



Risk Assessment Form

This document outlines a list of hazards that may affect the session at **Tymon Park, Limekiln Rd Entrance**. This should be read and reviewed and understood by all planning to attend the session along with the Emergency Action Plan which accompanies this document. Any queries or if you would like to add to this document, please contact any of the club contacts listed below.

Venue:		Tymon Park, Limekiln Rd Entrance		Venue Contact Name & Contact Details:	Tymon Park Limekiln Road (Entrance) Walkinstown Dublin 12
Address: (Include postcode)		Limekiln Road (Entrance) Lead Coach will choose exact location in the park for training session and circulate this to parents in advance.			
Group:		Pulse TC Junior Run Session	Location of first-aider:	On site (All coaches & Tri Leaders are First Aiders)	
Date:		TBC and information circulated in advance	Location of Defibrillator	N/A	
Time:		TBC and information circulated in advance	Location of telephone:	On site (Coach and Tri Leaders)	
Participants:	Number:	Approx 30-40	Location of toilets:	Within Tymon Park - Approx 0.25km from training area	
	Age:	8-17yrs	Location of changing rooms:	N/A	
	Ability:	Juniors. Range of abilities	Location of first-aid kit:	Small first aid kit on site (coach's bag). Larger kit in lead coach's car in car park	
Lead coach name:		TBC and information circulated in advance	Stocked and maintained:	Yes	
Venue documents read and understood (please ✓ appropriate box):		Normal operating procedures: ✓ Yes <input type="checkbox"/> No	Additional notes:	Tymon Park is owned and maintained by SDCC	
		Health and safety policy: ✓ Yes <input type="checkbox"/> No			
		Emergency action plan (EAP): Yes			
Name of person conducting risk assessment:			Signed:		Date:
Dee Needham					23/05/2021
Fergus Walsh (Reviewed and Updated)					30/11/2021

Risk Assessment Form

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution :	Residual Risk: After resolution	Dates Reviewed
Car Park - Moving traffic entering, exiting and within the car park.	Athletes Parents Coaches Tri Leaders Marshals Public	Likelihood: H Impact: M-H	No	<ul style="list-style-type: none"> Coach or Tri Leader to greet athletes arriving in car park. Parents to accompany athletes to the meeting point and to the training area and sign in. 	Lead Coach	Likelihood: L Impact: M-H	23/05/21 30/11/21 (FW)
Training area – In a public place which is accessible by the general public. Athletes or coaches could cross paths with other park users. (Members of the public, dogs off the lead etc.)	Athletes Coaches Tri Leaders Marshals Parents Public	Likelihood: M Impact: M-H	Yes Coaches & Tri Leaders	<ul style="list-style-type: none"> Instruct athletes to watch out for each other, parents, coaches, tri leaders and marshals and members of the public Parents, coaches, tri leaders and marshals should be requested to be observant, be aware of the training area & surroundings and to report any issues or behaviour the coaches or Tri Leaders should need to be aware of. 	Lead Coach	Likelihood: L Impact: M-H	23/05/21 30/11/21 (FW)
Training area - terrain	Athletes Coaches Tri Leaders Marshals	Likelihood: M Impact: M-H	No	<ul style="list-style-type: none"> Coach or Tri Leader to walk the training area in advance of the start of the session to ensure the terrain is safe, free from debris and obstacles. Athletes will be instructed to listen and adhere to marshals instructions at all times during the session. 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)
Training area – Weather	Athletes Coaches Tri Leaders Marshals	Likelihood: M Impact: M-H	Yes Lead coach to parents / athletes	<ul style="list-style-type: none"> Lead Coach to check weather forecast in advance of the session and if necessary circulate to parents in advance or call off the session if deemed unsafe to proceed. Lead Coach to assess weather conditions on the day before session start. Coach or Tri Leader to inspect the 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)

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				<p>training area before the start of session.</p> <ul style="list-style-type: none"> Continually assess weather conditions and ground conditions during the session and discontinue session if deemed unsafe to proceed. 			
Meeting Point and Training area – Trips and Falls	Athletes Coaches Marshals Parents in area	Likelihood: M Impact: M-H	No	<ul style="list-style-type: none"> Athletes and parents to take responsibility for their own bags/belongings and ensure that they are not left in an area or condition that could pose a hazard to others. Water bottles should be kept off the running area and only on the side lines away from where athletes are running. 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)
Training area – dehydration, fatigue cramp, illness, injury	Athletes	Likelihood: M Impact: M	Yes Lead Coach to be aware of any pre-existing medical conditions in advance. This information is Available from the child’s parent, Club Children’s Officer or Club Junior Welfare Officer.	<ul style="list-style-type: none"> Ensure all athletes bring drinks and are instructed to drink during recovery intervals (or more often if needed). Lead Coach to have spare bottles of water available. The age and ability of the athlete will be taken into consideration and sessions planned with appropriate rest and recovery intervals. Athletes will be closely monitored, and any athlete showing signs of fatigue or dehydration, or complaining of cramp, injury or illness. If present the athlete will be stopped and checked by the paramedic/first aider. If necessary, medical assistance (within the guidelines of qualification) will be administered. 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)

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Training area/Meeting Point – Parent late for collecting child or session ends early due to adverse weather or other reason	Athletes Coaches Tri Leaders	Likelihood: M Impact: L	Yes Lead Coach to advise parents in advance.	<ul style="list-style-type: none"> Parents will be encouraged to stay in training area during session (spectating from a distance). Ensure lead coach has access to contact number for any parent who is not staying for the duration of the session. (All coaches and Tri Leaders will have contact numbers from the Parents WhatsApp group). No coach/tri leader to wait alone with child. There must be a second adult present preferably one of the same gender as the athlete. Child should be instructed to put on warm clothing. In cold and/or wet weather, child can sit into coach's car to keep sheltered. Where possible leave car door open and the two accompanying coaches/tri leaders should stand outside but close to the car. (so as to supervise and ensure the safety of the child while in the car). 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)
All areas – Missing Child	Athletes	Likelihood: L Impact: H	No	<ul style="list-style-type: none"> All athletes to be signed in, by appointed person, at the start of the session. Parents phone number to be recorded on sign-in sheet. If parent is not going to be in attendance for the duration of the session, this should be recorded with estimated time of return. They should be available to return at short notice. All athletes will be visible to coaches and marshals at all times. This is possible at this venue and marshals should be positioned around the training area. An appointed person should 	Lead Coach	Likelihood: L Impact: H	23/05/21 30/11/21 (FW)

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				<p>supervise the entrance/exit area throughout the session to ensure no athlete leaves unaccompanied by their parent.</p> <ul style="list-style-type: none"> All athletes to be signed out when collected by parent. 			
Training Area - Insufficient coaches, tri leaders, marshals for the number of athletes	Athletes/ Coaches/ Tri Leaders/ Parents	Likelihood: L Impact: L	Yes Junior Training Rep	<ul style="list-style-type: none"> Prior to the training session taking place, the Training Rep should be aware of the number of athletes intending to participate in the session. They should also ensure that a sufficient number of coaches, tri leaders are available to coach the session safely. If necessary the session should be cancelled if deemed unsafe to proceed. 	Junior Training Rep & Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)
Training area – Athlete needing to use toilet No public toilet near training area	Athletes Coaches Tri Leaders	Likelihood: M-H Impact: L	No	<ul style="list-style-type: none"> If the parent of the athlete is in attendance, they can take the athlete to a discreet area. If the parent is not available, two tri leaders or a tri leader and another parent (one to be of the same gender as the athlete) should accompany the athlete. 	Lead Coach	Likelihood: M-H Impact: L	23/05/21 30/11/21 (FW)
Training area – Emergency evacuation required	Athletes Coaches/ Tri Leaders Parents	Likelihood: L Impact: H	Yes Emergency Services if serious situation arises	<ul style="list-style-type: none"> See Emergency Action Plan (EAP) for detailed instructions 	Lead Coach	Likelihood: L Impact: M	30/11/21 (FW)
Data Breaches (GDPR) – Data on sign-in sheet and Photography	Athletes	Likelihood: L Impact: M	Yes Lead Coach to check with Club Children’s Office or Junior Welfare Officer.	<ul style="list-style-type: none"> Sign-in sheets are to remain in the possession of the sign-in person at all times. Athletes and Parents have been requested to sign consent forms in respect of video and photography. In advance of the session the Lead Coach should check with Club Children’s Office or Junior Welfare Officer to ascertain whether any 	Lead Coach	Likelihood: L Impact: L	23/05/21 30/11/21 (FW)

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				<p>child is not permitted to be photographed or videoed.</p> <ul style="list-style-type: none"> • Endeavour to take group photographs and videos rather than of a single child. 			
Covid 19	Athletes, Coaches, Tri Leaders, Marshals, Parents, Member of the Public	Likelihood: M Impact: L-H	Yes Club Covid Officer, Triathlon Ireland, HSE/ Government	<ul style="list-style-type: none"> • Club Covid Officer and Lead Coach should be up to date on all current guidelines from the Ti, HSE/Government. • The HSE/Government guidelines in place at the time should be adhered to. • Coaches should continue to remind athletes about social distancing. • Equipment, gear and water bottles should not be shared and sanitised whenever possible. • Athletes should have their own hand sanitiser, masks etc. 	Covid Officer & Lead Coach	Likelihood: L Impact: L-M	23/05/21 30/11/21 (FW)

Pulse Junior Triathlon Club Contacts: (as at 30/11/21)

Lead Coach: This information is circulated by Junior Training Rep in advance of the session.

Club Children's Officers: Emma McGrane 087 2496706 & Fergus Walsh 086 2660260

Club Designated Liaison Person: Fergus Walsh 086 2660260 & Liz O'Connor 086 3165006

Club Junior Covid Officer: Mick Brett 087 2225288

Club Chairperson: Jennifer Shorten 083 1051501

Club Junior Training Rep: Mick Brett 087 2225288

Club Website: www.pulsetri.com

TYMON PARK (LIMEKILN ROAD CAR PARK)

