

Leeds University Union

Risk Assessment Cross Country

Name of Group		Cross-Country		Date of Assessment	16/10/2011	
Hazards?	Who might be harmed and how?	What are you doing already?	What further action is necessary?			
			Action required	By whom	when	Done
General Training	Members Injuries such as strains, sprains and muscle pulls when running, as a result of insufficient warm up or uneven running surfaces etc.	Implementing good training in order to strengthen individuals and make them aware of potential risks and how to minimise them.	Implement good warm up and cool down techniques and advise the use of proper equipment, most importantly effective running shoes.	Between new members and current, more experienced members.	First session	
Training and roads	Members Road traffic collisions, if runners are unable to be seen or if they are not careful in terms of stopping at junctions.	Advising members of the risk and advising them to wear reflective clothing and to take care and precaution when crossing roads.				

Carried out by
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Review Date 16/10/2011

