

Risk Assessment: ITRC Training Sessions

Date:	Assessed by:	Location :	Review :
May-2017	Graham Aitken	Hill Reps and training runs – Various locations around Bennachie, Dunnydeer and nearby hill ranges Speed reps – Playing fields and roads around Insch	< Review Date>

What are the Hazards?	Who might be harmed and how?	Risk Rating	What can you do to control the risks?	Resultant Risk Rating	Action by whom
<ul style="list-style-type: none"> - Slips, trips and falls - Uneven terrain, tree roots, rocks - Mud, ice, loose gravel - Exposure to the elements / extreme weather - Running at night / poor visibility - Members getting lost / missing - Traffic on roads 	<ul style="list-style-type: none"> - ITRC Club members & other hillwalkers/public - Injuries from falls, broken bones, sprained ligaments, muscular injuries, cuts, bruises etc - Hypothermia from wintry conditions - Heat stroke in warm conditions - Pulled muscles/ Muscle strains 	M	<ul style="list-style-type: none"> - Ensure all club members (or potential members) have read this risk assessment prior to attending training sessions - Headcounts to be conducted before each session - Make all attendees aware of the planned session and route. Any members new to the route or session will be guided through by a coach. - Make attendees aware of any technical sessions or obstacles that may be on the route - Warm up and stretching to be completed prior to any reps - Correct trail shoes to be worn for the conditions. - Warm clothing/waterproofs for wintry and wet conditions - Towel and dry clothes for use after wintry and wet conditions - Water to be taken to sessions on hot days - Headtorches are compulsory on dark nights - First Aid kit to be available at training (in vehicle or nearby leisure centre). Including foil blanket. 	L	