



Description Of Hazard	Controls Recommended
<p><b>Athletes With Known Ill Health Problems:</b></p> <p>It is possible that someone may take ill during a session.</p> <p><b>Traffic When Crossing Roads:</b></p> <p>It is possible that an athlete could sustain an injury when crossing a road.</p> <p><b>Aggression/Violence:</b></p> <p>It is possible that an athlete could sustain an injury as a result of an encounter with a hostile person(s) or dog.</p> <p><b>Group Safety - Supervision Levels:</b></p> <p>It is possible that someone could sustain an injury if not supervised properly.</p>	<p>Athletes should have completed a Medical Consents form at the time of joining RAC.</p> <p>Any issues identified from the consent form should be discussed with the athlete and the coach should add discussion notes.</p> <p>Only qualified coaches should discuss athletes' background.</p> <p>Groups should run on footpaths where possible.</p> <p>Coaches should ensure groups make use of pedestrian crossing to cross road areas, where possible.</p> <p>When running on road areas, coaches should ensure that groups run towards the flow of traffic.</p> <p>Athletes should be asked to wear light coloured/reflective clothing to ensure ease of visibility.</p> <p>Coaches should remind athletes of issues such as public on paths, traffic etc.</p> <p>Coaches should select routes that avoid situations with aggressive person(s) where possible.</p> <p>Coaches should ensure that groups take all possible precautions to avoid encounters with dogs and other animals.</p> <p>Coach-to-athlete ratios recommended below should be adhered to wherever possible.</p> <p>One qualified coach to every 15 athletes is the maximum recommended level, but 12 is preferable.</p> <p>Coach to ensure safety at all times.</p> <p>Where practically possible, two qualified coaches to every 15 athletes is recommended to ensure much higher levels of supervision that the basic minimum.</p> <p>All coaches should be qualified.</p>