

Lakers triathlon club: Training session risk management

Session description: Tuesday night running around North Adelaide and Torrens, all ages, 6-7pm, year round, on paths

Person responsible:

Potential risk	Poor lighting	Heat >37 degrees	Traffic (road ,bike path)	Extreme exertion	Extreme exertion	Storm
Outcome	Trip & falls	Heat illness	Collision with car, bike or pedestrian	Health issues magnified i.e. asthma, diabetes, CVD	Injuries	Lightning strike, hypothermia
Pre-mitigation risk	Almost certain Minor	Likely Major	Could occur Major	Will occur Major	Almost certain Moderate	Rare Major
Risk rating pre-mitigation	High risk	High risk	High risk	High risk	High risk	Low risk
risk mitigation practices	<ul style="list-style-type: none"> Use well-lit areas Make aware of hazards Clear hazards prior communication re hazards first aider 	<ul style="list-style-type: none"> Modify session Control pace Increase hydration access Use cooling options Seek shade Athlete acclimatisation Cancel session 2 hrs prior via Facebook if over 40 first aider 	<ul style="list-style-type: none"> Education on when to cross roads Minimise traffic-runner interaction Communication of hazards on path first aider 	<ul style="list-style-type: none"> Education of athletes re prevention (medication) Coaches aware of risk Pre session ensure issues raised first aider 	<ul style="list-style-type: none"> Accepted as a risk of training Progressive build-up of training Education of athletes Design session that match training to ability first aider 	<ul style="list-style-type: none"> seek shelter if lightning is present
Post mitigation Risk	Unlikely Minor	Rare Moderate	Rare Major	Unlikely Moderate	Almost certain Moderate	Rare Insignificant
Risk rating	Low risk	Low risk	Low risk	Medium	High	Low
Accepted (date)						
Incident reports						

Session description: Thursday night running Henley Oval, by all ages. 6-7.15pm October- March, grass oval

Person responsible:

Potential risk	Interaction with others	Heat >37 degrees	Extreme exertion	Extreme exertion	Storm
Outcome	Collision, impact javelin, shotput, trip	Heat illness	Health issues magnified i.e. asthma, diabetes, CVD	Injuries	Lightning, hypothermia
Pre-mitigation risk	Likely Minor	Likely Significant	Will occur Significant	Almost certain Moderate	Rare Major
Risk rating pre-mitigation	Medium risk	High risk	High risk	High risk	Low risk
risk mitigation practices	<ul style="list-style-type: none"> Education/ culture Communication with groups Start time to avoid clash Coach guidance first aider 	<ul style="list-style-type: none"> Modify session (move to beach) Control pace Increase hydration access Use cooling options Seek shade Athlete acclimatisation Cancel session 2 hrs prior via Facebook if over 40 when the run starts first aider 	<ul style="list-style-type: none"> Education of athletes re prevention (medication) Coaches aware of risk Pre session ensure issues raised first aider 	<ul style="list-style-type: none"> Accepted as a risk of training Comprehensive warm up Progressive build-up of training week to week Education of athletes Design session that match training to ability first aider 	<ul style="list-style-type: none"> seek shelter in lightning is present cancel session
Post mitigation Risk	Unlikely Minor	Rare Moderate	Unlikely Moderate	Almost certain Moderate	Rare Insignificant
Risk rating	Low risk	Low risk	Medium	High	Low
Accepted (date)					
Incident reports					

Session description: Sunday morning winter runs, 7-10am, trails

Person responsible:

Potential risk	Uneven surface	Extreme cold and wet	Extreme exertion	Extreme exertion	Storm
Outcome	Trips, falls	Hypothermia	Health issues magnified i.e. asthma, diabetes, CVD	Injuries	Lightning
Pre-mitigation risk	Likely Minor	Likely Significant (slower runners)	Will occur Significant	Almost certain Moderate	Rare Major
Risk rating pre-mitigation	Medium risk	Medium risk	High risk	High risk	Low risk
risk mitigation practices	<ul style="list-style-type: none"> • Education/ culture • Run in groups • Coach guidance • first aider 	<ul style="list-style-type: none"> • Modify session • Cancel session the night before (7pm via Facebook) if heavy rain is forecast or 2 hrs prior via Facebook if the radar suggests it will be too dangerous • first aider • Educate athlete on appropriate clothing 	<ul style="list-style-type: none"> • Education of athletes re prevention (medication) • Coaches aware of risk • Pre session ensure issues raised • first aider 	<ul style="list-style-type: none"> • Accepted as a risk of training • Progressive build-up of training • Education of athletes • Design session that match training to ability • first aider 	<ul style="list-style-type: none"> • Cancel session the night before (7pm via Facebook) if heavy rain is forecast or 2 hrs prior via Facebook if the radar suggests it will be too dangerous
Post mitigation Risk	Likely Minor	Rare Moderate	Unlikely Moderate	Almost certain Moderate	Rare Insignificant
Risk rating	Medium risk	Low risk	Medium	High	Low
Accepted (date)					
Incident reports					

Session description: Tuesday morning Norton- Montacute ride 5.35-7am all year round

Person responsible:

Potential risk	Extreme wind	Descending and cornering (especially in wet)	Extreme cold and/or wet	Extreme exertion	Other road users (cars, bikes)
Outcome	Crashing	Crashing	Hypothermia	Health issues magnified i.e. asthma, diabetes, CVD	Collision
Pre-mitigation risk	Likely Serious	Likely Serious	Likely Significant	Will occur Significant	Possible Serious
Risk rating pre-mitigation	High risk	High risk	High risk	High risk	High risk
risk mitigation practices	<ul style="list-style-type: none"> • Session is automatically cancelled at 7pm the night before via Facebook when severe winds are forecast (over 50kmph). • Education on risks of riding in wind • Education re descending when the risk of debris on road is high • Ensure bike is safe for riding in conditions (including front and rear light) 	<ul style="list-style-type: none"> • Session is automatically cancelled at 7pm the night before via Facebook when heavy rain is forecast in hills • Education/ culture, so athletes make decision not to go out if raining or choose a different route • Provide opportunities and education to improve handling skills • Ensure bike is safe for riding 	<ul style="list-style-type: none"> • Session is automatically cancelled at 7pm the night before via Facebook when heavy rain is forecast in hills • Modify /cancel ride once start • Educate athlete on appropriate clothing 	<ul style="list-style-type: none"> • Pre-season screening • Education of athletes re prevention (medication) • Coaches aware of risk • Pre session ensure issues raised • first aider • Safe riding guidelines promoted, obey road rules 	<ul style="list-style-type: none"> • Safe riding guidelines promoted • Choose routes with fewer vehicles • develop bike handling skills • Ensure bike is safe for riding in conditions (including front and rear light)
Post mitigation Risk		Unlikely Serious	Rare Moderate	Unlikely Moderate	Possible Significant
Risk rating		Medium risk	Low risk	Medium	Medium risk
Accepted (date)					
Incident reports					

Session description: Saturday morning rides

Person responsible:

Potential risk	Extreme wind	Descending and cornering especially in wet	Storms (rain, wind, lightning)	Extreme exertion	Other road users (cars, bikes, pedestrians, magpies)	Heat >37 degrees	Fire
Outcome	Crashing	Crashing	Hypothermia, lightning strike, crashing	Health issues magnified i.e. asthma, diabetes, CVD	Collision	Heat illness	Burns
Pre-mitigation risk	Likely Serious	Likely Serious	Likely Significant	Will occur Significant	Possible Serious	Possible Significant	Possible Fatal
Risk rating pre-mitigation	High risk	High risk	High risk	High risk	High risk	High risk	Extreme risk
risk mitigation practices	<ul style="list-style-type: none"> • Session is automatically cancelled at 7pm the night before via Facebook when severe winds are forecast (over 50kmph) • Education on risks of riding in wind • Education re descending when the risk of debris on road is high • Ensure bike is safe for riding in conditions (including front and rear light) 	<ul style="list-style-type: none"> • Education/ culture, so athletes make decision not to go out if raining or choose a different route • Opportunities to improve handling skills • Session cancelled by ride leader if heavy rain is forecast 1 hr prior to the ride via Facebook by the leader of each group. Initial "check in the morning" messages will be provided on Face book at 7pm the night before 	<ul style="list-style-type: none"> • Modify session • Educate athlete on appropriate clothing • cancel session 1-2 hrs prior via Facebook • Session cancelled via Facebook 1 hr prior to ride starting by ride leader if heavy rain/ storms are shown on BOM radar. Cancellation is by the leader of each group. Initial "check in the morning" messages will be provided on Face book at 7pm the night before 	<ul style="list-style-type: none"> • Education of athletes re prevention (medication) • Coaches aware of risk • Pre session ensure issues raised • first aider 	<ul style="list-style-type: none"> • Safe riding guidelines promoted, obey road rules • High risk individuals identified and supported by ride leader • Choose routes with reduce risk of interaction • develop bike handling skills 	<ul style="list-style-type: none"> • Adopt earlier start time and reduce ride distance • Modify session to void riding back into head winds • Control pace • Increase hydration access • Athlete acclimatisati on • first aider 	<ul style="list-style-type: none"> • Cancel hill rides if fires are present 7pm the night before or 1hr prior to ride starting • Modify or cancel session on catastrophic fire days limit to up and down foothills - alert via Face book on the morning • On high risk days make sure aware of safe locations

							<p>in nearby towns in case of fire (oval)</p> <ul style="list-style-type: none"> • Access emergency services app if smoke seen
Post mitigation Risk		Unlikely Serious	Rare Moderate	Unlikely Moderate	Possible Significant	Rare Low	Rare Critical
Risk rating		Medium risk	Low risk	Medium	Medium risk	Low risk	Medium risk
Accepted (date)							
Incident reports							

Session description: Thursday morning TT ride 5.50 am

Person responsible:

Potential risk	Extreme wind	Cornering especially in wet	Extreme cold and/or wet	Extreme exertion	Other road users (cars, bikes)	Heat >37 degrees
Outcome	Crashing	Crashing	Hypothermia	Health issues magnified i.e. asthma, diabetes, CVD	Collision	Heat illness
Pre-mitigation risk	Likely Serious	Likely Serious	Likely Significant	Will occur Significant	Possible Serious	Unlikely Significant
Risk rating pre-mitigation	High risk	High risk	High risk	High risk	High risk	Moderate risk
risk mitigation practices	<ul style="list-style-type: none"> • Session is automatically cancelled when severe winds are forecast (over 50kmph) at 7pm via Facebook • Education on risks of riding in wind • Education re descending when the risk of debris on road is high • Ensure bike is safe for riding in conditions (including front and rear light) 	<ul style="list-style-type: none"> • Education/ culture, so athletes make decision not to go out if raining or choose a different route • Opportunities to improve handling skills 	<ul style="list-style-type: none"> • Modify ride • Educate athlete on appropriate clothing • cancel session 1 hrs prior via Facebook 	<ul style="list-style-type: none"> • Education of athletes re prevention (medication) • Coaches aware of risk • Pre session ensure issues raised • first aider 	<ul style="list-style-type: none"> • Safe riding guidelines promoted, obey road rules • High risk individuals identified and supported by ride leader • Choose routes with fewer vehicles • develop bike handling skills 	<ul style="list-style-type: none"> • Modify session • Control pace • Increase hydration access • Athlete acclimatisation • first aider • cancel session 1 hrs prior via Facebook
Post mitigation Risk		Unlikely Serious	Rare Moderate	Unlikely Moderate	Possible Significant	Rare Low
Risk rating		Medium risk	Low risk	Medium	Medium risk	Low risk
Accepted (date)						
Incident reports						

Session description: Monday morning group swim 6-7-30am, Henley to Grange

Person responsible:

Potential risk	Rough seas due to storms	Polluted water	Sharks or other marine interactions	Cold water	Health issue
Outcome	Drowning	Illness	Shark attack	Hypothermia	Drowning
Pre-mitigation risk	Possible Critical	Possible Minor	rare Critical	Possible Minor	Possible Minor
Risk rating pre-mitigation	High risk	Medium risk	Medium risk	Medium risk	Medium risk
risk mitigation practices	<ul style="list-style-type: none"> cancel session if storm conditions are present in the morning or at night via Facebook move to safer location Use buddy system so everyone is accounted for 	<ul style="list-style-type: none"> cancel session as advised by EPA via face book the night before move to safer location 	<ul style="list-style-type: none"> Coaches aware of risk Swim close to shore take action if shark is sighted Use buddy system so everyone is accounted for 	<ul style="list-style-type: none"> Shorten swim especially for slower swimmers Make sure have wetsuit Administer first aid if occurs Use buddy system so everyone is accounted for 	<ul style="list-style-type: none"> Education of athletes re prevention (medication) Coaches aware of risk Pre session ensure issues raised first aider Use buddy system so everyone is accounted for
Post mitigation Risk	Unlikely Insignificant	Unlikely Insignificant	rare Critical	Unlikely Low	
Risk rating	Low risk	Low risk	Medium	Low risk	
Accepted (date)					
Incident reports					

Session description: Monday/ Friday night Lake swim 6pm

Person responsible:

Potential risk	Rough water	Polluted water	Jelly Fish	Health issue	Boat	Extreme exertion
Outcome	Drowning	Illness	Stings	Drowning	Collision	Health issues magnified i.e. asthma, diabetes, CVD
Pre-mitigation risk	Possible Critical	Possible Minor	Likely Insignificant	Possible Minor	Possible Minor	Will occur Significant
Risk rating pre-mitigation	High risk	Medium risk	Low risk	Medium risk	Medium risk	High risk
risk mitigation practices	<ul style="list-style-type: none"> cancel session keep swim in close to shore work on ins and outs 	<ul style="list-style-type: none"> cancel session if 1-3mls of rain on day, 3-10mls of rain within 1-2 days, +10mls of rain within 3 days 	<ul style="list-style-type: none"> Coaches aware of risk first aid 	<ul style="list-style-type: none"> Education of athletes re prevention (medication) Coaches aware of risk Pre session ensure issues raised skills of athlete assessed prior to session first aider 	<ul style="list-style-type: none"> Athletes to swim together wear coloured caps be aware of boats 	<ul style="list-style-type: none"> Education of athletes re prevention (medication) Coaches aware of risk Pre session ensure issues raised first aider
Post mitigation Risk	Unlikely Insignificant	Unlikely Insignificant	Likely Insignificant	Rare Major	Unlikely Minor	Unlikely Moderate
Risk rating	Low risk	Low risk	Low risk	Low	low risk	Medium risk
Accepted (date)						
Incident reports						

Risk description

	Likelihood*	Will occur in exceptional circumstances	Not expected but may occur	Could occur at some time	Will probably occur in most circumstances	Is expected to occur or has occurred and is continuing to impact
	Frequency	< 1x in 10 years	1x in 5-10 years	1x every 1-5 years	1x / year	>1x per year
Impacts		Rare	Unlikely	Possible	Likely	Almost certain
Fatality/permanent disability	Critical				Extreme risk	
Significant/extensive injury or illness. Permanent partial disability	Major			High risk		
Serious injury/illness >10 days impact	Moderate		Medium risk			
Injury or illness requiring medical treatment <10 days impact	Minor	Low risk				
Injury or illness requiring first aid No lost time	Insignificant					

*Likelihood/frequency should be based on experiences recorded within the club environment if the session has been running for a long time

Risk rating

Risk rating	Criteria for acceptance or risk and risk review
Extreme	Risk needs to be controlled Immediate management attention required to reduce exposure
High	Risk may be tolerable with justification, but does require significant management strategies
Medium	Risk is acceptable, management of risk is required
Low	Risk is acceptable with some management of risk is required

Adapted from Curtin University Health, Safety and Emergency Management Version 4.1

This Risk management model will be reviewed annually every May

Incident Report

To be completed by session leader as soon as possible after an incident

Date and time of incident	
Name, age, gender, number of years a member of those involved	
What was the member doing (what session)	
Cause of incident, what factors were involved	
Outcome of incident	
Follow- up or recommended changes required	
Name of person completing this report	