



# AMPTHILL & FLITWICK FLYERS



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## Junior Flyers - Risk Assessment (Wrest Park Driveway)

### 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).

### Location description

Area to be used is beside the road into Wrest Park. The surface is grass with a tarmac path that is uneven in places.

### General comments

Coaches must:

- Wear a coaches tabard.
- Be encouraged to bring a mobile phone.

Runners must

- Follow instructions given by coaches.
- Not wear MP3 players/ iPods.

This assessment will reviewed in the event of poor weather conditions.

### Activity 1

#### Arrival of athletes

Persons at risk:

Coaches, pedestrians, athletes warming up, car drivers.

Risk:

Serious/fatal injuries and vehicle damage due to collision with approaching or manoeuvring vehicle(s).

Proposed control measures:

- Coaches arrive 15 minutes prior to session.
- Athletes to assemble by coaches.
- Vehicle drivers to park in designated spaces as advised by coaches.

### Activity 2

#### Transfer of athletes to drive

Person at risk:

Coaches, pedestrians, athletes.

Risk:

Serious/fatal injuries due to collision with approaching or manoeuvring vehicle(s).

Proposed control measures:

- coaches in hi-visibility vests.
- group athletes together to cross road.

### **Activity 3**

#### **Training**

Person at risk:

Pedestrians, athletes.

Risk:

Minor/serious injuries due to trips and falls.

Proposed control measures:

- Coaches to warn other path users, particularly dog walkers.
- Warn athletes about ground conditions & the presence of other users.
- Session area marked to keep runners away from the road.
- Brief runners on the ground conditions.
- Coaches to survey area prior to activity and use cones to keep runners away from any problem areas.
- Coaches continually assess risks and adapt session as required.

### **Activity 4**

#### **Departure of athletes**

Persons at risk:

Coaches, athletes, pedestrians, car drivers.

Risk:

Serious/fatal injuries and vehicle damage due to collision with approaching or manoeuvring vehicle(s).

Proposed control measures:

- Coaches keep group together.
- Cross road together under control of coaches.
- Coaches keep athletes away from cars while waiting for parents.

#### **Emergency Arrangements**

Coaches must

- Bring a mobile phone.
- Have parent's contact numbers to hand.
- Bring a first aid kit (standard belt/pouch shared between coaches will suffice).

Prepared on behalf of Ampthill & Flitwick Flyers by:  
J Bell - 11 Feb 2011