

Risk Management



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Risk Management controls for “How to Obstacle-run (H2O) and improve running performance sessions” with Fit For Anything within the grounds of Merchant Taylors' School.

This risk management document is in place in order to improve participants safety, reduce their risk and maximise their Fit For Anything (“FFA”) sessions held at Merchant Taylors' School (“MTS”). It also complements the session briefing before each session and highlights responsibilities for participants, FFA and MTS.

*Each session has some different conditions, potential new hazards, drills. Therefore all participants should always listen carefully to each session briefing and any further instructions by FFA and/or MTS.

*The above named sessions are mainly aimed at beginner to intermediate level. It is for people who would like to gain more confidence, knowledge and generally become fitter and better at doing obstacle course running.

*During FFA 's sessions, held by experienced personal trainer Roel Jansen, participants can expect an approach suited to the needs, requirements and ability of the individual. Each participant's ability should ideally be challenged appropriately and safely in order to improve performance.

*General common sense should prevail. FFA's top 10 important tips that need to be adhered to by all participants:

- 1 Train and fuel appropriately
- 2 Prepare for the weather
- 3 Hydrate
- 4 Arrive healthy for your session
- 5 Dress for success (use layers if in doubt)
- 6 Warm up
- 7 Practise safe use of obstacles and athletic track
- 8 Stay alert
- 9 Know your limits
- 10 Listen to your body

*Prevention is better than cure. It is better to practice proactive, preventative risk management rather than reactive firefighting risk management. FFA and MTS will always continue to do just that but as risk can't be fully excluded we need to draw your attention to some general risks and hazards and bear in mind:

- 1 Slips, trips and falls

- 2 Weather: Rain, heat, wind, storm
- 3 Vehicle and animal movement
- 4 Hazardous surfaces and obstacles
- 5 Equipment
- 6 First Aid Provision

*Sessions will not take place if any extreme conditions are expected on the day of the session. There is shelter against heavy rain and shade to help protect against heat in case of emergency. Any dogs should be kept on the lead, no wild aggressive or dangerous animals are expected. Any decision made to cancel or stop a session by FFA will be final and the session will be re-scheduled. Participants will be notified as soon as possible in this unlikely event.

*On-site assistance

In case a participant needs medical assistance before, during or after the session whilst within the grounds of MTS, FFA will provide First Aid, emergency services will provide further care if needed. All incidents, including damage, loss and breakage must be reported initially to FFA, then FFA reports to MTS. Equipment should be in good working order but if you consider equipment or facilities to be of a risk to health and safety you must not use the equipment or facilities and should immediately report any faults to FFA. There should not be any other people on the athletics track or on the obstacles other than FFA session participants during our session time at MTS.

*In case of a participant not feeling well, feeling asthmatic, or for what ever reason feeling uncomfortable please stop immediately. The decision whether to (continue to) take part

in the session is left to the discretion of the individual but they do this at their own risk. In case of someone getting lost, our own FFA meeting point at MTS will be the athletic track.

*Running

There will be time spent on improving running performance which is mainly done using the athletic track on site but expect grassy, muddy and other surfaces as well. Therefore FFA advises participants to wear all-terrain shoes or running shoes which grip. Spikes are only to be used whilst on the athletics track. Keep enough sensible distance between yourself and others. Take care when passing others, around bends and when possibly paths are narrowing. Run responsibly at all times and try to keep good form during performance drills to reduce risk to injuries. Stay hydrated to reduce fatigue and cramping.

*Running related exercises and core strengthening activities which take place might take place on hard surfaces.

*Obstacles

Obstacles are suited for all participants but FFA will focus on beginner to intermediate level. Obstacles can be taken different ways, for time, as part of a race. Together we work to improve your own performance so please compare yourself with yourself and safety should always be paramount. If in doubt, don't do it. Some military-style obstacles can test mental as well as physical strength. The obstacles can play on common human fears, such as

heights, slippery and/or uneven surfaces and perhaps even cold conditions can play their part. Take care ascending and descending and when overtaking others as this would reduce the risk of accidents caused by bumping, jostling or tripping. It can get muddy between and on obstacles, wet, with possible overgrown mainly grassy areas. Little to no vegetation, brambles, nettles, etc. but warn each other where needed.

*Fit For Anything values camaraderie amongst participants throughout the session who, when needed should assist and encourage each other. Be alert and alert each other.

*Merchant Taylors' School

Risk management whilst within the grounds of Merchant Taylor's School can remain endless. Participants will have their own duty of care and are responsible for their property including cars and other valuables at all times. Cars should be parked in bays provided near the "Old Merchant Taylors' (OMT) War Memorial Clubhouse" which is situated on the right side and at the back end of the MTS entrance about 100 meter in front of the athletic track. Please drive safely and adhere to notices such as speed limits, no smoking, no alcohol sign, etc.

*Participants should comply with any instructions from MTS staff whilst on MTS premisses.

*Participants should gain entry to the side of the Clubhouse which leads to the athletic track where all participants meet.

*Participants should not enter any part of the School Grounds except where the facilities are located.

*Participants and FFA are not permitted to be within the private grounds outside FFA session times unless they have other commitments with MTS.

*Participants can arrive a maximum of 15 minutes before and are required to leave the premises within 15 minutes after the session.

*Participants should take all reasonable precautions to ensure their health and safety and take their belongings with them when leaving MTS grounds.

*Participants in FFA's sessions cannot participate without having signed this basic FFA's risk assessment and FFA's waiver document.

*Merchant Taylor's School, participants and others can see preventative controls (experienced personal trainer, advised pre-session training, dress appropriately, warm up), detective controls (stay alert, know your limits, listen to your body), and reactive/remediation controls (on-site assistance, public liability insurance).

*This document should also be seen as a basic safety guide for participants, enough so one can see risk management is in action. FFA has articulated their objectives, as well as the participant's, identified the risks and has put in place guidance and controls to mitigate the risk to as low as reasonably practical.

*Participants are being reminded that whilst they are within the private grounds of MTS, participants are required to comply and to behave in an appropriate manner. The details of these are pages long, outlined in the MTS health and safety manual and also to a great content in the agreed contract FFA has with MTS.

These are all reasonable rules, regulations and terms of hire participants and FFA have to abide by. A licence to use the facilities at MTS has been granted to FFA which are subject to the terms of the agreement and the rights reserved for the benefit of MTS as set out in the agreement.

*By signing this basic risk assessment document each participant agrees to abide by the above details mentioned including MTS's health and safety procedures and their general terms of conditions. We all need to observe rules and instructions relating to the use of the facilities at MTS. Participants are welcome to see a copy of the very detailed contract FFA has with MTS before signing to state they agree with the content.

All participants need to agree with these terms as without a signed agreement participating in a session with FFA within the grounds of MTS isn't possible as it won't be authorised. Both MTS and FFA trust that participants understand we need to have these agreements and measures in place.

Participant name:

Participant signature:

Date: