



AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan www.afrunningclub.org.uk President: Ricky Jennings

Junior Flyers - Risk Assessment (Sharpenhoe Clappers)

Group summary

8 – 10 athletes, aged 9-13

3 coaches, UK Athletics qualified.

(One or more must be qualified to level 2 or above and be first-aid certified).

Risk Assessment and overview of environment

Sharpenhoe Clappers is a large steep sided, chalk escarpment near the villages of Streatley and Barton le Clay. It is served by a good car park can be roughly separated into 3 areas (i) Top level pasture and grassways (ii) top level woods (iii) Descents and lower level pastures

Top Level pastures and grassways

The venue has a number of long linear grassways that are ideal for sprinting, circuits, shuttle relays etc. The grassways are nearly all situated on the top of the escarpment away from trees etc. The grassways run between fenced pasture, which can be traversed using kissing gates. The pastures contain sheep. The likely hazards for the grassway and pasture are:

- Dog walkers and dog faeces
- Some uneven ground on the grassway that runs adjacent and parallel to Streatley Road
- Sheep faeces

Actions:

1. Avoid running at speed the grassway adjacent Streatley Road and warn runners about uneven surface
2. Check training areas for obstacles including faeces and remove if appropriate
3. Assess on the day best places to run to avoid dogs (if present)
4. Use pastures to traverse the escarpment only, do not train in pastures

Top Level Woodlands

Within the wooded area there are very few clear areas that would be suitable for games and drills, an exception is the area around the war memorial, which would be ideal for games such as protect the base or British bulldog. There is really only one good pathway into and through the wooded area, other are deeply rooted, narrow or degraded, this is especially the case for paths on the sundown hills facing side of the escarpment. Hazards as follows:

- Tree roots
- Narrow or degraded paths

Actions

1. Warn runners about tree roots
2. Stick to the good pathway where possible

3. Avoid running on narrow or degraded paths

Descents and lower level pastures and grassways

There is a significant slope dropping on a good cinder trail from the car park to the pastures below. This hill could be used (in part or whole) for hill training. There is a good grassway adjacent to pastures which can be used (with a pasture traversal) to reach the wooden stairway at the northern end of the escarpment. The stairwell is hazardous to descend and arduous to ascend; you cannot really run up them. Finally there is a snake path descending to a narrow cwm and pasture on the eastern slope of the escarpment. This path is currently overgrown, narrow and hazardous to descend

Hazards:

- Stairwell is hazardous to descend
- Dog walkers

Actions

1. Do not include a stairwell or snake path descent in training plan for juniors, this is doubly true when paths are wet or slippery
2. Consider weather conditions, fitness and tiredness of juniors when considering an ascent of either the snake path or the stairwell
3. Ensure runners have drinks available at top of ascent

General

Ensure one coach has access to a first aid kit and mobile phone