

WORTHING OTTERS TRIATHLON CLUB RISK ASSESSMENT FORM

Date	Assessed by	Activity	Location	Remedial Action Deadline	Review Date
25.04.2009	J. Stevens	Track	Worthing Leisure Centre		25.04.2010

	Area	Hazard	Who may be harmed? & How?	Risk	MPI	Current Precautions	Recommendations	Priority
1	Track	Collision	Athletes & other track users Step into path of other runners	High	Serious	Verbal warnings Track etiquette – only run anti-clockwise, always look right before stepping on to the track, only use the inside lane for fast running, give way to faster runners, step off to right when finishing a fast run to avoid collisions. Always use outside lanes for jogging / walking.		
2	Centre of track area	Struck by field event implement (e.g. javelin)	Athletes & coaches Hit by field event implement	Med	Major	Verbal warnings Avoid walking straight across the central field area. Check <u>every</u> time that the area is not being used for throwing events before attempting to cross.		

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3	Track surface	<p>Trip</p> <p>Obstruction e.g. debris on track</p>	<p>Athletes & other track users</p> <p>Trip on worn surface</p> <p>Trip on track kerbing</p> <p>Trip on debris</p>	Med	Serious	<p>Check surface prior to the start of the session.</p> <p>Avoid using lanes where there is a worn patch.</p> <p>Warn athletes not to stand on kerbing</p> <p>Remove any debris</p>		