



Serpentine Running and Triathlon Club

Lanzarote Trip 2025

Risk Assessment Static Bike Fit and Transition Training

Venue:		Club La Santa		Venue Contact Name & Contact Details:	Facility Manager Tony Gray Mobile:(+34) 629 947 449
Address: (Include postcode)		Avda Krogager s/n. La Santa, Lanzarote Island, CanaryIslands, Spain 35560; Phone 34928=599999			On-the-spot manager at Sports Booking beside the starting point or on +34 928 59 99 99
Group:		Serpentine Running and Triathlon camp		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:		13-23 March 2		Location of Defibrillator	Wellness Centre
				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:	18+		Location of changing rooms:	Beside Swimming pools, marked on diagram at the end of this document, or in participant's own accommodation
	Ability:	Mixed Triathlete		Location of first-aid kit:	.Full kit at Wellness Centre
Lead coach name:		Head Coach		Stocked and maintained:	☒ Yes No
Venue documents read and understood		Normal operating procedures: ☒ Yes No		Additional notes:	



(please ✓ appropriate box):	Health and safety policy: ☒ Yes No	
	Emergency action plan (EAP): ☒ Yes No	

Name of person conducting risk assessment:	Signed:	Date:
Vincent Hounscome 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
Spin Bikes Towels/items dangling from bars of spin bikes getting caught in wheels	Coaches, athletes	Likelihood – Med Impact - Med	☒ No ☐ Yes If yes, who	- Warn participants - Ask them to use alternative storage place or get the coach to pass it to them.	Lead Coach	Likelihood: Low Impact: Medium	14/11/25
Spin bikes Athletes set up incorrectly on bike	Athletes	Likelihood: Med Impact: Medium	☒ No ☐ Yes If yes, who	- Coach to assess athlete's position before main set according to coaching qualification and knowledge. - Most attention to new and novice riders. - Coach to show athletes how to adjust setup of static bikes.	Lead Coach	Likelihood: Low Impact: Low	14/11/25

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Spin bikes and Transition training Footwear, bike shoes with cleats. Slipping on floor when wet from sweat or drinks spills; especially when wearing cleats. Training shoes with laces: Laces getting trapped in bike machinery	Coach, participants	Likelihood: Med Impact: Med	☒ No ☐ Yes If yes, who	- Warn participants, get participants to remove shoes and possibly socks while off the bike. - Ensure all laces tied tightly and tucked away - Ensure any pools of water (sweat/spilt drinks) are cleaned up - during transition training start participants with training shoes to get them used to getting on and off their bike	Lead Coach	Likelihood: Low Impact: Low	14/11/25
Spin Bikes. loose adjustable parts. Check foot straps	Participants	Likelihood: High Impact: Medium	☐ No ☒ Yes If yes, who Faults with spin bikes	- Coach to show how to adjust, tighten moving parts. - Warn participants to ride within their capability. - Ask athlete to check their bikes & foot straps before starting session.	Lead Coach	Likelihood: High Impact: Medium	14/11/25
Spin bikes Spin Bikes. Fixed wheel, pedals don't stop turning if you stop pedalling, can cause injury.	Participants	Likelihood: High Impact: Medium	☐ No ☒ Yes If yes, who	Warn participants not to stop suddenly. Show how to work brake and advise to ride within their capability.	Lead Coach	Likelihood: Low Impact: Medium	14/11/25

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				- Also, poor maintenance of the bikes can lead to the bearing seizing and the pedals locking, which can also lead to wrenched knees or injuries. Check bikes are sound mechanically before use. - Keep cadence in session below 135 - Repeat warnings towards end of first repetitions			
Spin bikes Athlete not aware of how to stop pedals flywheel spinning, or how to set bike up for a correct riding position.	Athletes	Likelihood: Med Impact: Medium	☒ No ☐ Yes If yes, who	- Show new participants how to set bike position correctly. - Show new participants how to brake the flywheel if they get out of control. - Remind all participants on bike setup and braking mechanism.	Lead Coach	Likelihood: Low Impact: Low	14/11/25
Spin bikes and Transition training Kit bags / items stored close to or behind spin bikes	Coaches, athletes	Likelihood: Med Impact: Med	☒ No ☐ Yes If yes, who	- Warn participants - Ask for everyone to store their bags in a safe corner of the room clear of walking areas and moving parts of bikes.	Lead Coach	Likelihood: Low Impact: Low	14/11/25
Outside Athletes overheating, suffering from dehydration or getting chills after session	Athletes	Likelihood: High Impact: Medium	☒ No ☐ Yes If yes, who	- Ensure athletes have drinks - Consider workload and time if temperature is high or low.	Lead Coach	Likelihood: Low Impact: Low	14/11/25

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Spin bikes Athletes riding with too great a resistance, potential to strain muscle, ligament, tendons	Athletes	Likelihood : Med Impact : Medium	☒ No ☐ Yes If yes, who	- Coach to show athletes how to adjust resistance on Spin bikes. - Coach to outline appropriate cadence for session, and what it should feel like	Lead Coach	Likelihood: Low Impact: Low	14/11/25
Transition training Impacts with members of the public while transition training	Athletes, members of the public, coaches	Likelihood : Low Impact : Medium	☐ No ☒ Yes If yes, who: coaches	- Ensure athletes are aware of their responsibility towards members of the public - coach to stop training and wait until clear if members of the public get to close	Lead Coach	Likelihood: Low Impact: Low	14/11/25
Transition training Falling from bikes when mounting and dismounting during Triathlon training	Athletes	Likelihood : High Impact : Medium	☐ No ☒ Yes If yes, who: coaches	- Start athletes with training shoes before using cycling shoes - Practice from a standing start before trying moving mounting. - Ensure athletes are fully confident before practising moving mounting or dismounting - cycle helmets to be worn whenever athletes are in contact with bikes.	Lead Coach	Likelihood: Med Impact: Medium	14/11/25

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Transition training Cuts and bruises from slipping against peddles when mounting and dismounting bikes	Athletes	Likelihood : Med Impact : Low	☐ No ☒ Yes If yes, who: coaches	- Start athletes with training shoes before using cycling shoes - Practice from a standing start before trying moving mounting. - Ensure athletes are fully confident before practising moving mounting or dismounting - Allow athletes to wear socks if they wish or are if they are not confident.	Lead Coach	Likelihood: Med Impact: low	14/11/25
Transition training Cuts to feet from road surface	Athletes	Likelihood : Med Impact : Low	☐ No ☒ Yes If yes, who: coaches	- Ensure athletes are aware of the surface and any potential hazards - Coach to ensure surfaces are suitable beforehand	Lead Coach	Likelihood: Med Impact: low	14/11/25

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

