



Risk Assessment - Tuesday S&C

The following risk assessment was completed for Ashford Striders Strength & Conditioning sessions. These sessions are led by an Ashford Striders LiRF & Movement Skills qualified Run Leader (RL) leading sessions once a week for one hour, catering for different abilities, with a maximum group size of 40. The risk assessment has been carried out following guidance from UK Athletics. The five steps to risk assessment have been followed.

TUESDAY S&C		Location / time / session details	Venue Contact Name & Contact Details:	Sarah Playford sarahplayford@great-chart.kent.sch.uk 01233 620040
Location:		Great Chart Primary School. Hoxton Close, Singleton, Ashford		
Group:		Strength & Conditioning led by Vicky Stevenson	Location of first aider:	Vicky Stevenson
			Location of Defibrillator	Singleton Village Hall, public access 24/7 www.defibfinder.uk
Date / Time:		Every Tuesday, 19:15 for 1 hour	Location of telephone:	Vicky Stevenson
Participants:	Number:	40 max	Location of toilet:	By reception, just outside hall
	Age:	18 and over	Location of changing rooms:	Toilet
	Ability:	Mixed	Location of first-aid kit:	Vicky Stevenson
Head Run Leader name:		Eleanor Weekes LiRF	FA kit stocked and maintained:	Yes (HRL holds stock to replenish when needed)
Regular routes:		N/A	Additional notes:	
Venue documents read and understood:		Yes	Session consists of: - Full body warm-up - Approx 40 minutes of strength & conditioning exercises for all abilities - Cool down stretches & relaxation	

HAZARD	PEOPLE AT RISK	IS THE RISK ADEQUATELY CONTROLLED?	RESIDUAL RISK	WHAT FURTHER ACTION IS REQUIRED TO CONTROL RISK?
List considerations here	List groups of people at risk from hazards identified	List existing controls here or note where information can be found	High Medium Low	List the risks which are not adequately controlled, and the actions proposed where it is reasonably practicable to do more
1. Injury or fall to member, accident, incident, near miss	Group Leader & Participants	Leader hosting session is not a fully qualified fitness coach; has completed UKA LiRF and Movement Skills levels 1 & 2 and S&C Fundamentals Course. Dynamic warm up is incorporated at beginning of session to reduce injury risk. Cool down stretches are performed at end of session to reduce injury risk. Leader/competent first aider to deal with casualty in the event of an accident/incident (call emergency services if necessary). Be aware of nearest defib (Singleton Village Hall) Rest of the group will maintain distance, unless assistance required, while treatment being given. Leader hosting to carry first aid kit (ensure replenished as and when), use PPE (if required). Leader to cancel/abandon session, if necessary Coach/RL to report accidents/incidents/near misses to Club Chair chair@ashfordstriders.uk. If affected member consents, complete online UKA form https://www.mysporthost.com/HealthAndSafety/	Medium	Leader to continue to build S&C knowledge. Has completed Strength & Conditioning course "S&C Fundamentals Coach" via www.strengthandconditioningeducation.com Leader to renew first aid every 2 years. Leader to check expiry date within items in first aid kit and replenish as/when necessary.

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2. Running Routes (including uneven ground, potholes, slippery ground, mud) / Venue	Group Leader & Participants	Ensure maximum number of participants is adhered to for safety. Ensure members aware of fire exit(s) / assembly point	Low	Inform members of first exits / assembly point
3. Ability of the group	Group leader & Participants	Leader checks for existing injuries at start of session and ensure member omits certain exercises and rests when needed. Continue to offer varied sessions to cater for all abilities and encourage members to participate to the best of their individual ability.	Low	Repeat specific sessions/exercises to enable members of all abilities to see progression.
4. Equipment	Group leader & Participants	Leader to remind members they are using S&C equipment; e.g. weights, resistance bands at their own risk. Option to exercise without equipment always offered.	Medium	Leader to continue to remind members using equipment is at their own risk and offer exercise options without the use of equipment.
5. Antisocial behaviour	Group Leader & Participants	N/A	N/A	

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6. Winter Conditions / Cold Weather	Group Run leader & Participants	Weather reports to be checked leading up to and on the day. Be aware of hazardous road conditions locally which may impact members' journey to session.	Low	Leader to assess conditions ad-hoc. Cancel/abandon session if conditions too hazardous/deteriorate.

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7. Summer Conditions / Hot Weather	Group Run leader & Participants	Weather reports to be checked before and on the day. Leader advises members on Spond event to hydrate well throughout the day. Ensure all members are encouraged to bring plenty of water. Open windows/doors and use fans. During the session - make sure runners have regular hydration breaks and carefully monitor participants for difficulties. Ongoing assessment by Leader, throughout session, with adaptation as required.	Medium	Leader to assess conditions ad-hoc. Leader to simplify session if conditions too warm. Cancel/abandon session if conditions too hazardous/deteriorate Option is available to move the session outdoors in the shade.
8. Traffic/ Road Crossings	All traffic, inc. members of the public, runners, cyclists, crossing traffic	N/A	N/A	N/A

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9. Other Hazards & Members of Public	All traffic, including other members of the public, runners, cyclists,	N/A	N/A	N/A
10. Animals	Group Run leader & Participants	N/A	N/A	N/A
11. Asthma / Epilepsy	Group Run leader & Participant	Ensure all relevant participants always make themselves known and carry an inhaler or epilepsy card/bracelet. Carefully monitor participant(s) for difficulties. Club Membership secretary reinforces to new members to make club/Leaders aware of any such health issues.	Medium	As well as basic first aid knowledge, all RLs to be aware of basic first aid procedures for asthmatics and epilepsy sufferers and renew first aid every 2 years. https://www.redcross.org.uk/first-aid/learn-first-aid/seizures https://www.redcross.org.uk/first-aid/learn-first-aid/asthma-attack

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12. Other medical conditions/ existing injuries/ recovering from injury	Group Run leader & Participant	Leader to emphasise to members to be aware of existing injuries and to avoid exercises they are unsure of. Members are reminded they attend at their own risk, to listen to their body and rest when needed. Ensure all relevant participants make themselves known and carry any necessary medication. Carefully monitor participant for difficulties.	Medium	As above (point 10)
13. Covid 19	Group Run Leader, Participants & General public	Latest UKA guidance, as of 24/02/22, states there are no longer any Covid restrictions in place	Low	N/A