

**Risk Assessment: Hurdles**

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

<b>What are the Hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>Risk Rating</b>	<b>What else can you do to control this risk?</b>	<b>Resultant Risk Rating</b>	<b>Action by whom</b>	<b>Target date</b>	<b>Complete</b>
<i>Injury form colliding with hurdles</i>	<i>Athletes by falling onto the track surface</i>	<ul style="list-style-type: none"> <li><i>Hurdles shall be used in the correct direction and in the appropriate manner.</i></li> <li><i>Where competition hurdles are used the mechanisms for fixing the hurdles (a) at the required height (b) and for positioning the counter balance weight, should be lubricated and well maintained.</i></li> <li><i>Damaged hurdles must be replaced.</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Ensure adequate maintenance and regular inspection.</i></li> <li><i>They must be set at a height appropriate to the age and ability of the athletes</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Covid 19</i>	<i>Athletes and coaches catching Covid-19</i>	<ul style="list-style-type: none"> <li><i>Wiping of hurdle uprights and cross bars with sanitizers before and after sessions</i></li> <li><i>Ensure athletes are spaced at least 2m abreast for runs and 20m if in single file</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Athletes have one flight of hurdles each so equipment is not being shared.</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>

**Risk Assessment: Sprints, Relays & Endurance**

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

<b>What are the Hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>Risk Rating</b>	<b>What else can you do to control this risk?</b>	<b>Resultant Risk Rating</b>	<b>Action by whom</b>	<b>Target date</b>	<b>Complete</b>
<i>Athletes and coaches – Injuries from slipping/tripping due to worn out track and loose kerbing.</i>	<i>Athletes and coaches falling onto the track surface</i>	<ul style="list-style-type: none"> <li><i>Athletes should wear adequate footwear</i></li> <li><i>Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Porous surface should be cleaned regularly to allow drainage.</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Injuries from slipping/tripping due to incorrect positioning of starting blocks, or worn/poorly maintained blocks</i>	<i>Athletes by falling onto the track surface</i>	<ul style="list-style-type: none"> <li><i>If used ensure starting blocks are firmly secured onto the track or other area.</i></li> <li><i>Ensure adequate maintenance and regular inspection.</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Blocks should be inspected by a coach before use.</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Injuries from collisions due to lane discipline collisions</i>	<i>Athletes – Injuries due to collision with other athletes encroaching into other lanes</i>	<ul style="list-style-type: none"> <li><i>When a training run is about to start ensuring that there is no risk of collisions with others using the track</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Athletes and Coaches should observe lane discipline.</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Covid 19</i>	<i>Athletes and coaches catching covid 19</i>	<ul style="list-style-type: none"> <li><i>Wiping of relay baton and cones with sanitizers before and after sessions</i></li> <li><i>Ensure athletes are spaced at least 2m abreast for runs and 20m if in single file</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li></li> </ul>			<i>03/08/20</i>	<i>03/08/20</i>

**Risk Assessment: Hammer & Discus**

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

<b>What are the Hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>Risk Rating</b>	<b>What else can you do to control this risk?</b>	<b>Resultant Risk Rating</b>	<b>Action by whom</b>	<b>Target date</b>	<b>Complete</b>
Hammer or Discus escaping the cage due to poorly fitted netting	Coaches and athletes standing behind the throwing line and outside of the netting, being struck by an implement	<ul style="list-style-type: none"> <li>Ensure that cage is constructed and erected in accordance with UKA specifications.</li> <li>Netting must be checked regularly to ensure no damage to the net structure.</li> <li>Netting should be secured or ballasted at ground level as appropriate.</li> <li>Ensure all athletes and coaches are standing behind the throwing line at all times.</li> </ul>	Low	<ul style="list-style-type: none"> <li>Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth where the distance should not exceed 6m.</li> <li>Check that netting tension, when erected, has sufficient retardation and minimal bounce</li> </ul>	Low		03/08/20	03/08/20
Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle or inserts when used	Athletes by falling onto a hard concrete circle and or surround	<ul style="list-style-type: none"> <li>Make sure the circle surface is in good order, is not cracked or breaking up.</li> <li>Make sure the rim of the circle is not damaged.</li> <li>Make sure that the hammer circle insert ring (concentric circle), if used, is in good order, fits snugly and has no protrusions, especially where it forms the rim.</li> </ul>	Low	<ul style="list-style-type: none"> <li>Check and keep the circle free of foreign matter.</li> <li>Maintain drain holes</li> </ul>	Low		03/08/20	03/08/20
Hammer or discus hitting an athlete or coach	Athletes and or coaches being hit by a discus or hammer.	<ul style="list-style-type: none"> <li>Coaches must ensure that other athletes or coaches within or in proximity of the safety sector are aware that a throw is due to commence. The coach must be satisfied that the safety sector, or other designated throwing area, is clear and that any other persons appointed to mark landings or retrieve implements are fully aware a throw is about to progress.</li> <li>Throws must not commence unless the coach signals it is safe to begin.</li> </ul>	Low	<ul style="list-style-type: none"> <li>All throws shall only take place from the circle, within the cage and be supervised.</li> <li>Discus/Hammer must be returned by hand carry only walking back.</li> <li>Only coaches are allowed forward of the throwing circle.</li> </ul>	Low		03/08/20	03/08/20

				<ul style="list-style-type: none"> <li>Ensure that coaches and athletes are aware of the need for concentration at all times.</li> </ul>				
Athletes, coaches, public being hit by a faulty implement.	Athletes, coaches, public – hammer/discus should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury.	<ul style="list-style-type: none"> <li>Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the handle, the wire and the swivel assembly on a hammer.</li> <li>Ensure that the ends of hammer wires are taped to minimise damage to the netting.</li> <li>Discus halves are firm and secure.</li> </ul>	Low	<ul style="list-style-type: none"> <li>Hammers which are caught in upper sections of the netting should be retrieved by Facility Staff.</li> </ul>	Low		03/08/20	03/08/20
Covid 19	Athletes and coaches at risk of catching covid 19	<ul style="list-style-type: none"> <li>Athletes and coaches stay 2m apart at all times.</li> <li>No sharing of throwing implements during sessions.</li> <li>Implements cleaned with sanitizer before and after sessions.</li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>				

**Risk Assessment: Javelin & Shot**

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

<b>What are the Hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>Risk Rating</b>	<b>What else can you do to control this risk?</b>	<b>Resultant Risk Rating</b>	<b>Action by whom</b>	<b>Target date</b>	<b>Complete</b>
<i>Athletes or coaches being injured from falling onto a hard surface.</i>	<i>Athletes, coaches – slipping, tripping due to wet, worn, damaged hard surface</i>	<ul style="list-style-type: none"> <li><i>Examine surface to ensure no worn or damaged areas.</i></li> <li><i>Regularly clean drainage ducts around runway.</i></li> <li><i>Regularly clean porous surfaces to allow drainage.</i></li> </ul>	<i>Low</i>	<i>N/A</i>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Coaches being hot by an unfit implement</i>	<i>Athletes – loose or damaged grip causing injury. Coaches – impact injury caused by abnormal flight characteristics of bent/bowed javelin.</i>	<ul style="list-style-type: none"> <li><i>Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile.</i></li> </ul>	<i>Low</i>	<i>N/A</i>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>
<i>Impact injuries</i>	<i>Athletes – Injury from slipping on wet, gritty surfaces. Coaches – impact injury, slipping, tripping due to wet, uneven surfaces. Athletes, coaches – impact injury caused by athletes using javelins/shots for loosening up exercises</i>	<ul style="list-style-type: none"> <li><i>Ensure that runway/circle is free of standing water, excessive dirt or grit.</i></li> <li><i>Where track kerbing is in the run-up line for Javelin, ensure that this is removed whilst training is in progress. It should be placed in a safe area and it should be replaced after training has ceased.</i></li> <li><i>Measuring tape (if used) should not encroach on runway/circle.</i></li> <li><i>All throws must be from the runway circle and only in the direction of the landing sector.</i></li> <li><i>Javelins/Shots are to be returned after throwing by carrying vertically and not by throwing and walking only.</i></li> </ul>	<i>Low</i>	<ul style="list-style-type: none"> <li><i>Only coaches, or supervised athletes, are to be forward of the throwing line</i></li> <li><i>All coaches and athletes are aware of the need for concentration at all times.</i></li> <li><i>When approaching a thrown javelin to mark the point of landing, or retrieve it, coaches or other appointed persons should approach the javelin from the side and not move in towards the pointed tail end of the javelin.</i></li> <li><i>During a throw, coaches and athletes must stand outside the sector lines or behind the thrower.</i></li> <li><i>Throws must not commence unless the coach signals it is safe to begin.</i></li> </ul>	<i>Low</i>		<i>03/08/20</i>	<i>03/08/20</i>

Covid 19	Athletes and coaches at risk of catching covid 19	<ul style="list-style-type: none"> <li>• Athletes and coaches stay 2m apart at all times.</li> <li>• No sharing of throwing implements during sessions.</li> <li>• Implements cleaned with sanitizer before and after sessions.</li> </ul>	Low	•			03/08/20	
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### Risk Assessment: Long & Triple Jump

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Injuries from collisions or falls	Athletes or coaches from colliding with each other	<ul style="list-style-type: none"> <li>Ensure run up area is level, free of holes and swept regularly to remove debris</li> <li>Ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst waiting their turn. Athletes whose approach conflict with other events should be aware of potential collisions</li> </ul>	Low	<ul style="list-style-type: none"> <li>Ensure no obstructive check marks are placed on runway.</li> <li>Control measures must be in place to ensure athletes only use runway under direction of coach and only when runway is clear.</li> <li>If tape measures are used ensure they are removed from runway in between jumps</li> </ul>	Low		03/08/20	03/08/20
Injuries from slipping on wet/slippery run up area	Athletes and coaches	<ul style="list-style-type: none"> <li>Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.</li> <li>Porous surface should be cleaned regularly to allow drainage</li> </ul>	Low		Low		03/08/20	03/08/20
Injury due to unstable, ill-fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards	Athletes	<ul style="list-style-type: none"> <li>Clean insert board recesses.</li> <li>Clean and grease adjustable bolts within recesses.</li> <li>Clean and grease adjustable bolts on insert and blanking boards.</li> <li>Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood, wood composite or an alternative material soft enough so as to absorb the impact of spikes</li> </ul>	Low	<ul style="list-style-type: none"> <li>Ensure that insert boards and blanking boards are capable of being adjusted to be stable and level with runway.</li> <li>Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove.</li> <li>Ensure that board lifting implements are available and suitable for the purpose of lifting the boards</li> </ul>	Low		03/08/20	03/08/20

<p><i>Injury due to compacted sand and extraneous material. Collision with concrete edging of landing area. Collision with fixed barriers too close to end of landing area.</i></p>	<p><i>Athletes</i></p>	<ul style="list-style-type: none"> <li>• <i>Ensure that only sand that will not cause injury to an athlete will be used.</i></li> <li>• <i>Dig over sand.</i></li> <li>• <i>Check that landing area is free of dangerous extraneous material and other contaminants.</i></li> <li>• <i>The edges of the landing areas should be covered with an impact absorbing material or rounded off.</i></li> </ul>	<p><i>Low</i></p>	<ul style="list-style-type: none"> <li>• <i>The area 12m. beyond the take off line or take off line extended and 1m. from the edge of the landing area must have no obstructions.</i></li> <li>• <i>The landing area should be covered when not in use.</i></li> <li>• <i>Ensure that rakes and brushes used for levelling and cleaning are kept away from landing area and that prongs of rakes face the ground or away from the landing area.</i></li> </ul>	<p><i>Low</i></p>	<p><i>03/08/20</i></p>	<p><i>03/08/20</i></p>
<p><i>Covid 19</i></p>	<p><i>Athletes and coaches at risk of catching covid 19</i></p>	<ul style="list-style-type: none"> <li>• <i>Athletes and coaches stay 2m apart at all times.</i></li> <li>• <i>Only one coach or volunteer can use rakes, brushes and measuring tapes..</i></li> <li>• <i>Equipment cleaned with sanitizer before and after sessions.</i></li> </ul>	<p><i>Low</i></p>	<ul style="list-style-type: none"> <li>•</li> </ul>		<p><i>03/08/20</i></p>	<p><i>03/08/20</i></p>



### Risk Assessment: High Jump

<b>Date:</b>	<b>Assessed by:</b>	<b>Location:</b>	<b>Review:</b>

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
<i>injuries from falling bar or falling onto bar also loose or damaged end supports/crossbars</i>	Athletes	<ul style="list-style-type: none"> <li>• Bars must be undamaged and free from splints. Only bars as specified are to be used.</li> <li>• Ensure adequate maintenance and regular inspection.</li> <li>• Be aware of falling bar</li> </ul>	Low	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	Low		03/08/20	03/08/20
<i>Injuries from slipping on wet/slippery run up area</i>	Athletes	<ul style="list-style-type: none"> <li>• Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.</li> <li>• Porous surface should be cleaned regularly to allow drainage.</li> <li>• 3. Ensure high jump beds are covered with a waterproof cover to prevent rain ingress.</li> </ul>	Low	<ul style="list-style-type: none"> <li>• Athletes should wear adequate footwear, e.g. spikes.</li> </ul>	Low		03/08/20	03/08/20
<i>Injuries from falling stands and insufficiently flexible elastic.</i>	Athletes and coaches	<ul style="list-style-type: none"> <li>• Ensure that stands are very firmly secured.</li> <li>• Ensure that elastic bar is not placed at too high a height for the athletes ability.</li> <li>• Ensure that the elastic bar is sufficiently flexible.</li> </ul>	Low	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	Low		03/08/20	03/08/20
<i>Injuries from poorly maintained beds</i>	Athletes	<ul style="list-style-type: none"> <li>• Bed units must be made of foam, securely fastened together and must conform in size to the official specification. The entire area must be covered by an attached spike proof wear sheet.</li> <li>• Where beds are placed on other objects such as timber pallets, these should be not more than 100mm. high and must not protrude beyond the edges of the landing areas. In addition the front surface of the pallets must be blocked off so that there is no possibility of an athlete's foot penetrating underneath.</li> </ul>	Low	<ul style="list-style-type: none"> <li>• Ensure adequate maintenance and regular inspection with particular attention to impacted foam.</li> <li>• Athletes should not wear jewellery or other objects which might cause injury.</li> </ul>	Low		03/08/20	03/08/20

<p><i>Injuries from being struck by stands or from running into or landing on fallen stands</i></p>	<p><i>Athletes and coaches</i></p>	<ul style="list-style-type: none"> <li>• <i>Bases must be stable and joined onto the upright.</i></li> <li>• <i>Crossbar supports should face each other and must be easily adjusted with lubricated clamping screws.</i></li> <li>• <i>Ensure adequate maintenance and regular inspection.</i></li> </ul>	<p><i>Low</i></p>	<ul style="list-style-type: none"> <li>• <i>N/A</i></li> </ul>	<p><i>Low</i></p>		<p><i>03/08/20</i></p>	<p><i>03/08/20</i></p>
<p><i>Covid 19</i></p>	<p><i>Athletes and coaches at risk of catching covid 19</i></p>	<ul style="list-style-type: none"> <li>• <i>Athletes and coaches stay 2m apart at all times.</i></li> <li>• <i>Only one coach or volunteer can adjust uprights, cross bars and beds during training.</i></li> <li>• <i>Equipment cleaned with sanitizer before and after sessions.</i></li> </ul>	<p><i>Low</i></p>	<ul style="list-style-type: none"> <li>•</li> </ul>			<p><i>03/08/20</i></p>	<p><i>03/08/20</i></p>