



St Gildas' RC Junior School

DAILY MILE RISK ASSESSMENT

RISK	CONTROL MEASURE
RISK OF FALLING DUE TO OVERCROWDING OF THE TRACK	<ul style="list-style-type: none"> • A maximum of 1 class do the Daily Mile at any one time • If necessary we will consider a broad banded timetable, such as 4 classes before playtime, 4 after playtime.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • Children do the Daily Mile in most weathers • If it's damp or cold, children wear a jacket • If it's warm children remove their jumpers or cardigans • The Daily Mile is not done in heavy rain or if it's icy underfoot.
CHILDREN ARE WEARING UNSUITABLE FOOTWEAR	<ul style="list-style-type: none"> • Children should not be wearing unsuitable footwear to school, due to the complexity of the school site.
RISK OF FALLING ON AN UNEVEN SURFACE	<ul style="list-style-type: none"> • If any part of the playground or track is broken up it should be repaired as soon as possible. In the meantime, teachers would alter the pathway.
VULNERABLE CHILDREN / CHILDREN WITH MOBILITY DIFFICULTIES ARE DOING THE DAILY MILE	<ul style="list-style-type: none"> • These children are supported to take part and may need an individual risk assessment – this can be added into any risk assessment which is already in place for them.
PART OF THE TRACK IS OUT OF THE TEACHER'S SIGHT	<ul style="list-style-type: none"> • Not applicable, all parts of the track are visible to the teachers.
MANY OF THE CHILDREN ARE UNFIT OR OVERWEIGHT	<ul style="list-style-type: none"> • Children will be encouraged to walk, jog and run for 15 minutes per day. Rather than having to achieve one mile per day, they will be encouraged to work towards their own personal bests, and improving their fitness levels. They will also have the opportunity to socialise and chat whilst undertaking the exercise, making it both enjoyable and rewarding.