

# Preston Park Youth Cycle Club RISK ASSESSMENT RECORD Preston Park

<b>Activity:</b> Cycle coaching at Preston Park		
<b>Riders:</b> Ratio of 1:20	<b>Location:</b> Preston Park	<b>Date:</b> 29/02/2020
<b>Assessed by:</b>		<b>Signed:</b>

Hazards <small>(see over)</small>	People at risk	Controls to be in Place	Risk rating <small>(see over)</small>	Actions Necessary
1. Hot weather (sun burn, dehydration, exhaustion)	All	Check clothing suitability, especially hats, also sun protector, water, lip seal, noting the signs.	B2	Drinks are essential kit for group members, water is available from the pavilion.
2. Cold weather (rain, hypothermia)	All	Check clothing suitability, especially waterproofs, warm tops, footwear and hats.	B2	Activity is weather dependent. If weather is extreme a leader's decision must be made as to whether to continue.
3. Lightning	All		A3	Weather forecast, group leader to ensure group are in a safe environment (discuss what this means if unsure).
4. Existing illness, conditions	As Applicable	List of ailments is available in coach emergency contact details in file in lock-up.	A3	
5. Non-existing illness, conditions e.g. exhaustion	All	All coaches have first aid qualifications and a first aid kit. Emergency contact details in file in lock-up.	A3	Monitor condition of group members and encourage group members to report on each other's well-being.

6. Trips, crashes and falls (including cuts and bruises)	Riders	All coaches have first aid qualifications and a first aid kit. Emergency contact details have been distributed.	C2	Advice on bike handling and safe riding is given at the outset and reinforced during the ride. The group are told about safe conduct and control. Helmets are compulsory.
7. Loss of group members	Members, coaches and helpers	All coaches are issued with emergency contact details. We have a missing persons procedure. Members are not allowed to go off alone.	B3	
8. Stranger danger	members	All group members are supervised by a qualified adult	A3	Raise awareness of issue
9. Track surface and other physical dangers	riders	The track is checked before coaching starts, warn of danger of steps from track when gate open	C3	Sweep and clear track if needed
10. Racing and related activity	riders	Check the track is clear and there are no unsafe practices taking place nearby, before starting. All novice riders must be briefed on safe conduct in races.	B2	
10. Track security	riders	Put out signage before coaching starts, close gates,	C3	
11. Members of the public	All users of the park	Football, golf and dogs are not permitted in the velodrome. Check for hazardous situations and make users aware of hazards	B3	

## Evaluating The Risk

		HARM		
		A	B	C
L I K E  L I H O O D	1	A1 is an extremely likely major injury, loss to or damage of property which no risk assessment could countenance an activity taking place under these conditions	B1 is a 'significant' [as previously defined] injury, damage to or loss of property that is extremely likely to occur and therefore an activity under this category should be suspended.	C1 is a minor injury, damage to or loss of property that is extremely likely to occur. This can be considered an acceptable risk category but one would put in place controls to reduce the frequency of the hazard occurring.
	2	A2 is a major injury, loss to or damage of property which is likely to happen frequently. A risk assessment would not countenance continuing an activity taking place under these conditions	B2 is a 'significant' injury, damage to or loss of property that is likely to occur frequently and is unlikely to be countenanced as an acceptable activity without further controls in place.	C2 is a minor injury, damage to or loss of property that is likely to frequently occur. This can be considered an acceptable risk category but should put in place ameliorating controls.
	3	A3 is a major injury, loss to or damage of property for which there is slight chance would happen. This may be an acceptable risk and controls are likely to be used.	B3 is a 'significant' injury, damage to or loss of property for which there is slight chance would happen. This risk rating is likely to go ahead with controls in place.	C3 is a minor injury, damage to or loss of property for which there is slight chance would happen. This risk rating may still need controls in place.

HAZARDS	DESCRIPTION
TRIPS / SLIPS / FALLS ON LEVEL	Condition of flooring (slippery / uneven/broken). Spills, obstructions/tripping hazards
FALLS FROM HEIGHT	Steps, stairs, tables / chairs, balconies, ladders, scaffolds, holes, ramps, windows.
STRUCK BY OBJECT	Stepping on / striking against. Hit by protruding/projected / falling / swinging objects. Trapped, cut or crushed by
VEHICLES / TRANSPORT	Collision with other moving or stationary vehicles, cycles and/or pedestrians
MACHINERY	Powered, moving parts, e.g. fans, woodworking machines, abrasive wheels, lathes etc. Individual regulations and Work Equipment Regulations 1992.
HAND TOOLS	Powered, portable, e.g. electric drill, off-hand grinder, chain-saw. Manual, e.g. knife, guillotine and many others. Work Equipment Regulations 1992.
VIBRATION	Creates vibration in the body e.g. road drill, sander, compressor, chainsaw etc.
PRESSURE SYSTEMS	Systems governed by Pressure Systems Regulations 1989. Include also steam, vacuum and hydraulics.
NOISE	Loud i.e. over 85 decibels - Noise at Work Regulations 1989. Include nuisance noise, e.g. fluorescent tubes, machine fans, printers etc.
ELECTRICITY	Condition of plugs, sockets, insulation, apparatus. Proximity of water. Contact breakers, RCD's, isolation switches. Safe systems of work.
TEMPERATURE EXTREMES	Contact with hot or cold surfaces or substances e.g. steam, radiators, irons, freezers. Include extreme ambient temperatures. Workplace (Health, Safety and Welfare) Regulations 1992
FIRE / EXPLOSION	Check fire precautions. Gas / Flammable liquid leaks. Storage of combustible materials and chemicals/substances. Sources of ignition. Fire Precautions Act 1971.
CHEMICALS / DUST	All substances likely to be harmful including chemicals, pesticides, bacteria, fumes, etc. Control of Substances Hazardous to Health Regulations 1994 and Pesticides Regulations 1986.
ASBESTOS	May be found in pipe lagging, ceiling/wall tiles, fire protection, brake and clutch linings Control of Asbestos at Work Regulations 1987.
VENTILATION	Hot, stuffy atmosphere, build up of fumes, e.g. machine rooms, fume cupboards.
LIGHTING	Too bright, too dark. Day and night, all areas inside and outside.
ACCESS / EXIT ROUTES	Suitable. Accessible. Well maintained.
CONFINED SPACES	Movement and/or oxygen are restricted, e.g. trench, tunnels, stores, boiler rooms, maintenance activities.
HOUSEKEEPING	General tidiness, obstacles, overcrowding, standard of cleaning.
STACKING / STORAGE	Stores, shelves, cupboards. Stable, suitable, sturdy, accessible
MANUAL HANDLING	Movement of loads including people. Also bending, stretching, repetitive movements. Manual Handling Operations Regulations 1992.
DISPLAY SCREEN EQUIPMENT	VDU'S, workstations, associated equipment and environments. Display Screen Equipment Regulations 1992.
PROTECTIVE EQUIPMENT	Include protective clothing. Any risks arising from the use of the clothing or equipment.
VIOLENCE / AGGRESSION	Where people may be threatened or abused verbally or physically. E.g. contact with public / clients, face-to-face, telephone.
STRESS / FATIGUE	Working conditions and environments, e.g. excessive heat, overcrowding, understaffing.
SPORTS ACTIVITIES	Organised sport/physical training, any other recreational activity.
LONE WORKING	E.g. Home visits, weekend working, call-out, understaffing, enforcement work.
DISEASE / ILL-HEALTH	Any situations where disease can be caught. Check cleaning/hygiene standards, working practices. Examples Tetanus, Hepatitis B, Weils Disease etc.
ANIMALS	Contact with animals. Domestic, laboratory or wild.