

ACTIVITY / OPERATION / LOCATION										ASSESSMENT UNDERTAKEN BY				APPROVED BY			
Track Running Activity for Wymondham AC. Risks assessments to help promote safe running and coaching members of Wymondham AC whilst running on the track at Sportspark, UEA										Name		Claire Brown		Name		Kim Reader	
										Date		1st May 2026		Date		9th May 2026	
										Review Date		1st May 2027		Next Review		9th May 2027	
HAZARDS (List significant hazards below)		WHO IS AT RISK		RISK FACTORS (Conditions that make the hazard more or less likely to occur)		CONTROL MEASURES				SEVERITY RATING		FREQUENCY RATING		OVERALL RISK FACTOR			
Trips or falls whilst running around the track		Wymondham Ac Members & Coaches		• Running around bends of the track • Large number of people running close together, possibility of tripping over each other Hazards from other track users such as hurdles		Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them as well as calling out potential obstacles on route. All Coaches to carry a mobile phone. In the event of an incident, Coaches will report the incident/accident digitally via their mobile phone. The accident form is accessible to the coaching team on the main club website.				2		2		4			
Increased risk of injury due to running at faster paces and over exertion		WAC Members & Coaches		• Sessions not being supervised correctly • Individuals not knowing their limits		All coaches to set an appropriate warm up for the session adopting the RAMP principles. Going into hard track efforts before a gradual raising of the heart rate should be avoided. All Coaches to oversee members when working through cool down stretches to ensure appropriate techniques to avoid injuries. All Coaches to give appropriate options for those coming back from injury or who had raced recently who may be at a higher risk of injury. An awareness of the variety of skill and experience level should always be taken into account when setting the session. The use of time based sessions are highly encouraged given the mixed ability group.				3		2		6			
Weather Conditions • Sun • Rain • Snow • Ice		Wymondham Ac Members & Coaches		• Extreme heat • Ice or snow on track • Slippery surface when wet		Advise runners to wear appropriate kit. Bring water bottles to the sessions. Avoid midday track sessions in the heat. Remind runners to use high factor sun cream. If the track has snow or ice on, Coach to consider postponing/cancelling. Members to be encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions.				2		3		6			
Pre-Existing medical conditions		Wymondham Ac Members & Coaches		• Runners not making coach/leader aware		Runners to advise coach of any concerning medical conditions Any appropriate medication to carried be on the run by member. The decision whether or not to run is left to the discretion of the individual but they run at their own risk. Coach to be aware of location of First Aid kit and Defibrillator.				3		2		6			
Entering and Exiting Sportspark/ use of internal facilities		Wymondham Ac Members & Coaches		• Wet shoes or recently cleaned floors • Group meeting points • Exiting through the car park • Café area • Consideration for others		Members to be cautious when using the facilities in the event of wet shoes or floors as these may present a slip hazards. Members are advised that the club cannot guarantee safe keeping of valuables. All Coaches to advise members where they are to meet as a group before starting the session. Members to be aware of the availability of hot drinks from the Café area, and be cautious when moving through the facilities carrying hot drinks. Members to be considerate towards any other user of the facilities.				1		2		2			
NUMICAL ASSESSMENT						OVERALL RISK FACTOR											
Severity Rating		Frequency Rating		Overall Risk Factor = Severity x Frequency		Frequency											
						5	4	3	2	1							
1	No Injuries / Minor damage	1	Remote	Severity	5	25	20	15	10	5							
2	Single Minor Injury	2	Unlikely		4	20	16	12	8	4							
3	Single Major / Personal Injury	3	Occasional		3	15	12	9	6	1							
4	Single Fatality / Major	4	Probable		2	10	8	6	4	2							
5	Multiple Fatalities	5	Frequent		1	5	4	3	2	1							
15-25	UNACCEPTABLE – REVISIT ACTIVITY & CONTROL MEASURES		WHO IS AT RISK														
8-15	INTRODUCE FURTHER CONTROL MEASURES TO LOWER RISK		Coaches	Visitors / Public	Members												
1-6	ACCEPTABLE / LOW RISK																