

Location	Monread Park, Naas				
Activity	Club run				
Risk Assessor	Barry Moran, Aidan Murphy	Club	Naas Triathlon Club	Date	13th August 2019

Hazard Description	Cause and Consequence (what causes the hazard and why is it harmful)	Control measures (preventative action)	Recovery measures (corrective action)	Severity of risk (low/medium/high based on evaluation of likelihood and impact)	Action completion details (Date and person)
Traffic	Crossing Roads/junctions	Rules of the road apply		L	
Weather	Slippery conditions	Pre-run caution to runners, use pedestrian crossings where available		M	
Wet leaves on route	Slippery conditions	Pre-run caution to runners		L	
Dark	Late evening runs, dark conditions	Pre-run caution to runners, run in groups/pairs		L	
Sharing space with public/ walkers	Congested footpaths, tripping	Pre-run caution to runners, no earphones allowed		L	

Location	Piper's Hill Gaelscoil, Naas				
Activity	Turbo				
Risk Assessor	Barry Moran, Aidan Murphy	Club	Naas Triathlon Club	Date	13th August 2019

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Overheating / Dehydration		Water available, doors open	Reminders, coach monitoring, warm up/cool down	M	

Location	Kilashee Leisure Centre				
Activity	Pool Swim				
Risk Assessor	Barry Moran, Aidan Murphy	Club	Naas Triathlon	Date	13th August 2019

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Other swimmers swimming action and/or swim line indiscipline – risk of collision		Ongoing guidance provided by swim coach, swim lane numbers managed by coach		L	
Drowning		Side lane for new members to assess abilities		L	

Location	Seapoint, Forty Foot, Athy, Lough Owel, Lough Ennell				
Activity	Open Water Swimming				
Risk Assessor	Barry Moran, Aidan Murphy	Club	Naas Triathlon Club	Date	13th August 2019

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Approach to the water: Uneven concrete approach from either concrete path or grass to slipway. Slope to water's edge All participants at risk of: slipping, tripping and/or falling cuts and abrasions	Falls, cuts	Warning to all participants to take care approaching and leaving the area (3). Warning to all participants to wear shoes/flip-flops to the entry area and take care		L	
Drowning		All swimmers will have eyesight of the waters edges. All participants will wear wet suits and high visibility swim hats All participants are at least reasonably competent open water swimmers – as a condition of entry		M	

		Members swim in groups/pairs			
Swimming into/hitting buoys		All swimmers must keep the marker buoys to their right at all times		L	
Hypothermia		Wetsuits worn at all times, parking/changing facilities available close by		L	
Ingestion of/ immersion in polluted water		A check will be made before swimming that there is no visible algae scum in the designated swimming area.	Event will be cancelled if other than safe to swim.	L	

Location	Various, Co. Kildare				
Activity	Club Cycle				
Risk Assessor	Barry Moran, Aidan Murphy	Club	Naas Triathlon Club	Date	13th August 2019

Hazard Description	Cause and Consequence (what causes the hazard and why is it harmful)	Control measures (preventative action)	Recovery measures (corrective action)	Severity of risk (low/medium/high based on evaluation of likelihood and impact)	Action completion details (Date and person)
Weather - Storm / Lightning	Hypothermia, slippery conditions	N/A	Session stopped / Cancelled	L	N/A
Traffic	Crash, collision	Rules of the road apply, basic skills training to novices, helmets compulsory, no earphones allowed, bikes must be roadworthy	Emergency services, Gardai called	M	N/A