

AIRES CROSS COUNTRY - Risk Assessment Hazard Checklist



Carnival	AIRES Cross Country Championships	
Assessed By	Greg Aitken	

Locations	Sydney International Equestrian Centre	Activities	Cross Country

1 INDOOR HAZARDS	
1.1	Inappropriate lighting
1.2	Temperature
1.3	Insufficient or unsuitable space
1.4	Untidiness – causing trip / fire hazard
1.5	Stairs – dark / steep / no handrail
1.6	Lack of fire escapes / extinguishers / procedures
1.7	Slip / trip / fall hazards
1.8	Inadequate ventilation
1.9	Inhalation of dust
1.10	Poor surfaces for activities – slips / trips / impact
1.11	Electrical hazards

5 HAZARDS ON HILLS AND MOUNTAINS		
5.1	Slips & trips on grass, mud, rock	Y
5.2	River crossings	
5.3	Remote locations	
5.4	Difficult communication – weather / distance	
5.5	Falling debris	Y
5.6	Extra work imposed by terrain type / angle	
5.7	Lack of shelter	Y
5.8	Separation of group members	
5.9	Getting lost	
5.10	Falls from height	
5.11	Extremes of weather	Y

2 SPORTING ACTIVITY HAZARDS		
2.1	Uneven playing surface	Y
2.2	Playing surface too hard or soft	
2.3	Hard or sharp objects on pitch	Y
2.4	Sliding on Astroturf or similar surface	
2.5	Collisions / Conflict with surrounding objects or people	Y
2.6	Impact from sports equipment - Ball or Clubs	
2.7	Contact sport injury	
2.8	Personal injury – fracture / sprains / cuts	Y

6 PEOPLE & ORGANISATIONAL HAZARDS		
6.1	Lack of information, training or instruction	
6.2	Poor activity planning or preparation	Y
6.3	Poor activity delivery or organisation	
6.4	Ignorance of rules and / or procedures	Y
6.5	Unsafe behaviour or attitude	Y
6.6	Lack of appropriate first aid equipment and experience	Y
6.8	Poor safety control from group leaders	
6.9	Poor safety awareness from participants	
6.11	Lack of cooperation within group	Y
6.12	Differing skill levels within group	Y
6.13	Low level of physical fitness / strength	Y
6.14	Aggression between participants	
6.15	Aggression from crowd / public	
6.16	Contact between participants increasing risk	

3 HAZARDS ON COASTS & COASTAL WATERS		
3.1	Falls from cliffs, piers, sea walls	
3.2	Struck by falling objects from cliff	
3.3	Slips & falls on slopes / loose surfaces	
3.4	Quick sand & mud	
3.5	Access problems due to steep angle of beach slope	
3.6	Collisions between water users	
3.7	Swept away by wave surges	
3.8	Being washed against rocks / piers	
3.9	Low water temperatures	
3.10	Communication problems from waves / swell / distance	
3.11	Struck by objects in water	
3.12	Stranded by tides	
3.13	Swept away by currents	
3.14	Rip tides	
3.15	Longshore drift	
3.16	Conflicts between beach users	

7 EQUIPMENT AND OTHER HAZARDS		
7.1	Crash handling	
7.2	Transport to and from your activity	Y
7.3	Food poisoning	
7.4	Hazardous substances	
7.5	Equipment with moving / hot parts	
7.6	Heavy equipment	
7.7	Electrical hazards from equipment	Y
7.8	Noise from equipment	
7.9	Risk of trapping body / clothing in equipment	
7.10	Inadequate environment for equipment operation	
7.11	Inadequate protective equipment	
7.12	Equipment in unsuitable condition	

4 HAZARDS ON STILL / MOVING WATER		
4.1	Getting swept away from equipment or people	
4.2	Collision with rocks in and to sides of rivers	
4.3	Striking / trapping by submerged obstacles	
4.4	Being dragged down by undertow	
4.5	Restricted or impossible access to / from water	
4.6	Access problems – rescue / getting kit into water	
4.7	Falls from drops in level at weirs / waterfalls	
4.8	Getting out of depth	
4.9	Low water temperature	
4.10	Separation from other people	
4.11	Slips / trips on steep banks or uneven surfaces	Y
4.12	Difficult communications	
4.13	Remote locations	

8 OTHER HAZARDS SPECIFIC TO YOUR ACTIVITY		
8.1	Sunburn & Dehydration	Y
8.2	Lightening	Y
8.3		
8.4		
8.5		
8.6		
8.7		
8.8		
8.9		
8.10		

Risk Assessment – Student Activities



Association Event	AICES Cross Country Championships	Number of persons involved	1100
Nature of Activity	Running	Frequency of Activity Weekly	One Day

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Hazard Ref.	Potential Effect		Score Low/Medium/High Risk	Further Controls Required?	Who By
2.1, 2.8	Uneven surface Personal injury – fracture / sprains / cuts	The cross country carnival is conducted on an outdoor surface through a course that is often undulating. Competitors will be checked to ensure they are wearing adequate footwear. GA to check the course on the morning of the competition and remove any stray branches or bushes that cover the course.	Medium		GA
2.3	Hard or Sharp Objects on the course	A safety & venue audit will be conducted prior to the commencement of play. Any sharp objects will be removed or a warning sign placed near any potential danger. Students to walk the course prior to the first event to familiarise themselves with the course route and any such obstacles.	Low/Medium		GA
2.5	Collisions/conflict with surrounding objects or people	Course area will be roped off to avoid parents/students etc getting in the way of the competitors. All dogs in the area are to be securely tied up or on leads with their owners.	Medium		GA
2.8, 6.6	Personal Injury	There are often medical situations involved with the Cross Country Carnival. Sideline Medical (2 officials) have been employed for the entire duration of the carnival. They will be on hand to treat serious injuries at the finish line and recording area. An ambulance will be called in the event of an emergency. Schools are requested to bring a first aid kit and ice in order to deal with minor injuries such as cuts and grazes. Sideline Medical will be provided with a first aid form to document all serious injuries.	High		GA
5.11	Extremes of weather	Co-ordinators will monitor weather conditions in relation to heat, storms and adverse weather. Event may be postponed, suspended or cancelled as required.	Medium		GA

5.5	Falling debris	The cross country carnival is conducted in bushland. Where there is a chance of falling debris. Event will be cancelled in extreme weather conditions e.g high wind.	Medium		GA
5.7	Lack of Shelter	Under Cover Grandstand at the venue	Low		AICES
6.2	Poor activity planning or preparation	No specific leadership qualifications are normally required but the organisers have considerable previous experience of conducting and organising cross country carnivals in similar environments.	Low		GA
6.3	Poor activity delivery or organisation	The AICES Convenor will ensure that all staff members are briefed regarding: the rules of the carnival, their roles and responsibilities with their duties and safety procedures	Low		GA
6.4, 6.5, 6.6	Ignorance of rules and / or procedures	All schools have been sent a copy of the rules & guidelines. They have also been placed on the AICES Website.	Low		GA
8.1	Sun Sense	All competitors reminded to Slip, Slop, Slap before commencing.	Low		GA
7.2	Transport to and from your activity	Responsibility is with the Sub Associations	N/A		N/A
7.7	Electrical hazards	There is a need for electrical outlets on the day to run the PA, computer and timing systems. A safe system will be set up that is free of trip hazards and overloading the system. To be monitored throughout the day. Maintenance staff to be on hand in case of a power failure.	Low		GA
8.2	Lightning	Competitors to be advised that at the first sign of immediate local thunder or lightening they are to abandon the round and return to the start/finish immediately. Organisers to sweep the course to ensure compliance.			GA

AICES Cross Country Risk Assessment

	YES	N/A
Adequate teachers are attending providing appropriate levels of supervision for competitors and spectators.	Y	
Parents have been notified of location of venue, transport arrangements and time involved	Y	
First Aid Kit Available	Y	
Access is available for an emergency vehicle	Y	
Form has been distributed to record injuries/incidents	Y	
Water is available for students at the venue	Y	
Ice is available	Y	
Students have been advised of personal sun protection requirements	Y	
A Risk Assessment has been completed	Y	
Participants & Officials		
Students are well informed of rules applying to cross country	Y	
Officials are aware of their duties and responsibilities	Y	
Officials are located at appropriate intervals along the course	Y	
Drinks are available the end of the run	Y	
Equipment / Grounds		
Only appropriate grounds are used – appropriate to age group and ability	Y	
Equipment has been checked	Y	
Course is clearly marked	Y	
Starting area is of sufficient width and length, free of obstacles	Y	
Public facilities are clean and have been checked	Y	
Spectator areas are clearly defined	Y	
Environmental		
Weather conditions appropriate for the safe conduct of the event	Y	