

Timtrainer General Sessions Risk Assessment (Bedgebury)

About This Risk Assessment

Last Reviewed: **16th February 2023**

Risk Assessment Number: **002**

Note: **Bedgebury General Sessions** (including “**Bootcamp**” and “**Freeweight**” sessions)

Update History:

- RAN 002 16/02/2023

Current Version of Risk Assessment

S1 - Risks to Safety (Weather)

Item	Risk	Likelihood	Impact	Mitigation
S1.1	Lightning causing danger	Low	High	Lead Trainer to monitor weather and postpone or cancel the session if necessary. If lightning storm occurs after a session begins, the session is to be ended early and participants to be moved into shelter (e.g. Visitor Centre) until storm passes.
S1.2	High wind causing possible falling branches/trees	Medium	High	Liaison with Bedgebury Management Team to establish if Bedgebury remains open. Area is checked prior to session. Lead Trainer to monitor weather and postpone or cancel the session if necessary. If session proceeds, at start remind participants to be careful of trees/branches.
S1.3	Snow/icy conditions underfoot	Low	High	Area is checked prior to session. Lead Trainer to monitor weather and postpone or cancel the session if necessary. If session proceeds, remind participants to be careful of icy conditions.
S1.4	Very extreme weather, hot or cold. Participants may suffer dehydration / sunstroke hyperthermia/hypothermia	Low	Medium	Lead Trainer to monitor weather and postpone or cancel the session if necessary. If proposed route particularly long or in full sun; Lead Trainer to revise session, using canopy of trees where practical.

				<p>Warm up appropriate to temperature and weather, ensure participants core temperature is raised.</p> <p>Participants advised to hydrate before and after sessions. Lead Trainer will always carry a spare bottle of water.</p> <p>Participants advised to apply sunscreen / insect repellent when weather/season dictates.</p> <p>In cold weather, participants to layer-up with thin layers, leaving a warm jumper to put on at end of session.</p>
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S2 - Risks to Safety (Obstacles & Equipment)

Item	Risk	Likelihood	Impact	Mitigation
S2.1	Visitors' dogs cause danger.	Medium	Medium	Sessions to be held in areas where dogs are not allowed, or only allowed on a lead
S2.2	Motor vehicles moving around training area cause danger (e.g. park vehicles, ice cream van)	Low	High	Identified area not near vehicle routes at this venue. Advise participants during pre session briefing if vehicles are on site.
S2.3	Participants may trip on roots, loose stones, rubble, uneven tracks, brambles, debris or other items in area (e.g. branches, mud), resulting in potential cuts, bruises, sprains, breaks.	Medium	Medium	<p>Remove or move out of the way, if possible. If required, mention in pre-session briefing. Lead Trainer uses known routes; where possible visiting them in the days before sessions.</p> <p>Lead Trainer warns participants of potential hazards whilst running.</p> <p>If weather has been inclement, proposed routes may be revised. e.g. avoid muddy routes.</p> <p>Lead Trainer carries First Aid kit and mobile phone at all times.</p>
S2.4	Conflict with dog walkers and other park visitors (including runners, spectators, children, and cyclists, horse-riders) in the vicinity of the session.	Low	Medium	<p>Bedgebury is regularly used by others, pedestrians, cyclist and dog walkers. Participants to be reminded at the pre-session brief that they do not have priority over other users. Sessions to be held in low-visitor density areas.</p> <p>Lead Trainer and participants to remain alert at all times, moving out of the way of vehicles and cyclists and warning riders and dog owners of approach.</p> <p>Lead Trainer carries First Aid kit and mobile phone at all times.</p>

S2.5	<p>Bootcamp sessions only:</p> <p>Injury due to improperly maintained equipment or lack of familiarity with safe procedures for its use</p>	Low	Medium	<p>For any sessions which use additional supplied equipment (e.g. Freeweights/dumbbells/barbells/kettlebells/medicine balls/TRX Suspension equipment etc), the Lead Trainer will ensure:</p> <ul style="list-style-type: none"> • All supplied equipment is in a fit and proper condition for use • Workout areas are appropriate and safe, including checking any fixing points for suspension equipment are sufficiently sturdy to hold required weight/forces. • Bootcamp sessions will have an upper limit of twelve participants. • All participants will be given an induction (which will include a competence assessment) on the safe use of equipment prior to commencing their initial session. • Individual participants will be assigned weights and other equipment/exercise routines commensurate with their current physical abilities and training goals. • Participants who wish to use their own personal equipment will have it checked for safety by the Lead Trainer prior to each session.
S2.6	<p>Freeweight sessions only:</p> <p>Injury due to improperly maintained equipment or lack of familiarity with safe procedures for its use</p>	Low	Medium	<p>For any sessions which use additional supplied equipment (e.g. Freeweights/dumbbells/barbells/kettlebells/medicine balls/TRX Suspension equipment etc), the Lead Trainer will ensure:</p> <ul style="list-style-type: none"> • All supplied equipment is in a fit and proper condition for use • Workout areas are appropriate and safe, including checking any fixing points for suspension equipment are sufficiently sturdy to hold required weight/forces. • Freeweight sessions will have an upper limit of three participants. • All participants will be given an induction (which will include a competence assessment) on the safe use of equipment prior to commencing their initial session. • Individual participants will be assigned weights and other equipment/exercise routines commensurate with their current physical abilities and training goals. • Participants who wish to use their own personal equipment will have it checked for safety by the Lead Trainer prior to each session.

S3 - Risks to Safety (Other)

Item	Risk	Likelihood	Impact	Mitigation
S3.1	Motor vehicles cause danger in the car park before/after the session. Participants may be injured as they get out of their cars/gather to wait for the start of the session.	Low	High	Participants warned of potential risks associated with proximity of other vehicles. Participants asked to meet away from parked cars by the pay machines
S3.2	Area blocked or otherwise out of use (e.g. by Bedgebury maintenance teams)	Low	Medium	Lead Trainer to change session area

S4 - Risks to Safety (Participant)

Item	Risk	Likelihood	Impact	Mitigation
S4.0	No access to working AED (Automated External Defibrillator)	Low	High	The Lead Trainer must check that the AED (located at the Bedgebury Visitor Centre) is in working condition and available for use prior to each session. If not, the session must be cancelled.
S4.1	Participant has sudden serious health problem (e.g. heart attack, stroke, asthma attack, low blood sugar)	Low	High	Health declaration form is completed prior to activity. All participants are offered a one to one trial session before commencing a course. Trainer aware of AED location and usage and emergency procedures for visitor centre. Safety advice given to participants before they are accepted on Timtrainer sessions to ensure they are medically fit enough to participate. Relevant medical conditions to be declared prior to starting with Timtrainer. Regularly observe group members during session and ask how they are feeling. Lead Trainer to be aware of warning signs. Lead Trainer to carry sweet items in the event of a hypoglycaemic episode. In the event of a serious health problem, Lead Trainer to ensure that emergency services are called with clear information as soon as possible. Next of Kin to be informed as soon as practical. Any injuries to be treated by first aid team (when available). All injuries to be recorded and reported to Bedgebury Management Team before the end of the day.

				Lead Trainer to carry a mobile phone to call 999
S4.2	Participant has serious injury during session	Low	High	In the event of a serious injury, Lead Trainer to ensure that emergency services are called with clear information as soon as possible. Next of Kin to be informed as soon as practical. Any injuries to be treated by first aid team (when available). All injuries to be recorded and reported to Bedgebury Management Team before the end of the day.
S4.3	General risks to child welfare and safeguarding	Low	High	See additional child-specific Risk Assessment (RA001) for any sessions involving children (anyone under 18 years of age).
S4.4	Lack of network coverage to operate mobile phones	Medium	Medium	Sessions to be scheduled in areas where mobile coverage is adequate. Any sessions where it is planned to go outside of adequate mobile coverage should be agreed with Bedgebury Management Team beforehand and the Lead Trainer provided with a Bedgebury issued radio to ensure good communication remains possible.
S4.5	Insect bites/Ticks and related allergens.	Medium	Low	All participants have completed a health declaration sheet to highlight allergies prior to activity Advise participants to wear insect repellent In 'high season' for ticks etc, routes revised to avoid long grass/brushing through bracken. Participants with known severe allergies should be advised carry their own prescribed medication(s) e.g. EpiPen etc. Participants are asked to check for ticks after each session.
S4.6	Extra measures implemented to mitigate spread of Covid-19/Coronavirus.	Medium	Low	Follow all official Government Guidance in place at the time of each session. This may include (but is not limited to): Encourage handwashing before and after sessions Participants to meet at point away from busy visitor areas Participants to avoid touching high risk objects (e.g. gates) Participants to maintain distance of 2m from one another and other users of the forest No sharing of equipment All equipment is wiped down between one to one sessions

Participants are asked to wear gloves if they prefer

Participants reminded to avoid spitting

Participants to bring and use own water bottles, sanitiser and towels

If using the café after the session, participants to follow café covid protocols, eg mask wearing etc

Carry sanitiser, gloves and mask in First Aid kit, should a participant be injured.

Make wipes and plasters available to participants at start of session, should they wish to carry their own.

Lead Trainer to keep register of all who have attended session; if any participants develop symptoms, ask to advise Lead Trainer so that other attendees of the session can be alerted and asked to isolate in line with government track and trace guidelines

Lead Trainer only to touch gates, cones etc and to apply sanitiser after having done so

Lead Trainer to warn other users of the forest when participants approaching and remind participants to do same/keep distance