

Risk Assessment: Primrose Hill, Coaching

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| Date: | Assessed by: | Location : | Review : |
| 28/07/23 | Andrea Sanders-Reece | Primrose Hill area | 27/07/23 |

| 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 |
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| <i>Dogs and the odd random cyclists and skate-boarders (not supposed to be in park but frequently are and at speed)</i> | <i>Runners may trip over dogs; and cyclists and skate boarders may crash into runners</i> | <ul style="list-style-type: none"> <i>Warning the runners in pre-session briefing, and ensuring they realise they do not have right of way, to be considerate to other park users and explain better to stop than get injured, a rep can always be repeated</i> <i>Alerting park users to runners</i> | L | <ul style="list-style-type: none"> <i>Continue to be alert throughout the session and give as much warning as possible of potential new hazards - eg group of dog walkers enter park, dogs off leads etc</i> | L | <i>Coach, session leader</i> | <i>ongoing</i> | |
| <i>Surface conditions - rain, ice, new potholes etc</i> | <i>Runners slipping or tripping</i> | <i>checking route before sessions and advising group accordingly Altering course, session if appropriate</i> | L | <i>Keep alert throughout session</i> | L | <i>Coach, session leader</i> | <i>ongoing</i> | |



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| <i>Weather temperatures</i> | <i>Exhaustion if too hot, injury if too cold</i> | <i>Advise bringing water / fluid, keep check on people during session and stop them participating if over heating, not coping with session During cold weather; ensure thorough warm-up and alter session to suit conditions, eg, do intervals rather than reps with standing recoveries</i> | L | <i>Constant monitoring of conditions throughout session, use commonsense</i> | L | <i>Coach, session leader</i> | <i>ongoing</i> | |
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