

Risk Assessment: TBH Juniors – Cross Country Outdoor

Date:	Assessed by:	Location :	Review :
17/09/20	Ian Pickett, David Moir, Morag Kerry	Outdoor training sessions - XC	17/09/21

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
Trips, slips & falls	Children and leaders may be harmed as a result of a fall, trip or slip.	<ul style="list-style-type: none"> • Courses are selected to ensure there is a mixture of terrains to test the athletes, this is explained before each session. • Each group has an adult leader who visually identifies any problems and highlights these. • Loose shoe-laces are identified and children asked to stop and tie/correct them. • Sessions are cancelled if the weather is likely to result in an unacceptable risk such as ice. • Children are asked to wear sports appropriate clothing and shoes. • Juniors leave spare clothing at the start. 	L		L	No action		

Sporting injury	Children may be injured as a result of over-exertion or inappropriate training session.	<ul style="list-style-type: none"> • Children are grouped into ability set to ensure that they are training at an appropriate level. • All sessions are organised by someone with an appropriate Coaching qualification. • Additional leaders and volunteers provide support to provide additional care to children who are struggling. • Children will be coached according to the UKA 1:12 guidance ratio to ensure adequate supervision. 	L		L	No action		
Collisions & impacts	Children may be injured as a result of running in to objects or other children.	<ul style="list-style-type: none"> • Coaches and leaders organise sessions so they minimise the risk of child/child contact. • Other items on the course such as trees and fences are highlighted to the juniors. 	L		L	No action		
Emergency evacuation (eg fire alarm)	Children, leaders or parents could be injured as a result of an emergency or may not receive adequate treatment if there is a delay.	<ul style="list-style-type: none"> • Mobile phones are carried by leaders to summon emergency services whilst out training, and also to contact each other (leader contact list shared amongst leaders) 	L	•	L	No action		
Safeguarding	Children could be exposed to physical or mental abuse as a result of inappropriate actions by a coach, leader, parent or other junior.	<ul style="list-style-type: none"> • All coaches and leaders to be DBS checked by UKA. • All parent helpers to sign a personal declaration form sharing any relevant information. • No children will be coached on a 1-2-1 basis. 	L		L	No action		

		<ul style="list-style-type: none"> • Children under the age of 8 will not be taking part in XC training. • Coaches and leaders to undergo safeguarding training as part of their qualifications. • Children not to be accompanied to bathrooms and must be independent in their use or have a parent/guardian available. • Social media policy in place 					
First Aid treatment	Children could be harmed as a result of not having necessary medical aid such as asthma inhalers or they could receive inappropriate treatment (allergic shock etc).	<ul style="list-style-type: none"> • Details of allergies / medical conditions asked for on first trial session, then again on the membership form. Juniors and parents told to bring inhalers or other medication to training sessions if required. • Leaders will be asked if they would be willing to obtain a first aiders qualification (paid for by TBH) 	L		L	No action	
Vehicle traffic	Children could experience an impact with a vehicle.	<ul style="list-style-type: none"> • Juniors may cross open roads to get to the course, but will be chaperoned by coaches / • Briefing always given at the start of the session in respect of hazards / other path users • Parents asked to drop off / pick up younger children directly, and not just let them make their own way. U12s will not be allowed to leave unless a parent has come to collect them. 	L		L	No action	

Exposure due to poor weather conditions.	Children could suffer the effects of training in cold or wet conditions without appropriate clothing.	<ul style="list-style-type: none"> Sessions are cancelled if the weather is thought to be problematic. 	L		L	No action		
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Any incidents or near misses must be recorded using the Tyne Bridge Harriers incident form and any actions implemented immediately. Incidents and near misses must be reviewed annually by the committee and the risk assessment reviewed at this time.