

RISK ASSESSMENT – Use of the Running Track

TASK DESCRIPTION	Bedford Harriers AC led Track session
DATE COMPLETED	05/01/2025
REVIEW DATE	05/01/2028 or sooner if required by change to EA guidance or club policy
APPROVED BY COMMITTEE	07/07/2025

HAZARDS IDENTIFIED	
Track surface slippery when wet or icy Other non-Club track users Obstructions Other users practicing field events such as javelin, shot put, etc	Collision, slips, trips and falls Dehydration, heat stroke, hyperthermia Injury Midges and other insects in the summer months

Who may be harmed	Nature of possible harm
Club members Other track users Stadium employees	Cuts, grazes, bruises, running related muscle and ligament injuries, temperature stress,

SEVERITY of RISK	H		LIKELIHOOD of OCCURRENCE	H	
	M			M	X
	L	X		L	
OUTCOME	L:M				

H: Fatality, major injury/illness, long-term harm

H: Highly likely to occur

M: Injury or illness causing short term harm

M: Reasonably likely to occur

L: Minor injury of illness

L: Unlikely to occur

H/H Avoid activity where possible, L/L risk is low and may easily be managed. For all other outcomes introduce control measures to manage the risk.

CONTROL MEASURES IN PLACE
Track sessions always to be led by a BHAC approved coach and at least one other competent volunteer, ideally a BHAC coach.
All BHAC coaches are qualified to LiRF Level 1 or above.
Sessions published in advance on club website and training App to enable potential participants to assess the suitability for their current level of fitness and ability and to enable them to dress appropriately for the session.

All sessions to include a suitable warm up and cool down.

Coaches may be assisted by volunteer timekeepers as the discretion of the coach leading the session. The coach is responsible for ensuring volunteers are briefed in the risks and safety measures appropriate to the session.

Coaches and stadium staff are trained in basic first aid. And regularly receive update training

Coaches have DBS checks and safeguarding training every 3 years as part of the EA licencing process.

Coaches to dynamically assess the session to take account of mixed ability groups, other track users and attendees returning from injury or illness.

Coaches remind participants to use weather appropriate skin protection.

Any participants opting to run/walk the session to use the outside lane of the track to reduce the risk of collision.