

Colchester Harriers Risk Assessment

Colchester Garrison Track Facilities – Outdoor training

Updated April 2024

Track and Field training activities will be undertaken at Colchester Garrison Track for members aged 8 years old and up within their competition environment to ensure they are able to train safely and efficiently. Other non-members will only be permitted to train with the express permission of the Executive Committee having satisfied any have a coach to train with or are deemed suitable to train under parental guidance if a junior guest.

Number of Athletes: CHAC will refrain from group sizes larger than 12.

All training sessions must have present a qualified First Aider (Emergency First aid at Work / L2 Sports First Aider) – Coaches are encouraged to carry a First Aid kit – or use the CHAC kit which will be located in the Black Shed. For sessions taking place off site – coaches / first aiders should carry a portable first aid kit.

Track

HAZARD – Track surface

RISK - WHO/HOW AFFECTED Athletes and coaches – Injuries from slipping/tripping due to worn out track and loose kerbing.

CONTROL MEASURES (Control measures responsibilities shown in brackets) 1.

Athletes should wear adequate footwear. **(Athletes and Coaches)**

2. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.

(Coaches and Facility Staff)

3. Porous surface should be cleaned regularly to allow drainage. (Facility Staff, Coaches) 4.

Ensure adequate maintenance and regular inspection. **(Facility Staff)**

5. Where removable kerbs are in place, any exposed ends should be covered and where sections join together they should be secured. **(coaches and Facility Staff)**

HAZARD - Starting Blocks

RISK - WHO/HOW AFFECTED Athletes – Injuries from slipping/tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. If used ensure starting blocks are firmly secured onto the track or other area. **(Athletes, coaches, officials)**

2. Ensure adequate maintenance and regular inspection. **(Athletes, Coaches, Facility Staff if owned by Sodexo)**

3. Blocks should be inspected by a coach before use. **(Coach)**

4. Blocks only to be placed in appropriate Sprint lanes in accordance with CHAC Track Etiquette Rules **(Coaches and Athletes)**

HAZARD- Starting

RISK WHO/HOW AFFECTED - Athletes – Injuries due to collision with other athletes encroaching into other lanes

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure starting blocks are correctly positioned in each lane and firmly secured onto the track. **(Athletes and Coaches)**

2. Ensure athletes line up in an orderly manner. **(Athletes and Coaches)**

3. Ensure other track users are aware if Blocks are fixed and in which lanes **(Coaches and Athletes)**

HAZARD - Weather

RISK WHO/HOW AFFECTED - Athletes and Coaches - Cuts and Strains from slipping on slippery track

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Porous surface should be cleaned regularly to allow drainage. **(Facility Staff)**

2. Ensure adequate maintenance and regular inspection. **(Facility Staff)**
3. Drains on non-porous surfaces should be cleaned regularly to allow drainage. **(Facility Staff)**
4. Icy or very wet conditions - postpone or change session ensuring suitable footwear is worn **(Coaches)**

HAZARD - Time of Day/lighting conditions

RISK WHO/HOW AFFECTED – Athletes/ Coaches - Injury from not being able to see event layout

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure adequate flood lighting is working. (Facility Staff, Coaches)

All track activity but particularly 800m., 1500m., 3000m., 5000m., 10000m.

HAZARD - Coaches and Athletes

RISK - WHO/HOW AFFECTED - Athletes – Cuts, Strains, breaks from collisions with other persons

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Athletes training in events shorter than 400m should train one athlete per lane **(Athlete, Coach)**
2. When a training run is about to start or has finished, ensure that there is no risk of collisions with others using the track. This includes no elongated waiting at the Finish Line or close to other squads to reduce the risk of collision. **(Coaches & Athletes)**
3. Athletes and Coaches should observe CHAC Track Etiquette rules and Codes of Conduct at all training sessions **(Athletes and Coaches)** (see attached?)
4. Athletes entering the track during a hire session should warm up in anti-clockwise direction in lane 8 to avoid collisions with incoming athletes. **(Coaches and Athletes)**
5. Athletes should avoid crossing the track in the Home straight or Backstraight where traffic is likely to be busier – treat like a road. **(Coaches and Athletes)**
6. Athletes should make use of the shoe scrapers located around the facilities in order to maintain a clean track – reducing the risk of slippage. (Coaches and Athletes)

HURDLES

HAZARD - Hurdles

RISK - WHO/HOW AFFECTED - Athletes– injury from colliding with hurdles

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Hurdles shall be used in the correct direction and in the appropriate manner. **(Coaches and Athletes)**
2. 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. **(Facility Staff)**
3. Damaged hurdles must be replaced. **(Facility Staff, Coaches where hurdles owned by CHAC)**
4. Ensure adequate maintenance and regular inspection. **(Facility Staff and Coaches if hurdles owned by CHAC)**
5. Equipment must be set at a height appropriate to the age and ability of the athletes. **(Coaches)**

STEEPLECHASE

HAZARD - Water Jump

RISK WHO/HOW AFFECTED Athletes - Injuries from slipping/ tripping

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure water jump is full, i.e. water is level with track surface and free from debris. **(Facility Staff)**
2. Must not be used in training if empty. **(Coaches and Athletes)**

3. Regularly inspect lining material to bottom of water jump for splits, bubbles etc and repair any defects. **(Facility Staff)**
4. Check barrier top rail for secure fixings and that surfaces are not damaged so as not to cause injury. **(Facility Staff)**
5. Check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of pins) **(Facility Staff)**

HAZARD - Barriers (Fixed & portable)

RISK WHO/HOW AFFECTED Athletes, coaches, Facility Staff – Injury from defective structures and from incorrect handling/lifting

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury and check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of adjusting pins). **(Facility Staff)**
2. Carry out manual handling safe practice when placing barriers in position on track and on removing them when event/ training is concluded. **(Facility Staff and Coaches / Athletes)**

JUMPS

HAZARD - Run up

RISK WHO/HOW AFFECTED Athletes

CONTROL MEASURES - (Control measures responsibilities shown in brackets)

1. Athletes should wear adequate footwear. **(Athletes and Coaches)**
2. Ensure run up area is level, free of holes and swept regularly to remove debris, e.g. stones **(Facility Staff, Coaches)**

HAZARD - Event

RISK WHO/HOW AFFECTED Athletes – Injury from incorrect technique, inadequate warm up, or collision with other athletes.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Athletes should be taught correct technique by appropriately qualified coaches. **(Coaches)**
2. Athletes should undertake adequate warm up. **(Coaches and Athletes)**
3. 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. **(Coaches and Athletes)**
4. Ensure young athletes only jump under the supervision of a coach. **(Coaches and Athletes)**
5. Athletes should not wear jewellery or other objects which might cause injury. **(Coaches and Athletes)**

HAZARD - Crossbars (High Jump, Pole Vault)

RISK WHO/HOW AFFECTED: Athletes, coaches – injuries from falling bar or falling onto bar also loose or damaged end supports.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Bars must be undamaged and free from splints. Only bars as specified are to be used. **(Facility Staff, Coaches)**
2. Ensure adequate maintenance and regular inspection. **(Facility Staff)** 3. Be aware of falling bar. **(Athletes)**

HAZARD - Weather

RISK WHO/HOW AFFECTED: Athletes and coaches – Injuries from slipping on wet/slippery run up area; Athletes – Injuries due to coldness and reduction in body temperature from wet landing beds.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping. **(Facility Staff and Coaches)**
2. Porous surface should be cleaned regularly to allow drainage. **(Facility Staff and Coaches)**

3. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress. **(Facility Staff and Coaches)**
4. In pole vault avoid vaulting into the wind if possible. **(Coaches)**
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions. **(Coaches)**
6. Athletes should wear adequate footwear, e.g. spikes. **(Athletes, Coaches)**

HAZARD - Time of Day

RISK WHO/HOW AFFECTED: Athletes, Coaches - Injuries as a result of poor visibility.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure adequate floodlighting at night. **(Facility Staff and Coaches)**

HAZARD - Landing Area Covers

RISK WHO/HOW AFFECTED: Athletes and Coaches – Injuries as a result of sharp edges

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure covers are stored in a safe locality. **(Coaches and Facility Staff)**
2. Ensure that there are no sharp edges protruding. **(Coaches and Facility Staff)**
3. Ensure Matt covers fit bed **(Facility Staff)**

HAZARD - Elastic Bar (High Jump, Pole Vault)

RISK WHO/HOW AFFECTED: Athletes, coaches- Injuries from falling stands and insufficiently flexible elastic.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure that stands are very firmly secured. **(coaches)**
2. Ensure that elastic bar is not placed at too high a height for the athletes ability. **(Coaches)**
3. Ensure that the elastic bar is sufficiently flexible. **(Coaches)**

HIGH JUMP

HAZARD - Landing Area

RISK WHO/HOW AFFECTED: Athletes – Injuries from poorly maintained beds **CONTROL MEASURES (Control measures responsibilities shown in brackets)**

1. 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. **(Facility Staff and Coaches)**
2. 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. **(Facility Staff and Coaches)**
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam. **(Facility Staff)**
4. Athletes should not wear jewellery or other objects which might cause injury. **(Coaches and Athletes)**

HAZARD - Stands

RISK WHO/HOW AFFECTED: Athletes and Coaches– Injuries from being struck by stands. Athletes – Injuries from running into or landing on fallen stands.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Bases must be stable and joined onto the upright. **(Facility Staff)**
2. Crossbar supports should face each other and must be easily adjusted with lubricated clamping screws. **(Coaches)**
3. Ensure adequate maintenance and regular inspection. **(Facility Staff)**

HAZARD - Surrounds

RISK WHO/HOW AFFECTED: Athletes – Injuries from falling onto concrete surrounds of bed or striking scoreboards

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Any hard surface within 2m of the sides and rear of the bed must be covered with an impact absorbing material with a critical fall height of 1.5m. or suitable additional matting. **(Facility Staff and Coaches)**

2. There should be no objects placed within 1m. of the sides and rear of the bed. **(Facility Staff and Coaches)**

POLE VAULT

HAZARD - Pole vault Drills - Swings on pole

RISK WHO/HOW AFFECTED Athletes- Injury caused by falling.

CONTROL MEASURES (Control measures responsibilities shown in brackets) 1. Use correct teaching procedure. **(Coaches)**

2. Use a low grip **(Coaches)**

3. Use a non-slip floor. **(Coaches)**

4. Do not use a run up. **(Coaches)** **HAZARD - Vaults into sand**

RISK WHO/HOW AFFECTED Athletes- injury caused by cuts/ grazes from edge of pit or floor.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Check sand as for long jump. **(Coaches)**

2. Use a low grip. **(Coach and Athlete)**

3. Use correct teaching procedure. **(Coaches)**

4. Ensure surrounds are free of all objects i.e. rakes etc. **(Coaches)**

5. Full approach vaults must never be taken into sand **(Coaches and Athletes)** **HAZARD - Runs with pole**

RISK WHO/HOW AFFECTED Athlete, coach, other athletes- Injury caused from falls from slipping and tripping, or collisions

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure track is free from holes, is swept regularly and is free from any debris.

(Facility Staff , Coaches)

2. Ensure coaches and other athletes are aware of vaulters running. **(Coaches and Athletes)**

HAZARD - Vaults on mats

RISK WHO/HOW AFFECTED Athlete- Injury caused by bottoming, mats too small, pole slipping, athlete slipping

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure mats are thick and large enough for the size and ability of the athlete. **(Coaches)**

2. Ensure the pole cannot slip on the floor at take-off. **(Coaches)** 3. Use a short approach i.e. 2/4 strides. **(Coaches)**

4. Use a non-slip floor. **(Coaches)**

HAZARD - Poles

RISK WHO/HOW AFFECTED Athletes, other athletes- Injuries from damage to poles, falling poles, storage of poles

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Check pole carefully for deep scratches or cracks. **(Coach and Athlete)** 2. Protect bottom of poles with tape. **(Coach and Athlete)**

3. Do not let poles fall onto hard surfaces. **(Athlete and Coach)**

4. Beware of poles falling to side of landing area after a vault. **(Coach)**

5. When not in use ensure poles are stored where athletes/coaches cannot trip over them and where they cannot fall onto anyone. **(Coach and Athlete)**

HAZARD - Vaulting

RISK WHO/HOW AFFECTED Athletes, – injuries from falls, collisions

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure vaulter's technique is adequate for the poles he/she is using. **(Coach)**

2. Ensure that the pole is of correct weight and length. **(Coach)**

3. Ensure other athletes and coaches are aware of vaulters on the run up. **(Coach)**

4. Athletes should not wear jewellery or other objects which might cause injury. **(Coach and Athlete)**

HAZARD - Landing area

RISK WHO/HOW AFFECTED Athletes – injuries from poorly maintained landing area.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Bed units must be made of foam and securely fastened together. The entire area must be covered by an attached spike proof wear sheet. **(Facility Staff)**
2. Where the landing area is placed on other objects, such as pallets, these should not be more than 100mm. high and must not protrude beyond the edges of the landing areas. In addition the front surface of the pallets beyond the box must be blocked off so that there is no possibility of the pole or athlete's foot penetrating underneath. **(Facility Staff)**
3. Ensure adequate maintenance and regular inspection with particular reference to impacted foam, tears and holes. **(Facility Staff)**
4. Ensure that beds are the correct size. **(Facility Staff)**
5. Ensure that the slope away around the box conforms to the correct specification. **(Facility Staff)**
6. There is sufficient protection for the vaulter as detailed in the Rules. **(Facility Staff and Coach)**

HAZARD - The Box

RISK WHO/HOW AFFECTED Athletes – injuries and pole damage – box damaged, not flush with run up, incorrect back plate angle

CONTROL MEASURES (Control measures responsibilities shown in brackets) 1.

Ensure adequate maintenance and regular inspection. **(Facility Staff)**

2. Ensure that the box is clearly visible. **(Facility Staff)**

RISK WHO/HOW AFFECTED Athletes, coaches – injuries from falling stands, collision into stands

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Winders and lower section of stands should be protected with foam or similar padding. **(Facility Staff and Coaches)**
2. Base must be well secured. In particular ensure that the stands cannot fall backwards away from the landing area in high winds. **(Facility Staff and Coaches)**

HAZARD - Surrounds

RISK WHO/HOW AFFECTED Athletes – injury from falling on to hard surface or objects near landing area

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Any hard surface from the centre of the box 5m. to the front and sides and 7m. to the rear must be covered with an impact absorbing material for a critical fall height of 1.5m. or suitable additional matting and must have no obstructions onto which an athlete might fall. Existing fences within this area should be either re-located or covered in suitable padding. **(Facility Staff)**
2. There must be no obstructions within 1m. of any runway or landing area. **(Facility Staff and Coach)**

LONG/TRIPLE JUMP HAZARD - Runway

RISK WHO/HOW AFFECTED Athletes - slipping, tripping due to worn damaged surface.
Coaches – injury due to collision with athletes
Athletes – injury due to collision with each other or coaches

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Examine the runway to ensure no worn or damaged areas. **(Facility Staff)**
2. Regularly clean porous surfaces. **(Facility Staff)**
3. Sweep runway regularly to remove any excess water and/or grit. **(Facility Staff and Coach)**
4. Ensure no obstructive check marks are placed on runway. **(coaches)**
5. Control measures must be in place to ensure athletes only use runway under direction of coach and only when runway is clear. **(Coaches)**
6. If tape measures are used ensure they are removed from runway in between jumps.

(Athlete and Coaches)

7. Any raised surfaces must be clearly identified. **(Facility Staff)**

HAZARD - Take off boards and blanking boards

RISK WHO/HOW AFFECTED Athletes – Injury due to unstable, ill-fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards. Coaches – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements

CONTROL MEASURES (Control measures responsibilities shown in brackets) 1. Clean insert board recesses. **(Facility Staff)**

2. Clean and grease adjustable bolts within recesses. **(Facility Staff)**

3. Clean and grease adjustable bolts on insert and blanking boards. **(Facility Staff)** 4.

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. **(Facility Staff)**

5. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway. **(Facility Staff)**

6. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove. **(Facility Staff)**

7. Ensure that board lifting implements are available and suitable for the purpose of lifting the boards. **(Facility Staff)**

HAZARD - Landing area

RISK WHO/HOW AFFECTED Athletes – 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.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure that only sand that will not cause injury to an athlete will be used. **(Facility Staff)**

2. Dig over sand. **(Facility Staff and Coaches)**

3. Check that landing area is free of dangerous extraneous material and other contaminants. **(Facility Staff and Coaches)**

4. The edges of the landing areas should be covered with an impact absorbing material or rounded off. **(Facility Staff)**

5. 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. **(Facility Staff and Coaches)**

6. The landing area should be covered when not in use. **(Coaches and Athletes)**

7. 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. **(Facility Staff, Coaches and Athletes)**

HAZARD - Training

RISK WHO/HOW AFFECTED Athletes – Injury due to dangerous extraneous material in landing area, collision with rakes, brushes used by coaches. Collision with other athletes or coaches. Tripping on worn, uneven runways, unstable, uneven take-off and blanking boards, check markers on runway. Coaches – injuries due to collision with athletes. Lifting insert and blanking boards. Use of incorrect lifting implements

CONTROL MEASURES (Control measures responsibilities shown in brackets)

(a) Prior to training ensure that:

1. The runway is free from damage and excessive standing water. **(Facility Staff and Coaches)**

2. Take off and blanking boards are stable and level with runway. **(Facility Staff and Coaches)**

3. Landing area is free of dangerous extraneous material. **(Facility Staff and Coaches)** 4. Sand in landing area is not compacted. **(Facility Staff and Coaches)**

(b) During training ensure that:

1. Athletes are taught the correct technique. **(Coaches)**

2. Young athletes jump only under supervision. **(Coaches)**

3. Athletes are taught to undertake adequate warm up. **(Coaches)** 4. Athletes are aware of the appropriate footwear. **(Coaches)**

(c) During training ensure that:

1. Coaches and athletes are aware of the need for concentration at all times. **(Coaches)**
2. The runway is swept regularly to remove excess water and grit. **(Coaches)**
3. No obstructive check markers are placed on the runway. **(coaches and Athletes)**
4. Control measures are in place to ensure that athletes take their jumps in turn and not until the runway and landing area is clear of other athletes, rakes and brushes. **(Coaches and Athletes)**
5. Measuring tapes do not encroach on the runway. **(Coaches and Athletes)**
6. Suitable lifting implements are used to lift and replace board inserts and blanking boards and used in accordance with current handling regulations. **(Coaches and Athletes)**
7. Rakes and brushes are kept well away from the landing area and that, in particular, rakes are laid with the prongs pointing towards the ground. **(Coaches and Athletes)**

THROWING (Also see attached supplementary pre – existing RA with sign offs)

HAZARD - Sector

RISK WHO/HOW AFFECTED Athletes, coaches – collision with implement and/or tripping due to poor condition of infield. Safety sector not established

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. The central throwing area safety sector must be 'roped' off in accordance with current UKA rules. **(Facility Staff)**
2. Holes in sector or infield made by landing should be filled level with the ground. **(Facility Staff)**
3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. **(Coaches and Athletes)**

HAZARD - Cages

RISK WHO/HOW AFFECTED Athletes, coaches, – hammer escaping due to badly maintained or poorly designed cage

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure that cage is constructed and erected in accordance with UKA specifications. **(Facility Staff and coaches)**
2. Netting must be checked regularly to ensure no damage to the net structure. **(Facility Staff , Coaches)**
3. Netting should be secured or ballasted at ground level as appropriate. **(Facility Staff and coaches)**
4. 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. **(Facility Staff and coaches)**
5. Check that netting tension, when erected, has sufficient retardation and minimal bounce. **(Facility Staff and coaches)**
6. A safe distance from the netting must be maintained. **(Coach and Athletes)**

HAZARD - Circles

RISK WHO/HOW AFFECTED Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle or inserts when used

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Make sure the circle surface is in good order, is not cracked or breaking up. **(Facility Staff and Coaches)**
2. Make sure the rim of the circle is not damaged. **(Facility Staff and Coaches)**
3. 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. **(Coaches)**
4. Check and keep the circle free of foreign matter. **(Facility Staff, Coaches and Athletes)**
5. Maintain drain holes. **(Facility Staff)**

HAZARD - Training

RISK WHO/HOW AFFECTED Athletes, Coaches, Facility Staff, Spectators - injuries from thrown implements

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. 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. **(Coaches and Athletes)**
2. Throws must not commence unless the coach signals it is safe to begin. **(Coach and Athletes)**

HAMMER

HAZARD - Gates

RISK WHO/HOW AFFECTED Athletes, coaches, public

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Check that the gates can move freely and can be secured in both their open and closed positions. **(Facility Staff, Coaches, Athletes)**
2. Make sure that the netting is not holed, and is secure and in good condition. . **(Facility Staff, Coaches, Athletes)**
3. Check that netting tension, when erected, has sufficient retardation and minimal bounce particularly when the gates are bolted in position. . **(Facility Staff, Coaches, Athletes)**
4. The gates must be set for all hammer throws and adjusted for left and right handed throwers in accordance with UKA Rules (reference UK Athletics Handbook "Rules of Competition"). . **(Facility Staff, Coaches, Athletes)**
5. Where non-traditional cages without gates are used the netting must be secured in the appropriate manner. . **(Facility Staff, Coaches, Athletes)**

HAZARD - Hammer

RISK WHO/HOW AFFECTED Athletes, coaches, public – hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the handle, the wire and the swivel assembly. NOTE: Due to different weights and lengths of wire used for training each implement may not conform to UK Rules in terms of specifications **(Facility Staff, coaches, athletes)**
2. Ensure that the ends of hammer wires are taped to minimise damage to the netting. **(Facility Staff, coaches, athletes)**
3. Hammers which are caught in upper sections of the netting should be retrieved by Facility Staff. **(Facility Staff, coaches, athletes)**

HAZARD - Training

RISK WHO/HOW AFFECTED Athletes, coaches, public – to avoid injury during throwing

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure both gates are correctly positioned and locked before each throw. **(Coaches and Athletes)**
2. All swings and throws shall only take place from the circle, within the cage and be supervised. **(Coaches, athletes)**

HAZARD - Gloves

RISK WHO/HOW AFFECTED Athletes – injury to hands

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Gloves, if worn, should give adequate protection; alternatively if optional protection is used it should provide sufficient protection and not become a hazard. **(Coaches and Athletes)**

DISCUS

HAZARD - Implements

RISK WHO/HOW AFFECTED Athletes – hand injury due to damaged discus

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure that surface including metal rim of the discus is not damaged in such a way as to cause injury. **(Facility Staff, Coaches, Athletes)**

HAZARD - Training

RISK WHO/HOW AFFECTED Athletes, Coaches, public – to avoid injury during throwing

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. All throws shall only take place from the circle, within the cage and be supervised.

(Coaches, athletes)

2. Discus must be returned by hand carry only. 3. Only coaches are allowed forward of the throwing circle. **(Coaches and Athletes)**

4. Ensure that coaches and athletes are aware of the need for concentration at all times.

(Coaches and Athletes)

JAVELIN HAZARD - Runway

RISK WHO/HOW AFFECTED Athletes, coaches – slipping, tripping due to wet, worn, damaged surface

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Examine surface to ensure no worn or damaged areas. (Facility Staff and Coaches) 2.

Regularly clean drainage ducts around runway. (Facility Staff)

3. Regularly clean porous surfaces to allow drainage. (Facility Staff)

HAZARD - Implements

RISK WHO/HOW AFFECTED Athletes – loose or damaged grip causing injury. Coaches – impact injury caused by abnormal flight characteristics of bent/bowed javelin.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile. (Facility Staff, athletes, coaches)

HAZARD - Training

RISK WHO/HOW AFFECTED Athletes – Injury from slipping on wet, gritty surfaces.

Coaches – impact injury, slipping, tripping due to wet, uneven surfaces. Spectators – impact injury. Athletes, coaches – impact injury caused by athletes using javelins for loosening up exercises

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. Ensure that runway is free of standing water, excessive dirt or grit. **(Coaches)**

2. Measuring tape (if used) should not encroach on runway **(Coaches)**

3. All throws must be from the runway and only in the direction of the sector **(Coaches and Athletes)**

4. Javelins are to be returned after throwing by carrying vertically and not by throwing

(Coaches and Athletes)

5. Only coaches, or supervised athletes, are to be forward of the throwing line **(coaches and Athletes)**

6. All coaches and athletes are aware of the need for concentration at all times.

(Coaches and Athletes)

7. 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. **(Coaches)**

8. During a throw, coaches and athletes must stand outside the sector lines or behind the thrower. **(Coaches and Athletes)**

9. Throws must not commence unless the coach signals it is safe to begin. **(Coaches and Athletes)**

SHOT PUT HAZARD - Circle

RISK WHO/HOW AFFECTED Athletes, coaches - slipping due to wet, gritty surface. Injury due to damaged metal rim of circle, damaged/loose stop board

CONTROL MEASURES (Control measures responsibilities shown in brackets) 1.

Ensure that drainage holes are kept clear. **(Facility Staff)**

2. Ensure that circle is free of dirt, grit and any standing water. **(Facility Staff, Coaches and Athletes)**

3. Examine metal rim to ensure no protrusion or shards of metal. **(Facility Staff, Coaches and Athletes)**

4. Ensure that stop board is not damaged so as to cause injury. **(Facility Staff, Coaches and Athletes)**

5. Ensure that stop board is firm and stable. **(Facility Staff, Coaches and Athletes)** 6.

Matting or cloth should be provided for wiping shoes if ground is wet. **(Facility Staff, Coaches and Athletes)** **HAZARD - Implements**

RISK WHO/HOW AFFECTED Athletes, coaches - hand injury due to damaged surface of shot

CONTROL MEASURES (Control measures responsibilities shown in brackets)

1. All implements used for training must be checked before use. **(coaches and athletes)**

HAZARD - Training

RISK WHO/HOW AFFECTED Coaches and athletes - shot impact injury, slipping/tripping on wet, uneven surface.

CONTROL MEASURES (Control measures responsibilities shown in brackets)

During training ensure that:

1. The circle is constantly swept free of standing water and grit. **(Coaches)**

2. Practice trials are not allowed outside the circle. **(Coaches and Athletes)**

3. All coaches and athletes are aware of the need for concentration at all times. **(Coaches and Athletes)**

4. Only coaches are allowed forward of the stop board. **(Coaches)**

5. Coaches forward of the stop board should stand outside the sector lines and always face the circle. **(Coaches)**

6. The shot is returned using appropriate apparatus or by carrying and not throwing or rolling. **(Coaches and Athletes)**

7. Athletes are taught the correct technique. (Coaches) 8. Young athletes put only under supervision. (Coaches)

9. Athletes are taught to undertake adequate warm up. (Coaches) 10. Athletes are aware of the appropriate footwear. (Coaches)