

## Risk Assessment: Birchwood Business Park Threshold Runs/Long Intervals

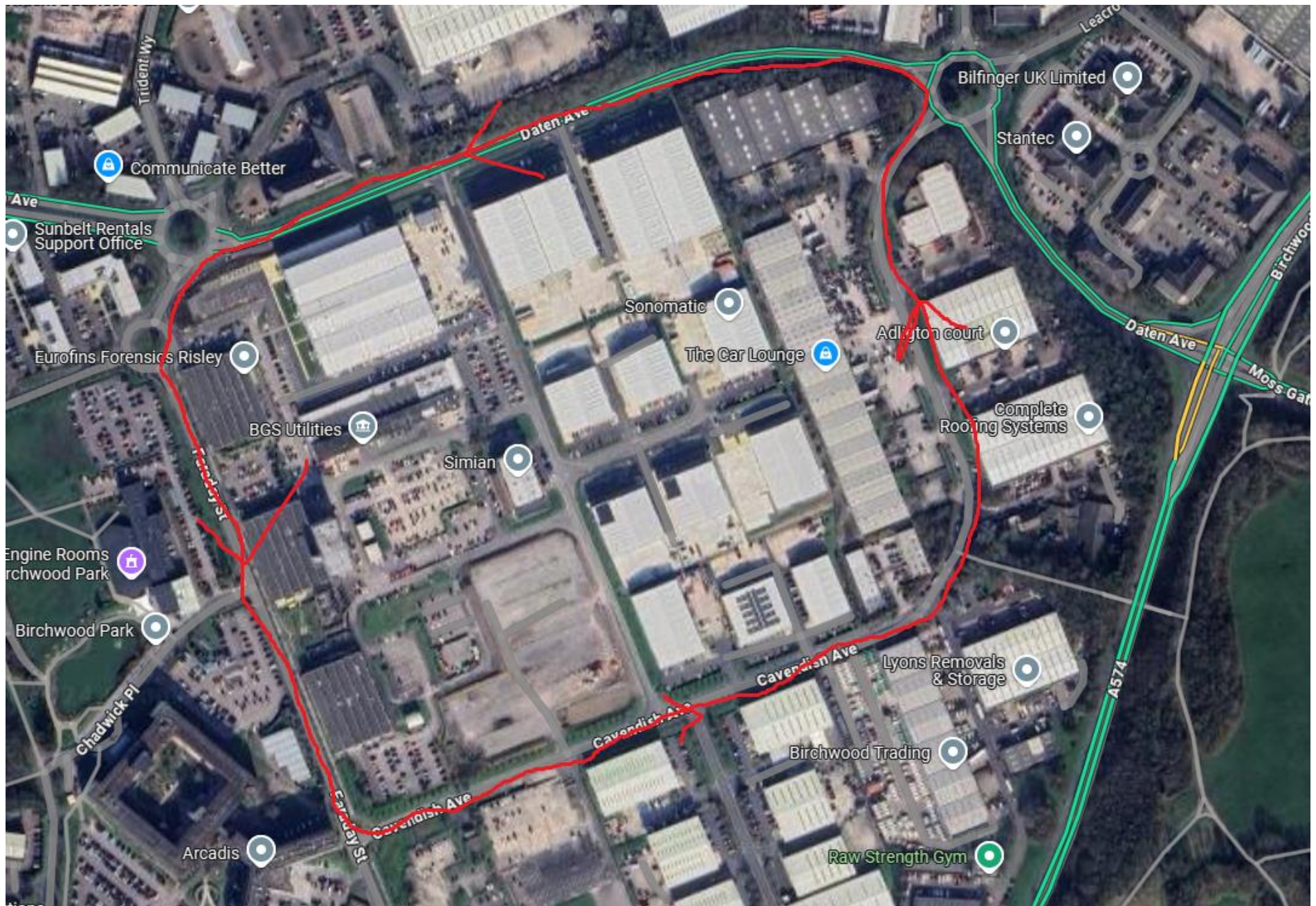
Date:	Assessed by:	Location :	Review :
December 2024	Tom Greaves	Birchwood Business Park	December 2025

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
Athlete gets lost/detached from group	Participating athletes	<ul style="list-style-type: none"> <li>All athletes aware of the course at start of run. The course to be used is mapped below.</li> <li>All athletes to be deemed fit and competent to run in a group in an outside public area.</li> </ul>	M	<ul style="list-style-type: none"> <li>All athletes to stay on the loop for the duration of the session.</li> <li>Athletes to warm up on the proposed loop to be used in the session so they have awareness of where to go.</li> </ul>	L	Athletes Coach(es)
Athlete goes missing	Participating athletes	<ul style="list-style-type: none"> <li>Athletes under 18 must run in hi-visibility clothing.</li> <li>Athletes over 18 running at their own risk but are advised to wear hi-visibility clothing.</li> <li>The loop to be used is entirely street lit.</li> <li>Young athletes (under 16) only to go out when coach is confident that they are strong and able, and to only go out when accompanied by senior athletes.</li> <li>Headcount before and after session</li> </ul>	M	<ul style="list-style-type: none"> <li>Athletes to always stay on the loop.</li> <li>If an athlete needs to stop for any reason they are to go back to the meeting point at the start of the loop.</li> <li>Remind athletes regularly of procedures detailed in risk assessment.</li> </ul>	L	Athletes Coach(es)

Risk of injury due to underfoot conditions	Participating athletes	<ul style="list-style-type: none"> <li>Athletes running in well-lit conditions in non-daylight hours.</li> </ul>	L	<ul style="list-style-type: none"> <li>Athletes to warm up on the proposed loop to be used in the session so they have awareness of potential hazards.</li> </ul>	L	Athletes Coach(es)
Risk of injury due to traffic	Participating Athletes	<ul style="list-style-type: none"> <li>Session to take place out of hours when traffic is known to be low, and businesses have closed for the day.</li> <li>The loop utilises a large pavement with separation from the road when it goes along Daten Avenue outside the business park.</li> <li>There are closed roads and empty car parks which allow space for drills, strides etc.</li> </ul>	L	<ul style="list-style-type: none"> <li>Athletes reminded that although traffic levels are low, there is still potential for interaction with traffic, and they should pay due care and attention.</li> </ul>	L	Athletes Coach(es)
Risk of attack/terrorist incident	All	<ul style="list-style-type: none"> <li>All to follow UK Government 'Run, Hide, Tell' protocol</li> </ul>	L		L	All

Nearest Hospital: Warrington Hospital, Lovely Lane, Warrington







NB Copy and paste rows as required