

Rotherham Harriers & Athletics Club – Young Athlete Groups (8yrs-17yrs)

Dynamic Risk Assessment guidance for coaching teams

Risk factors to be checked at beginning, during and end of sessions in conjunction with club Risk Assessments

This is not an exhaustive list. It is intended to supplement safety guidance for athletics coaches and the club's welfare policies. If in doubt err on the side of caution

Risk area	Action /guidance
1. General	
Numbers	<ul style="list-style-type: none"> • Ensure all athletes in attendance are recorded on the attendance register • Count athletes at beginning of session then check during session and at end
Clothing	<ul style="list-style-type: none"> • Dark nights – athletes asked to wear white or fluorescent tops • Athletes are asked to bring extra clothing to put on after session • Athletes are asked to wear appropriate footwear for conditions (track/road/path/hill)
Training location	<ul style="list-style-type: none"> • Coaches to issue advance notice of training locations so athletes and parents can ensure correct clothing is worn (track/hill)
New members	<ul style="list-style-type: none"> • Provide a coach led induction to focus on safety, welfare, and club standards before first training session • Check background (age, training history) introduce to group and advise of any safety requirements (e.g., track discipline) • Advise parents/ carers of training arrangements
Coach: athlete numbers and ratios	<ul style="list-style-type: none"> • Follow guidance from England Athletics and club welfare policy on coach:athlete ratios • Ideally at least two coaches, particularly if training away from stadium. If only one coach is available, use a location within easy reach of stadium. • Fundamental Group to always have a MINIMUM of TWO coaching staff due to enhanced welfare / safeguarding needs of the youngest athletes.
Weather	<ul style="list-style-type: none"> • The group trains in all weather conditions – adapt to avoid dangers and minimise risks of ice, surface water and wind etc • During periods of extreme weather ensure welfare of athletes is regularly checked throughout session
Welfare	<ul style="list-style-type: none"> • All coaches and assistants to understand club welfare policies and safeguarding practices • At least one coach to carry a phone • Understand location of first aid facilities • Check at outset for injuries including updates on existing injuries • Tell athletes to go to toilet before sessions – if they have to go during sessions, confirm arrangements for returning to the group

	<ul style="list-style-type: none"> At the end of the session ensure all athletes have been collected by parents/guardians and have arrangements in place to be collected
Medical conditions	<ul style="list-style-type: none"> Check new member details or with parents / carers regarding possible medical conditions and associated requirements e.g. use of inhalers Adapt activities appropriately Periodic reminder to be issued by club to ensure we are aware of any new medical conditions
Disability	<ul style="list-style-type: none"> Inclusive approach – athletes to be accommodated in group session wherever possible Adapt activities where required and possible Conduct separate risk assessment, and seek advice, if required, in liaison with parents/carers
2. Road safety and training away from Herringthorpe Stadium / Herringthorpe fields	
Road crossing	<ul style="list-style-type: none"> Cross as group, or in groups, if possible, using crossings; if not possible cross at safe location with good sight lines under supervision of a coach
Running routes	<ul style="list-style-type: none"> Footpaths must be used at all times, except where traffic control measures are in place eg. dead end roads or there are barriers restricting vehicle movements. Single track roads without pedestrian footpaths must be avoided at all times. Beware of cyclists when using cycle paths Check routes are fully visible at all times from coaches' positions, well-lit and have no secluded/blind spots Avoid training in areas or locations where groups congregate or areas where there is a risk athletes may be subject to inappropriate comments Check routes are clear of debris, avoid potholes and beware of sudden obstacles (when a bus stops) Check it is safe to run around parked vehicles blocking footpaths and a coach must be positioned to ensure safety. Fit in with other training groups Be courteous to others!
3. Use of Herringthorpe Fields	
Field	<ul style="list-style-type: none"> Check routes to be used are clear of debris / hazards (including other members of public using the area)
Rough terrain	<ul style="list-style-type: none"> Ensure area is clear of debris and hazards Ensure ground condition is suitable for training session planned Ensure area is adequately lit during winter months
4. Use of stadium	
Track	<ul style="list-style-type: none"> Check track is open and properly lit Ensure athletes understand when it is safe to use the track and how to warn / be warned of other's presence ("Track") Check track is clear when starting activities Ensure athletes keep to lanes as instructed Ensure athletes do not encroach on track in rest periods Do not encroach on other coaching areas – discuss with coaches if necessary Do not move hurdles etc that might be in use Do not use steps if slippery

Jumps and throws areas	<ul style="list-style-type: none"> • Only use when not being used for jumps or throws • Follow technical safety guidance for these events e.g., landing technique • Check that athletes stay clear of throws area when in use • NEVER use football pitch as a shortcut when throwing activity is underway
5 Athlete Welfare	
Evident tiredness, fatigue, illness	<ul style="list-style-type: none"> • Observe athletes throughout session – intervene with those experiencing difficulty / distress • Adapt session accordingly; if appropriate, stop session for that athlete. • Discuss with parents / carers if problem persists
Injuries	<ul style="list-style-type: none"> • Observe athletes throughout session – intervene with those experiencing difficulty / distress • Adapt session accordingly; if appropriate, stop session for that athlete. • Discuss with parents / carers if problem persists
Lack of confidence	<ul style="list-style-type: none"> • Adapt expectations or activity according to athlete's capacity, encouraging them to progress but not overloading them
Behaviour	<ul style="list-style-type: none"> • Sessions should be enjoyable for all athletes but safety and welfare concerns are paramount • Disruptive behaviour cannot be tolerated – if it continues, parents/ carers should be informed • If a serious talk is required, try to avoid speaking to athlete(s) in front of group and where possible speak to athlete in presence of parent / carer.