ongoing | Y |
| Temperature | BHWRC members  Injury or sickness can result from members getting too hot or cold whilst exercising. | * Club Handbook includes advice for members to consider conditions before attending club events and to ensure they wear appropriate kit for the conditions. * Club Handbook includes advice for members to remember to bring water to ensure they remain adequately hydrated. * Reminders may be issued regarding above two points in more extreme conditions. * Plan session to take into account (likely) weather to avoid participants getting too cold or too hot. Adjust as required to conditions on the day : keeping moving on cold days, reducing exertion levels in heat etc. | L | * No additional action identified. | L | Coach/partcipants | Ongoing | Y |
| Weather | BHWRC members | * Monitor the weather. * Cancel sessions if weather is clearly unsafe. | L | * No additional action identified. * Members have different risk appetites and members are free to choose not to participate if they judge conditions to pose too great a hazard to their own safety. | L | Coach/partcipants | Ongoing | Y |
| Pre-existing medical conditions and injuries | BHWRC members  Session participants who have an injury or pre-existing condition could aggravate symptoms or become ill during a session. | * Ask session participants if they have any injuries or conditions prior to starting the session which they would like to make the coach aware of. * Advise of possible modifications if appropriate for participants returning from injury/illness. | L | * No additional action identified. Participants take part at their own risk and are responsible for judging their own fitness to partcipate. Those with pre-existing conditions (such as asthma) which could require medication during a training session are responsible for carrying their own appropriate medication. | L | Coach/partcipants | Ongoing | Y |
| Dogs | BHWRC members  Session participants could be tripped or injured if dogs come into the session area. | * Ask members to be aware of all other users of the space and to watch out for dogs off leads that may run into the training area. | L | * No additional action identified. | L | Coach/participants | March 2023 | Y |
| Insect bites/stings. | BHWRC members  Session participants could get bitten by insects resulting in illness or injury. | * The club reminds members to consider using insect repellent at times of the year when insects likely to be around. * Bring a mobile phone and ensure participants bring phones. Be prepared and ready to seek immediate/appropriate medical help if anyone suffers a severe reaction. | L | * No additional action identified. * Participants who have previously suffered an extreme reaction to insect bite or sting should alert the coach prior to the start of any session in conditions where insects are likely to be present so coaches and other participants know to be vigilant for their safety. | L | Coach/participants | Ongoing | Y |
| Light | BHWRC members  Accidents are more likely to occur in poor light conditions. | * The club reminds members to use lights when participating in club activities in winter evenings. * Plan to hold evening training sessions in areas which are better lit during the darker months. | M | * No additional action identified. | M | Coach/partcipants | Ongoing | Y |
| Equipment | BHWRC members/Other users of public spaces.  If equipment is faulty or used incorrectly or by people unused to using equipment, accidents resulting in injury could occur. | * Check any equipment which it is planned to use for a training session for any defects and do not use if faulty. * Provide clear instructions/demonstrations on how to use equipment prior to starting any training exercise using equipment. * Monitor the usage of equipment/technique of partcipants during the session and give guidance/correction as required to minimise risk of any injury. | M | * No additional action identified. | M | Coach/partcipants | Ongoing | Y |