



Glencoe Ski Club - Ski Training Programme Risk Assessment & Action Plan – Draft Ver1 10_01_25

Effective - Jan 2025 onward

Primary Location - Glencoe Mountain, Glencoe

Document owner - Training Committee Convenor and Head Coach

Document approval - Training Committee

Safety is our prime concern and the risks associated with the core training programme need to be assessed by all members of the Coaching Team, on an ongoing (dynamic) basis

What is a risk assessment?

A risk assessment is simply a look at what could go wrong – both before and during the coaching programme – and then deciding on ways to prevent – or minimise – these potential problems. Risks have been identified in the contexts of Coaches and Athletes.

Risk Ranking

Severity (S)	Likelihood (L)
1 Low distress	1 Unlikely to occur
2 Moderate distress	2 Remote possibility
3 High distress	3 Occasional occurrence
4 Minor injury	4 Relatively frequent occurrence
5 Major injury	5 Regular occurrence
6 Fatal Injury	6 Highly likely to occur

Rating
1 - 10 = Low
11 - 15 = Medium
16 - 36 = High

The following quantitative method has been designed as a measure of the total risk evident:

$$\text{RISK} = \text{SEVERITY OF HAZARD} \times \text{LIKELIHOOD OF OCCURRENCE}$$

The higher the number calculated, the higher must be the priority for identifying a control measure and preventative action.

Risk register and preventative action plan

SITUATION/ ACTIVITY	RISK DESCRIPTION	PERSON AT RISK	S	L	INITIAL RISK RATING	PREVENTATIVE ACTION	S after PA	L after PA	FINAL RISK RATING
Transport	Safe staff travel to and from Glencoe Mountain (or other resorts)	Coach	5	3	5x3=15	Personal vehicle suitably prepared and equipped for winter travel. Staff overnight accommodation at Bridge of Orchy. Parents and coaches must take responsibility.	5	3	5x3=15
Food/ environmental	Cold injury and hypothermia.	Coach/ Athlete	4	3	4x3=12	All coaches made aware of need for suitable clothing, equipment, hydration and importance of protection against the cold.	4	2	4x2=8 (low)
	Sunburn	Coach/ Athlete	2	3	2x3=6	Skiers are prone to sunburn. Remind athletes to wear and take sunblock to the slopes.	2	2	2x2=4 (low)
	Food Allergens	Coach/ Athlete	3	3	3x3=9	All special dietary requirements and allergies are advised on training member's application form/ parental consent for & kept by Coaching Trustee and Safeguarding Trustee. However these dietary and allergy requirements may change and relevant Trustees and Coaches should regularly enquire with training group members. Parents responsible for supervision of children in log-cabin during lunch break.	2	2	2x2=4 (low)
UPDATED Covid and other communicable diseases Protection – when required	Risk of infection	Coach/ Athlete			4x5=20	When required - Coaches refer to latest GSC Covid-19 Policy and Guidance on how log-cabin should be used and requirements for Coach safe conduct. Training groups to exit hut as close to 10am start time as is possible, to reduce contact with other cabin users. Encourage training groups to stagger lunch break use when possible. Children with communicable infections are encouraged not to attend training until infection period has completed and following discussion with Convenor.			5x3=15
Child Protection	Child Protection / Proximity to children	Coach/ Athlete/ Parent helper	3	2	3x2=6	Coaches, parents-helpers have PVG/Disclosure/CRB checks, observe coach/ parent buddy arrangement for dealing with individual children out with group situation. See GSC code of conduct (Safe Recruitment Procedures)	1	2	1x2=2 (low)

						See GSC Child wellbeing policy See GSC Bullying Policy See GSC code of conduct for working with children See GSC code of conduct for trainees			
	Child drop off and collection	Coach/ Athlete			3x3=9	All children are escorted by parent/carer to Club Hut and 'signed in' to training day and Track and Trace, for 10am start. All children are "signed out" and escorted by parent/carer away from Club Hut by 2.45pm end)			3x2=6
	Medical condition (asthma, diabetic, epilepsy, food allergies, etc)				5x3=15	Parent consent form to disclose relevant information as appropriate with coaches.			5x2=10
	Access chair is closed early/ or hill is closed due to weather during training,	Coach/ Athlete			3x3=9	GSC Policy is for all parents and children meet at the log-cabin before leaving the hills.			3x3=9
	Access chair is closed early/ or hill is closed due to weather during training (AND parent cant get to the log-cabin)				3x2=6	Coach will escort child from hill and assemble at car park café for hand over to parent/ carer and 'sign out'. Option 1. By using access chair if still operating. Option 2. By descending ski road if snow cover permitting Option 3. By descending ski road on foot.			3x2=6
	Theft of personal belongings/missing equipment	Coach	2	3	2x3=6	Coaches should establish training 'homebase' for athlete belongings on training and competition days. Enlist parental help to watch equipment on race days.	2	2	5x1=5 (low)
Coaching staff capacity and capability	Relevant training, qualification, experience and insurance cover are held by staff.	Coach	5	4	5x4=20	Adopt lead coach/instructor arrangement for each training group- requirement of relevant training, qualification, experience and professional insurance cover. Training Convenor to hold copy of coaching scheme/instructor Licence valid for 2024-25. See GSC Code of Conduct (Safe Recruitment Procedures)	5	3	5x3=15 (Med)
		Athlete/ Trainee Coach	5	4	5x4 = 20	Adopt lead coach arrangement for each training group- requirement of relevant training, qualification, experience and professional insurance cover. Training Convenor to hold copy of coaching scheme/instructor Licence valid for 2024-25. Provide staff briefing and guidance notes relevant to core programme. Course setting led by club trained and/or qualified coach.	5	3	5x3=15 (Med)

Warm up & drills - with coach	1. Athlete gets lost/separated from group	Athlete	2	3	2x3 = 6	Group Coach Issues instructions (usually return to log-cabin) on where to go and what to do if athlete is separated from training group.	1	3	1x3 = 3 (Low)
	2. Accident/Crash	Athlete	5	3	5x3 = 15	Choose appropriate slope for trainees' skill and development level. Inform coaches of ski patrol procedures & issue coach radios. Helmet use compulsory – no bespoke external devices/attachments. Only ski on runs and/or terrain marked open. Flypaper only if open and with second adult (for appropriate skill groups only)	5	2	5x2 = 10 (Low)
Warm up & drills	1. Athlete gets lost/separated from group	Athlete	2	3	2x3 = 6	1.Coach sets clear instructions for each training group session 2.Default instruction is trainee to return to log-cabin and await pick up by Coach.	1	3	1x3 = 3 (Low)
	2. Accident/Crash	Athlete	5	3	5x3 = 15	Choose appropriate slope for trainees' skill and development level. Inform trainees how to contact ski patrol. Helmet use compulsory - no bespoke external devices/attachments.	5	2	5x2 = 10 (Low)
UPDATED Use of uplifts	1. Entering and exiting ski lifts	Athlete and Coaching team	5	4	5x4=20	Issue instructions on safe use of lift, advise lift staff of children using lift. Particular care for Wall T-bar (icy steep tow track) and the single man Cliffhanger Chairlift. On Cliffhanger Chairlift ask lift operator to radio top-station, where appropriate. Magic Carpet Lift – one side is to be used by Tubing participants and no skiers. The side used will depend on snow distribution. The non tubing side will be used by ski school and others. Rannoch Chair off ramp has been modified to reduce the steepness and make run out easier. The exit area must be cleared asap.	5	2	5x2=10(Low)
	2. Falling off Poma surface lift	Athlete and Coaching team	2	3	2x3=6	Issue instructions on what to do and where to go. (Get off track and wait on side of fence advised by Coach).	2	2	2x2=4 (Low)

	3. Uplifting training equipment	Coach	4	3	4x3=12	Coaching staff briefed on safe use of uplifting equipment. Default instruction is return equipment to log-cabin.	4	2	4x2 (Low)
All mountain skiing with coach/instructor	1. Athlete gets lost/separated from group	Athlete	2	3	2x3 = 6	1.Coach sets clear instructions for each training group session 2. Default instruction is return to log-cabin and await pick up by Coach.	1	3	1x3 = 3 (Low)
	2. Accident/Crash	Athlete	5	3	5x3 = 15	Choose appropriate slope for trainees' skill and development level. Inform trainees how to contact ski patrol. Helmet use compulsory - no external devices/attachments.	5	3	5x2 = 15 (Low)
Training Gates	1. Accident/Crash	Athlete	5	3	5x3 = 15	Coaches issued with course setting guidance document. Head Coach/ Coach to liaise with Ski Patrol before setting courses. Choose appropriate slope for trainees' skill and development level. Inform trainees how to contact ski patrol. Helmet use compulsory - no bespoke external devices/attachments. For slalom chin guard and shin guards fitted /worn For GS, helmet chin guard removed.	5	3	5x2 = 10 (Low)
	2. Injury from hitting gates	Athlete	4	4	4x4 = 16	Wear helmet and protection appropriate for course type.	4	2	4x2 = 8 (Low)
	3. Collision/ Interference in course	Member of public	3	4	3x4 = 12	Control access to Start Gate & inform ski patrol of location of course. Avoid setting across ski crossing points, where possible and set up crossing controls (staffing and/or gate, where necessary)	3	3	3x3= 9 (Low)
	4. Collision on training course	Coaching Team	5	4	5x4 = 20	Control access to Start Gate & radio start when course is clear. Liaise with ski patrol where courses can be set.	5	2	5x1 = 5 (Low)
Racing through slalom gates	1. Accident/Crash	Athlete	5	3	5x3 = 15	Helmets & personal body armour. Conduct course inspection.	5	2	5x2 = 10 (Low)
	2. Injury from hitting gates	Athlete	4	4	4x4 = 16	Wear protection appropriate for course & helmet – no bespoke external devices/attachments.	4	2	4x2 = 8 (Low)

						For slalom full gates chin guard and shin guard. For GS, helmet chin guard removed.			
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