

# North Highland Harriers, EVENT RISK ASSESSMENT

Event: NHH Coaching sessions November 2022

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Location Various, NHH Training sessions

Completion Date November 2022

The Hazard	Location of Hazard	Who Could be Harmed?	Controls	Implementation	Monitoring
Slip/Trip/Fall	Wick & Thurso - Riverside /Airport / Esplanade / Ormlie Hill / Argyll Square / other training areas within the towns	Runner	<p>The roads and paths are mostly even with some rough stones and rutted areas where tarmac has broken. On the Esplanade, runners should be aware of their proximity to the cliff edges and at the Riverside, the proximity to water. For sessions on grass, the running areas will be checked by coaches prior to the session. Suitable running shoes should be worn and an individual awareness of foot placement is paramount.</p> <p>Runner should alter pace if necessary on uneven areas and if other path / pavement / grass area users are on the route. Head torches can be used also to increase visibility of foot plant on uneven surfaces if runners wish.</p>	<p>The vigilance of each runner is essential. Continual assessment of ground conditions and hazard must be undertaken prior to each coaching session. This can be done during the group warm up with a view to altering the route if required. Any hazard identified by the lead coach / jog leader will be communicated to the runners during a pre-training brief.</p>	<p>North Highland Harriers will provide a lead coach / jog leader for each training session.</p> <p>The lead coach / jog leader will inspect the training route either before the session or during the warm up. Any unusual hazard will be communicated to the runners during a pre-training brief.</p> <p>First aid if necessary will be sought from local available options. Each lead coach / jog leader must carry a mobile phone during the training session.</p>
Illness / Injury	Wick & Thurso - Riverside /Airport / Esplanade / Ormlie Hill / Argyll Square / other training areas within the towns	Runner	<p>First aid if necessary will be sought from local available options. Each lead coach / jog leader must carry a mobile phone during the training session.</p> <p>Runners will be reminded to dress appropriately for the weather conditions.</p>	<p>The vigilance of each runner is essential. If a runner is feeling unwell / injured prior to the start of the training session, they are asked to consider whether they should start the session.</p> <p>Any pre-existing conditions declared at time of membership, should be communicated to Sophie Dunnett and John Budge by the Membership Secretary to be communicated out to other lead coaches / jog leaders as required.</p>	<p>First aid if necessary will be sought from local available options. Each lead coach / jog leader must carry a mobile phone during the training session.</p>
Hit by vehicle	Wick & Thurso - Riverside /Airport / Esplanade / Ormlie Hill / Argyll Square / other training areas within the towns	Runner	<p>Some training sessions are held in areas that require running beside main roads to access the areas or training at the side of main roads. Runners will be reminded of the requirements of running in these areas and using pavements at all times where they are available. Each lead coach / jog leader must carry a mobile phone during the training session. Runners should be wearing light coloured, or reflective clothing in winter time /</p>	<p>The vigilance of each runner is essential. Runners will be reminded prior to training that the road is used by vehicles and they must not step off pavements to pass other runners. All runners crossing roads must stop to check for traffic before crossing.</p>	<p>First aid if necessary will be sought from local available options. Each lead coach / jog leader must carry a mobile phone during the training session.</p>

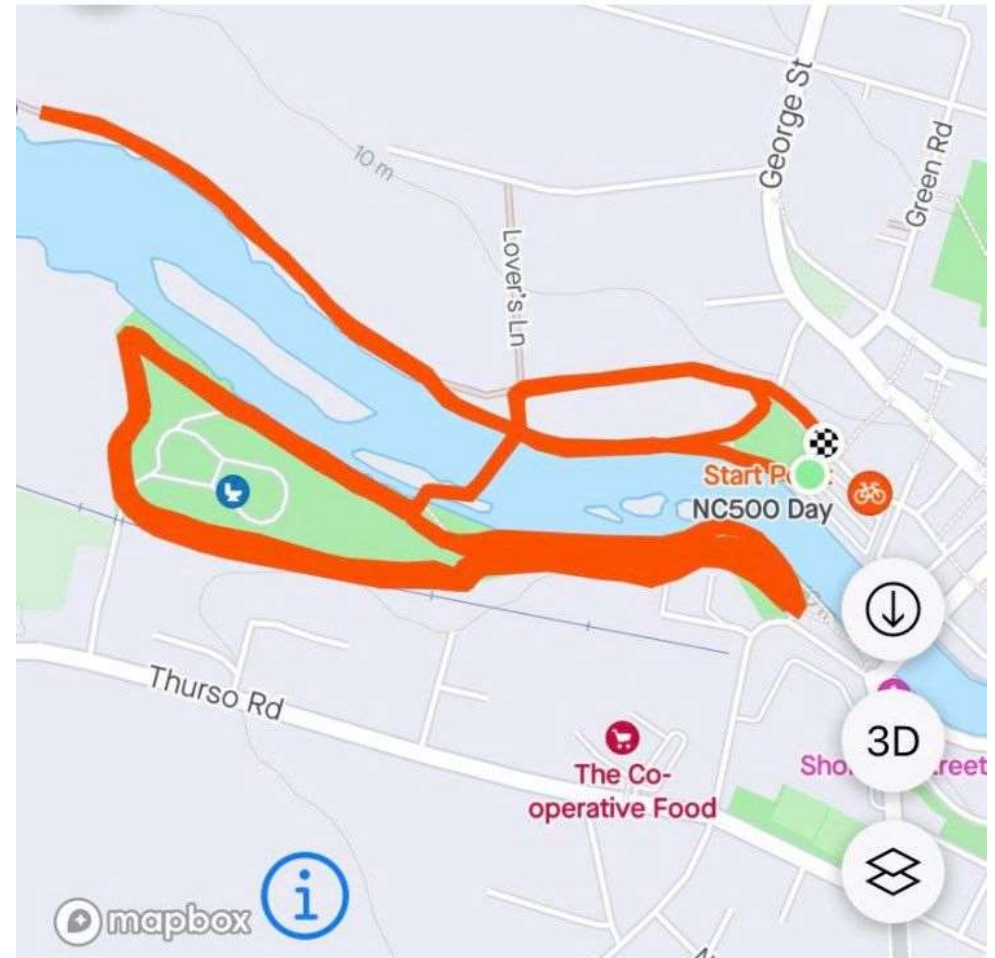
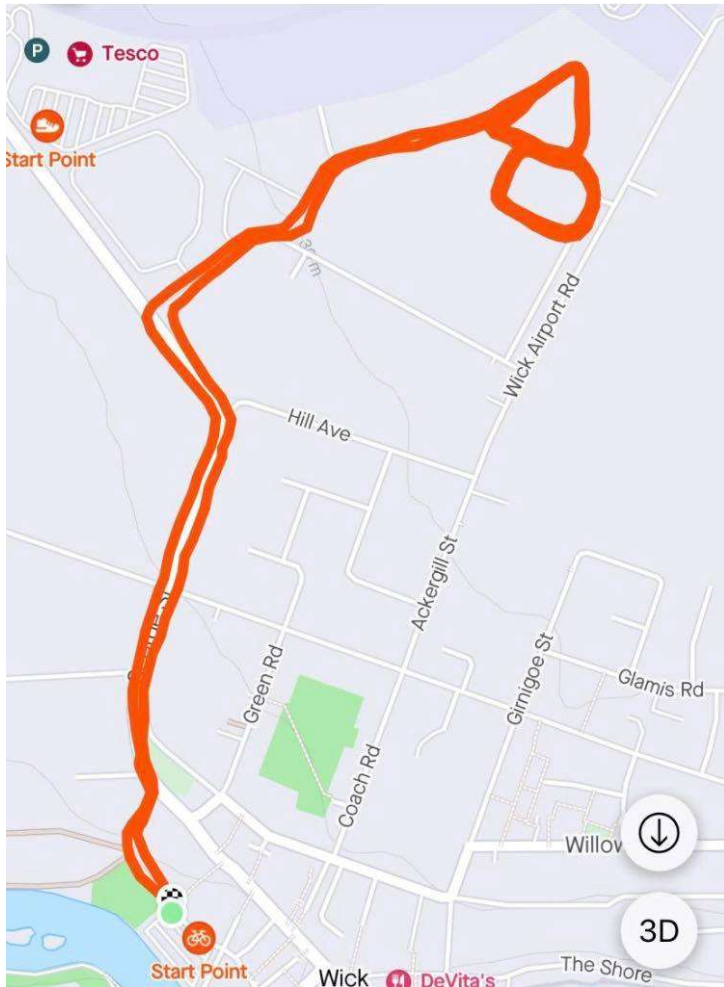
			evening / low light, to be more visible during sessions.		
Missing Persons	Wick & Thurso - Riverside / Airport / Esplanade / Ormlie Hill / Argyll Square / other training areas within the towns	Runner	<p>All runners must arrive before the start of the warm up and remain with the group until the session is completed and all runners have been dismissed. Any runner requiring to leave early must let the lead coach / jog leader know prior to leaving.</p> <p>Coach should count the number of athletes at start of session and at the end (less early departures) to ensure all runners are accounted for.</p> <p>The route being used for the session will either be known to all runners or will be run as part of the warm up to familiarize everyone prior to the session starting.</p>	Vigilance of each runner is essential. Familiarisation of the route from the warm up if required.	<p>North Highland Harriers will provide a lead coach / jog leader for each training session.</p> <p>The lead coach / jog leader will familiarise all runners with the route prior to the session starting. In the event of a runner going missing, the route will be re-run to check for them and contact will be made using contact details they have provided at time of membership.</p>
Bad Weather	Wick & Thurso - Riverside / Airport / Esplanade / Ormlie Hill / Argyll Square / other training areas within the towns	Runner	In the event of poor weather conditions, it may become necessary to alter the training route or cancel the training session.	<p>The lead coach / jog leader will inspect the ground conditions prior to the training session taking place.</p> <p>The lead coach / jog leader will ensure that an up to date weather forecast is available to enable a considered decision is made at the earliest possible opportunity.</p> <p>If a session needs to be cancelled due to bad weather, this will be communicated to runners using facebook, and the NHH e-mail if time permits. Someone will be designated to go to the squad meeting place to inform any runners who turn up.</p>	<p>North Highland Harriers will provide a lead coach / jog leader for each training session.</p> <p>The lead coach / jog leader will inspect the training route prior to the session or during the warm up. Any environmental hazard on the training route caused by poor weather conditions will be communicated to the athletes during a pre-training brief.</p>

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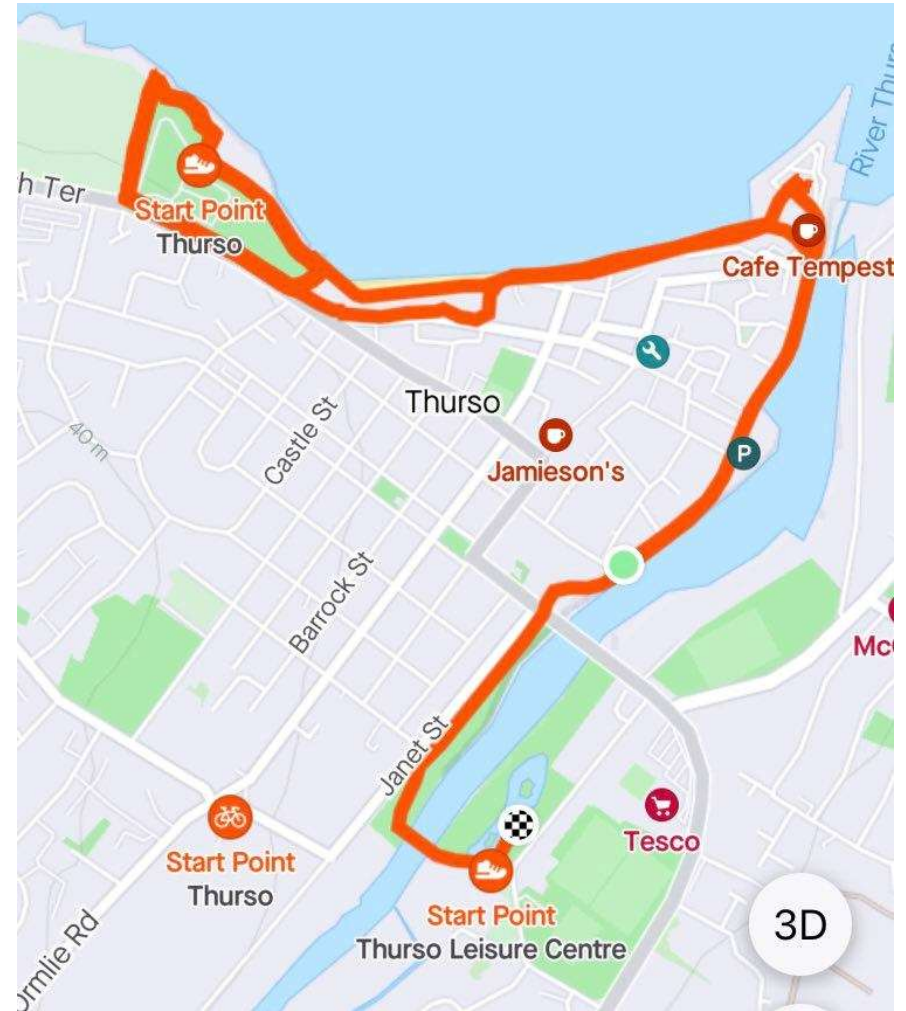
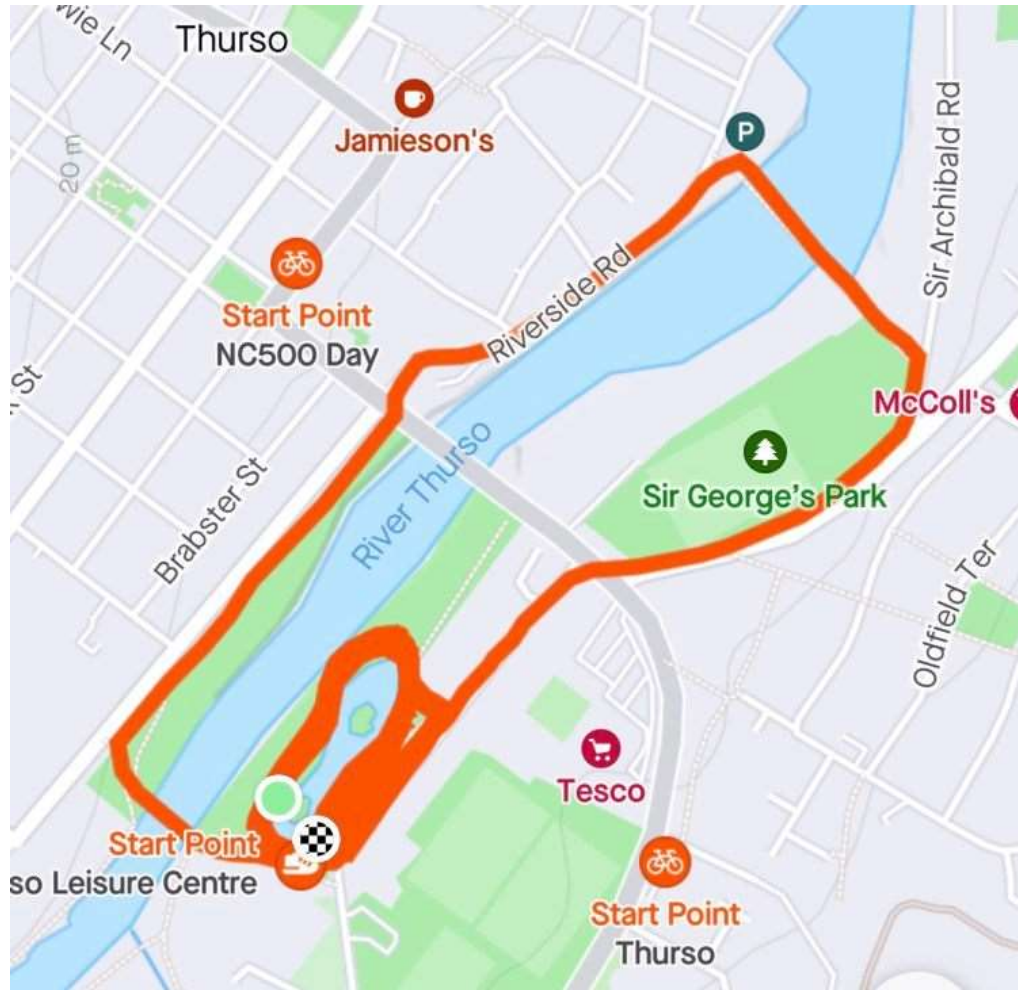
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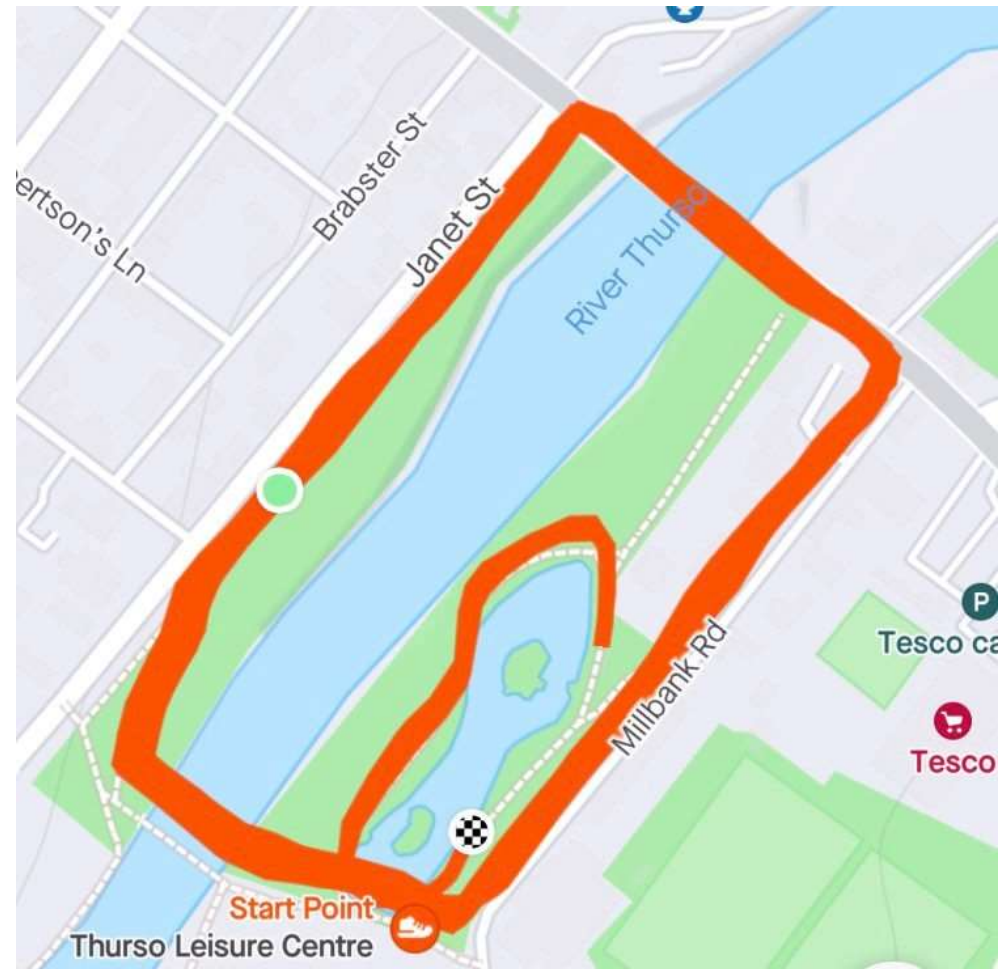
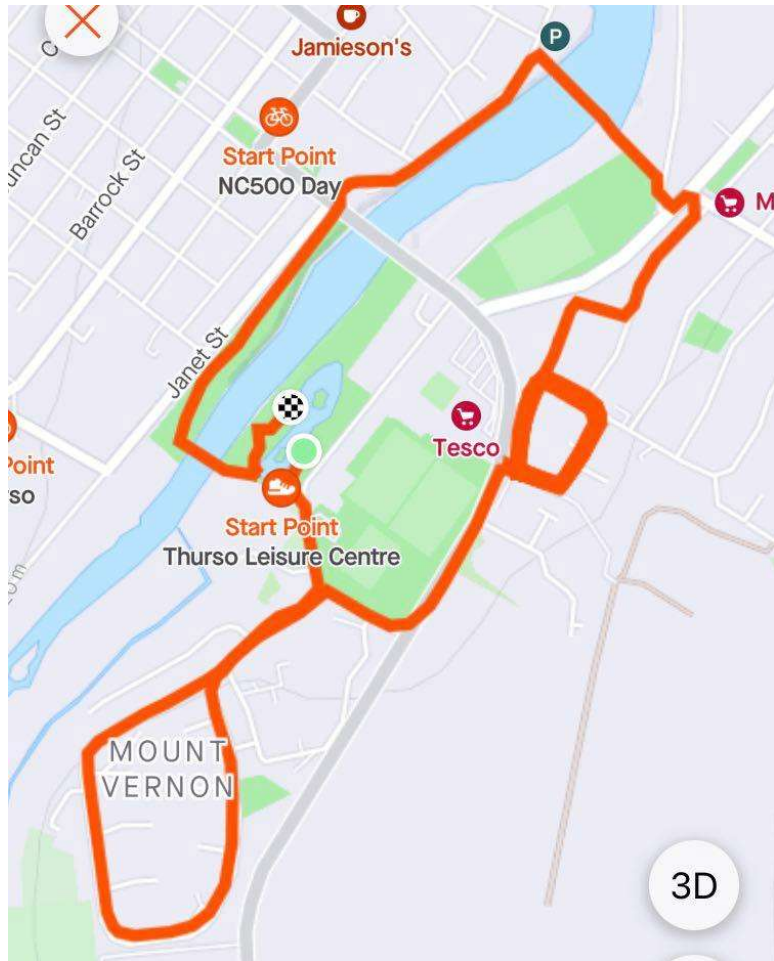
## NHH Run routes:

### Wick



Thurso





Head Coach Name (print) Sophie Dunnett

Coach Signature...electronically signed Date 11.11.22

Version control – this RA will be reviewed on an annual basis. Next review is due November 2023