

Risk Assessment Form for Triathlon Coaches

Venue:	OXRAD the integrated sport centre	Location of first-aid kit:	At reception
Address:	Court Place Farm, Marsh Lane, Marston Oxford OX3 0NQ	Stocked and maintained:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Group:	Oxford Tri triathletes	Location of first-aider:	At reception
Date:	Tuesday 07/04/09	Location of telephone:	Coach mobile phone, plus one in reception
Time:	7:00pm to 8:30pm	Location of toilets:	At the end of the corridor within the changing room
Participants:	Number:	8 -12	Location of changing rooms:
	Age:	Age groupers	Venue Contact:
	Ability:	Intermediated- advance ability	Name:
Lead coach name:	Noe Orozco	Number:	Paul Saxon
Venue documents read and understood (please ✓ appropriate box):	Normal operating procedures: <input type="checkbox"/> Yes <input type="checkbox"/> No	Additional notes:	01865 741 336
	Health and safety policy: <input type="checkbox"/> Yes <input type="checkbox"/> No		
	Emergency action plan (EAP): <input type="checkbox"/> Yes <input type="checkbox"/> No		

Name of person conducting risk assessment:	Signed:	Date:
Noe Orozco S.		31/03/09

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Description of Hazard:	Level of Risk (high/medium/low):	Those at Risk:	Action(s) to Alleviate Risk:	Date Reviewed/Alleviated:
Slippery surface if athlete's perspiration lands on the floor	Low	Riders and coaches	Tell the riders to always use a towel,, and use the proper mat below the bike	31/03/09
				31/03/09
Falling from the turbo trainer (TT) due to lack of balance of the rider or a malfunction of the TT	Low	Riders	Check carefully the setting of the TT and brief participants to be always careful when mounting and dismounting	31/03/09
				07/04/09
Sport equipment in the storage room where the TT are kept , especially when the room is dark	Low	Riders and coaches	Brief the riders about the hazards, ask them to turn the lights on, all the time	31/03/09
				07/04/09
Dehydration (the room is big and has very good ventilation but the body can generate a lot of heat in an indoors TT session)	Low	Riders	Ask the riders to bring plenty of liquids and light clothes, remind them to keep drinking	31/03/09
				31/03/09

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Noe Orozco S.		31/03/09

Note: Person conducting risk assessment must sign and date the bottom of both forms.