

Serpentine Running and Triathlon Club

Lanzarote Trip 2025

Risk Assessment Bike cornering and group riding Session– CLUB LA SANTA

Address: (Include postcode)		Club La Santa, Avenida Krogager, s/n, 35560 Tinajo, Las Palmas, Spain Tel +34 928 59 99 99	Venue Contact Name & Contact Details:	Facility Manager Tony Gray Mobile:(+34) 629 947 449 On-the-spot manager at Sports Booking beside starting point or on +34 928 59 99 99
Group:		Serpentine triathlon club members, all at the triathlon training camp. Adults, aged between 20-60. Mix of experience in triathlon.	Location of first-aider:	All staff are first aid trained. Nearest will be at Sports Booking or any Green Team Member in the Club La Santa (CLS) facility
Date:		13 March 2025	Location of Defibrillator	Wellness Centre
Time:		15:30	Location of telephone:	Coach mobile phone, or Sports Booking for fixed line
Participants:	Number:	10	Location of toilets:	Building beside Sports Booking, marked on diagram at the end of this document
	Age:	20-60	Location of changing rooms:	Beside Swimming pools, marked on diagram at the end of this document, or in participant's own accommodation
	Ability:	Varied experience: some new to triathlon one experienced Ironman athlete	Location of first-aid kit:	Full kit at Wellness Centre
Lead coach name:		Aga Wicinska	Stocked and maintained:	☒ Yes ☐ No
Venue documents read and understood (please ✓ appropriate box):		Normal operating procedures: ☒ Yes ☐ No Health and safety policy: ☒ Yes ☐ No Emergency action plan (EAP): ☒ Yes ☐ No	Additional notes:	Defibrillator at Wellness Centre. All CLS staff are trained in its use.

Name of person conducting risk assessment:	Signed:	Date:
Aga Wicinska		11/27/24

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Other facility users unintentionally cross the bike route or otherwise interfere with session safety and progress	Users, Participants	Likelihood: Impact: L	- No - Yes If yes, who: CLS staff:	- Ascertain whether other events or groups also using the track/bike route and adjusted session timing and route to reduce/avoid any clash. - Warn participants of other casual users	Coach Participants	Likelihood: Impact: L	
Trip hazards and interference from equipment - Sports Equipment lying around and causing trip hazards (weights, bikes, hurdles, etc) - Equipment blowing around in the wind	Participants	Likelihood: Impact: M	- No - Yes If yes, who:	- Check the area and tidy up or ask CLS staff to tidy up. In fact the area was very well organised and track equipment is very well secured. - Only remaining risk is the wind blowing something in our way; advised participants to be extra aware. - CLS staff remained on hand to assist - Sand blowing into eyes a separate risk and dealt with with eyewear	CLS staff to move and tidy equipment if needed or if anything blows over in the wind. Participants to be aware	Likelihood: Impact: L	
WEATHER Windy conditions making biking difficult Windy blows debris or sand into eyes (25km/h gusting to 35km/h)	Participants	Likelihood: Impact: H	- No - Yes If yes, who: Weather forecast	- Checked weather forecast for wind speed and conditions worsening - Changed initial proposed biking route from a hill outside the venue to a more sheltered loop of the lagoon in order to reduce impact of wind and to reduce proportion of route on open roads - Advised participants to be aware of conditions and to be extra vigilant	Coach Participants	Likelihood: Impact: L	

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				when overtaking in case of gusts of wind. - Cycling mostly on closed roads so limited exposure to traffic - Advised participants to wear protective eyewear against sand blowing up in the wind			
WEATHER Warm and sunny conditions give rise to dehydration or sunburn	Participants	Likelihood: Impact: H	☒ No ☐ Yes If yes, who:	Advised participants to apply sunscreen and to carry and take fluids. Coach carried extra water and sunscreen Appropriate clothing	Coach Participants	Likelihood: Impact: L	
Resources : - Centre staff not present, - unaware of our session or - incapable of helping in difficulty	Participants	Likelihood: Impact: L	☒ No ☐ Yes If yes, who:	- Checked with centre staff about staff on duty, EAP and first aid support. - Noted numbers and locations - Noted location of first aid equipment and defibrillator - Checked doctor on duty	Coach Participants	Likelihood: Impact: L	
Participant ability /experience: - Injuries prevent participation - Unable to manage bikes in weather conditions - Not able to complete the brick reps	Participants	Likelihood: Impact: L	☒ No ☐ Yes If yes, who:	Coach checked abilities and adjusted as needed - Coach has cycled with both inexperienced cyclists during the week and was satisfied with bike handling ability - Advised on weather conditions and managing bike in wind - Trial cycle on road beside the track to verify - All fit and well	Coach Participants	Likelihood: Impact: L	

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
				- One injury – checked ability to complete and adjusted run section accordingly			
Participants and ability Injuries Unable to manage bikes in weather conditions Not able to complete the brick reps	Participants	Likelihood: Impact: L	No • Yes If yes, who:	Coach checked abilities and adjusted as needed - Coach has cycled with both inexperienced cyclists during the week and was satisfied with bike handling ability - Advised on weather conditions and managing bike in wind - Trial cycle on road beside the track to verify - All fit and well - One injury – checked ability to complete and adjusted run section accordingly	Coach Participants	Likelihood: Impact: L	
Participants equipment - Inappropriate clothing – unsuitable to the combination of running and biking (require trisuit or low-or-no-padding in bike shorts) - Bike and helmet not safe to use (poor mechanical condition, brakes not working, helmet cracked or poorly fitting)	Participants	Likelihood: Impact: L	No • Yes If yes, who:	Coach checked with participants and adjusted as needed - Bike M Check and tyre check: pumped tyres if needed or sent to bike centre for adjustments (none needed) - Checked helmets before warm up and test cycle - Informed participants by email about specific clothing and footwear requirements for a brick session and weather conditions	Coach Participants	Likelihood: Impact: L	

Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):

Wind forecast from NE 25kmh, gusting to 35kmh
Changing in the accommodation block

