

# **CUMERNAULD AMATEUR ATHLETICS CLUB**

## **HEALTH AND SAFETY POLICY AND RISK ASSESSMENTS**

Cumbernauld AAC take Health and Safety seriously and as such have adopted UKA Health and Safety Policies. It is our policy, so far as is reasonably practicable, to safeguard the Health and Safety of non-employees including athletes, volunteers, visitors, contractors, agency staff and the public who may be affected by our operations.

### **UKA HEALTH AND SAFETY POLICY**

It is the policy of UKA that all its employees shall comply with relevant statutory provisions, regulations, and codes of practice for the purpose of securing the health, safety, and welfare at work of all colleagues, so far as is reasonably practicable.

It is also our policy, so far as is reasonably practicable, to safeguard the health and safety of non-employees including athletes, volunteers, visitors, contractors, agency staff and the public who may be affected by our operations.

UKA will communicate its Health & Safety Policy statement to all staff and make such arrangements as may be considered appropriate to meet their responsibility, paying particular attention to the provision of:

- Adequate resources
- Consultation forums for employees and others
- Premises that are safe for all personnel using them;
- Plant, equipment, and systems of work that are safe and without risk to health;
- Safe access and egress to all places of work;
- Safe and healthy working environment;
- Arrangements for the safe use, handling, storage, transport, and disposal of articles and substances;
- Information, training, and supervision to enable all colleagues to minimise risks and contribute positively to their own health and safety;
- Risk assessment programme for the elimination or reduction of occupational risks and suitable arrangements for continuing the identification, control, monitoring and review of risk.

The Chief Executive has overall responsibility for health and safety and the implementation of this policy within UKA.

All directors and managers have the responsibility for implementing this health and safety policy. They must ensure, so far as reasonably practicable, that health and safety issues are treated as a high priority by promoting good practice and maintain commitment to continuous improvement.

## INDEX

Item	Page Number
Definitions	3
Approved Code of Practice for the Safe Conduct of Track & Field Training - Responsibilities & Glossary	5
Insurance - Coaches	6
Accident Reporting	7
General – Safety & Risk	8
Supervision of Training	9
First Aid & Medical Provision During Training Session	10
CAAC – Hazard & Risk Assessment for Track & Field	11
- Track	11
- 800m, 1500m, 3000m, 5000m & 10000m	12
- Long / Triple Jump	13 & 14
- High Jump	15, 16 & 17
- Hurdles	18
- Throws	19
- Javelin	20
- Hammer	21 & 22
- Discus	23
- Shot Put	24

## **DEFINITIONS**

### **HAZARD**

A hazard is something with the potential to cause harm to an individual. This can be an object, an activity and even a substance. In Athletics, examples would include the following:

- Objects- javelin, discus, shot, hammer, pole vault pole, high jump stands, hurdles, running track etc.
- Activity- running, jumping, throwing, walking etc.
- Substance- Water in water jumps and in the form of rain, snow, and ice etc.

### **RISK**

Risk expresses the likelihood that the harm from a potential hazard is realised. Risks are normally categorised as low, medium, or high.

The principles of Risk Assessment are:

1. Identify the hazard
2. Identify those who might be harmed and how.
3. Evaluate the risk (low, medium, or high) and decide whether there are existing precautions and if these are adequate or are more precautions required.
4. Record the findings.
5. Review the assessment and revise if necessary.

## HAZARD IDENTIFICATION AND RISK ASSESSMENT

In order to discharge the duty of care to provide a safe environment for track and field events it is necessary to identify hazards, assess the associated potential risks, then take action to eliminate the hazard, or failing this, take action to either eliminate the risks or reduce them to an acceptable level.

Risk should be assessed in terms of:

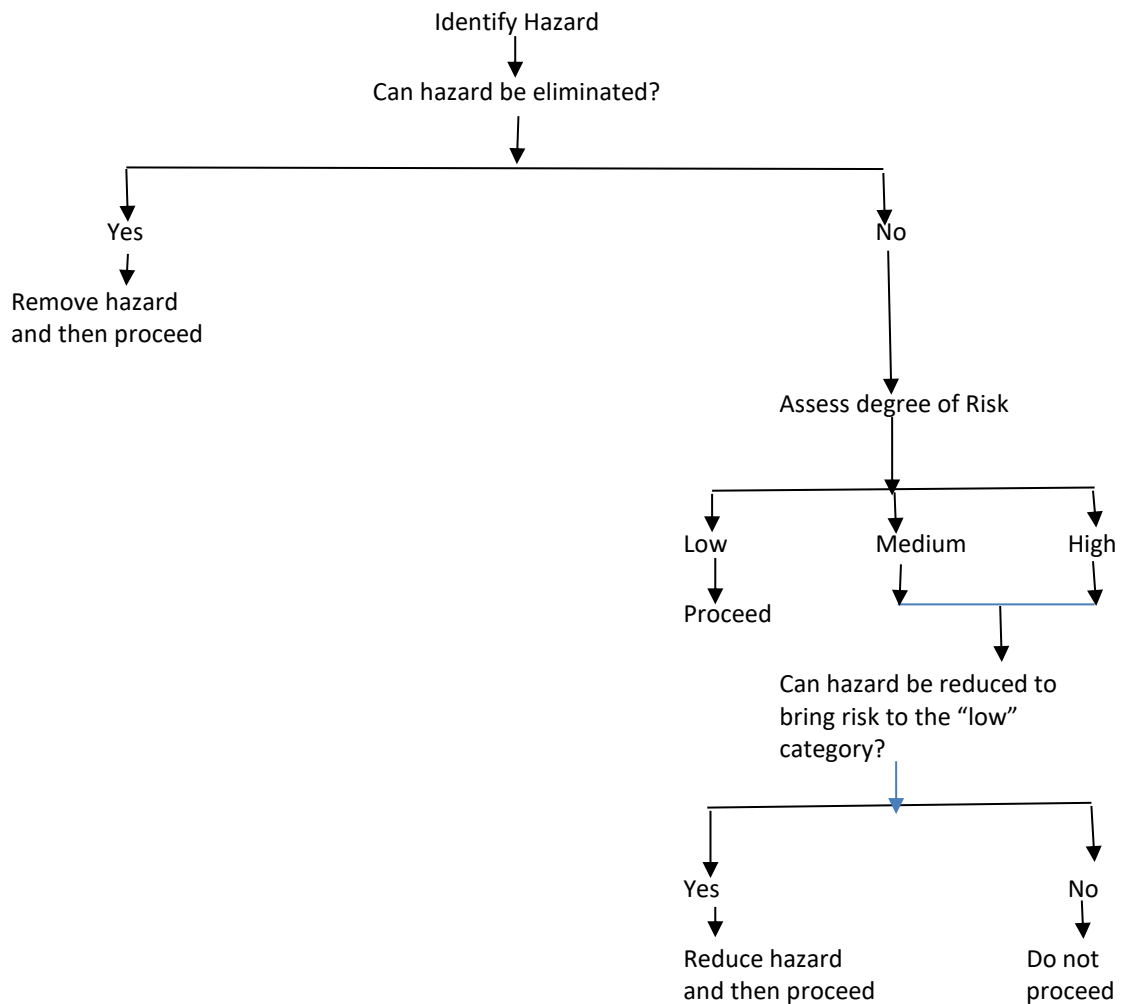
LOW – no risk, or minimal risk of injury

MEDIUM – some risk of injury

HIGH – high risk of injury

Only if the risk has been assessed as “low” should a competition or training session be allowed to proceed.

The following schematic outlines the procedure to be followed:



## **APPROVED CODE OF PRACTICE FOR THE SAFE CONDUCT OF TRACK AND FIELD TRAINING**

It is the responsibility of all coaches and athletes to ensure that all training sessions are conducted in a safe manner.

In order to guarantee the above, the following approved code of practice shall be followed, however in view of the wide-ranging circumstances in which athletic events take place the implementation of the recommended control measures does not preclude the possibility that alternative control measures may be employed which either eliminate any risks or reduce them to an acceptable level.

### **RESPONSIBILITIES**

Many of the coaches' responsibilities may not entail direct action by the coach in person but rather the need to bring the problem to the attention of facility staff or board members.

### **GLOSSARY**

#### *NOTE*

Attention is drawn to the fact that in the Code of Practice the words 'must', 'ensure', 'shall' and 'should' are frequently used. The words 'must', 'ensure' and 'shall' indicate a compulsory measure; while the word 'should' indicates a strong recommendation.

#### *COACH*

One who teaches, coaches, gives advice, or assists in these processes.

#### *COMPETENT*

'Competence' is the ability to undertake responsibilities and perform activities to a recognised standard on a regular basis. It combines practical and thinking skills, knowledge and experience.' HSE Management of Health & Safety at Work Regulations (1999)

When competence is used in this document it refers to person who has the necessary skills, experience and/or qualifications that would, in the eyes of a reasonable person, deem them competent to carry out/supervise an activity.

#### *CRITICAL FALL HEIGHT*

The ability of a surface to absorb an impact is measured by its Critical Fall Height. A surface's Critical Fall Height represents the greatest height of a head-first fall from which a person, landing on a surface, could be expected to avoid sustaining a critical head injury.

## **INSURANCE - COACHES**

UK Athletics Insurance provides UKA Coaches with Public Liability and Third-Party Insurance, Personal Accident Insurance and Travel Insurance for all events organised by affiliated bodies. For further details coaches should refer to the Insurance section of the UKA website.

1. Coaches should always ensure that they have Insurance cover for any activities that they undertake.
2. In the event of an accident occurring in which a claim is likely to be made, coaches should ensure that all relevant details of the accident / incident are recorded and that all correspondence is conducted through the Insurers.
3. Insurance is linked to affiliation in consequence coaches are only covered by UKA Insurance when coaching on behalf of an affiliated club or organisation.
4. Coaches and athletes are not insured when they are on warm-weather training trips abroad unless those trips are organised by UK Athletics.
5. Coaches who are paid are covered by UK Athletics insurance provided they are coaching on behalf of an affiliated club or organisation.
6. Coaches are covered by UK Athletics Insurance when coaching the event for which they are qualified or for coaching an event related to their event or for training related to their event. i.e., a long jump coach would be covered to coach sprinting but not hammer.

## **ACCIDENT REPORTING**

What to do in the event of an accident or near miss.

Definitions for the purpose of reporting:

- Accident: An event that results in injury or ill health
- Near miss: an event not causing harm, but has the potential to cause injury or ill health

As part of UK Athletics' ongoing commitment to provide a safe sport, anyone who has witnessed either an accident or near miss is asked to complete a short online report.

This is done using UKAs online Accident/Near Miss Report Form. The information that you provide will help to prevent future occurrences of similar incidents and also provide an overview of the type and frequency of accidents when they do occur.

Compiling our accident/incident information in this way is useful for many reasons and most significantly helps us to identify any specific issues or trends with regards to accidents or injuries.

To report an accident, incident or near miss, please use UKAs Online Accident / Incident Reporting Form.

Once completed, you will receive a text version of your accident/incident report via email. Please ensure that you retain a copy for your own records.

Note: If an accident has resulted in serious injury, or a hazard is so serious that it could result in an accident in the immediate future, it is important that these facts are reported immediately to the relevant Facility Operator, Race Director or Local Authority Health & Safety Manager.

## **GENERAL- SAFETY & RISK**

The range of events, exercises, and drills which athletes and coaches use are such that it would be impossible to specify each individually. Coaches must be aware particularly of the following:

1. (a) Any risks attached to the event / exercise which an athlete is undertaking.
2. (b) The age and skill level of the athlete
3. (c) The potential risks of using any equipment not specifically designed for the purpose it is being used for.

Coaches should be aware that they are responsible for the safety of their athletes not only during a training session at which they are present but also for the training set in training programmes which the athlete has been instructed to carry out.

Coaches should make it very clear to their athletes what training it is reasonable for them to do on their own and what training must be supervised.

### The Use of Additional Padding and Matting

- Additional matting or padding may be used to supplement existing landing areas for high jump and pole vault or to cover hard surrounds.
- Where matting is used to supplement a landing area which is below the UK Athletics specifications, the matting shall be of a depth and density similar to the depth and density of the landing area adjacent to the additional matting.
- Matting which is used to cover hard surrounds around a landing area which conforms to UK Athletics specifications shall be of an impact absorbing material.

### Training Aids

Particular care must be taken by coaches using implements and equipment for purposes which they were not designed for.

For example the use of springboards as an aid in jumping events should only be employed by experienced coaches who have taken into account the age and ability of the athletes. Springboards should only be used from a short approach and must never be used from full approaches.

Any training aids manufactured by coaches must be fully risk assessed and used with extreme care.

### Weather

Should tracks, runways and throwing circles become covered in snow/ice or waterlogged training should cease as the risk would increase to HIGH.



## **SUPERVISION OF TRAINING**

### **A. Young athletes (Under 17 years)**

Always supervised by a competent person

### **B. Junior Athletes (Under 20 years) or inexperienced senior athletes**

(a) Supervised by a competent person.

Events (including drills and exercises) in which there is a risk of accidents to themselves or others. (i.e. pole vault, throwing events, gymnastic exercises etc.)

(b) Unsupervised but with other athletes/coaches being present.

Events (including drills and exercises) which have low risk of accidents to the athlete and others (i.e. Horizontal jumps, hurdles, high jump etc.)

(c) Alone

Events (including drills and exercises) which are relatively risk free. (i.e. most track events, warm-ups etc.)

### **C. Experienced Senior Athletes**

(a) Supervised by a competent person.

Events (including drills and exercises) in which there is a risk of accidents to themselves or others (i.e. pole vault, gymnastic exercises etc.)

(b) Unsupervised but with other athletes/coaches being present.

Events (including drills and exercises) which have a low risk of accidents (i.e. Horizontal jumps, hurdles, high jump etc.)

(c) Alone

Events (including drills and exercises) which are relatively risk free. (i.e. most track events, warmups etc.)

### **Weight Training**

A. Junior, younger and inexperienced senior athletes must be supervised at all times by a competent person.

B. Experienced senior athletes if unsupervised should always ensure that at least one other competent coach or athlete is present.

## **FIRST AID / MEDICAL PROVISION DURING TRAINING SESSIONS**

### *First Aid provision at club training sessions*

Athletics Clubs have a duty of care to ensure that participants can enjoy athletics in a safe environment; part of that responsibility is to conduct a first aid needs assessment\* and ensure that there is appropriate first aid provision available at all training sessions.

The contents should be checked prior to use (note 'expiry date' of items), restocked after use and protected from dust and damp when not in use. First aiders should not routinely carry tablets or medicines, nor should they dispense them. In exceptional circumstances: when a participant has been prescribed medication, e.g. anti-asthma inhaler, insulin injection or EpiPen, the medication which must be clearly labelled with the participant's name, may be carried in the first aid bag. It is the first aider's role is to ensure the medication is immediately accessible and assist the participant to take their medication as and when required.

### *Basic First Aid Guidelines*

- All clubs should be aware of the Emergency Action Plan at their main training venue(s).
- It is essential that all coaches are aware of the medical history and needs of all club members.
- First Aiders should be aware of any allergies a participant has in relation to First Aid (e.g. plasters).
- Coaches and club administrators must have ICE contact details (In Case of Emergency) for all participants.
- Clubs should ensure that there is at least one qualified first aider at every training session. Note: The requirement for additional first aiders should be based upon the First Aid risk assessment.
- Ensure that any accidents, incidents or near misses are recorded using UKAs online incident reporting form: <http://www.britishathletics.org.uk/governance/health-safety/what-to-do-in-the-event-of-an-accident-or-dangerous-incident/>
- Designated First Aiders should ensure that they keep their qualification up to date.

## CUMBERNAULD AAC – HAZARD & RISK ASSESSMENTS FOR TRACK & FIELD

### TRACK

#### General Rules

1. Athletes should always run counterclockwise.
2. Always pass on the right.
3. Pay attention to the runners around you before starting or stopping.
4. When not running always look both ways before crossing the track.

#### **HAZARD**      Track/Kerb

##### WHO/HOW AFFECTED

Athletes and coaches – Injuries from slipping/tripping due to worn out track and loose kerbing.

##### CONTROL MEASURES

1. Athletes should wear adequate footwear.
2. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.
3. Porous surface should be cleaned regularly to allow drainage.
4. Ensure adequate maintenance and regular inspection.

#### **HAZARD**      Starting Blocks

##### WHO/HOW AFFECTED

Athletes – Injuries from slipping/tripping due to incorrect positioning of blocks or worn/poorly maintained blocks.

##### CONTROL MEASURES

1. If used ensure starting blocks are firmly secured onto the track or other area.
2. Ensure adequate maintenance and regular inspection.
3. Blocks should be inspected by a coach before use.

**HAZARD**      **Starting**

WHO/HOW AFFECTED

Athletes – Injuries due to collision with other athletes encroaching into other lanes

CONTROL MEASURES

1. Ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.
2. Ensure athletes line up in an orderly manner.

**HAZARD**      **Weather**

WHO/HOW AFFECTED

Athletes and Coaches - Cuts and Strains from slipping on slippery track

CONTROL MEASURES

1. Porous surface should be cleaned regularly to allow drainage.
2. Ensure adequate maintenance and regular inspection.
3. Drains on non-porous surfaces should be cleaned regularly to allow drainage.

**HAZARD**      **Time of Day/Lighting Conditions**

WHO/HOW AFFECTED

Athletes - Injury from not being able to see event layout

CONTROL MEASURES

1. If installed ensure adequate flood lighting.

**800m, 1500m, 3000m, 5000m, 10000m**

**HAZARD**      **Coaches and Other Athletes**

WHO/HOW AFFECTED

Athletes - Cuts and Strains from collisions with other persons

CONTROL MEASURES

1. When a training run is about to start ensure that there is no risk of collisions with others using the track.
2. Athletes and Coaches should observe local lane discipline.

## **LONG/TRIPLE JUMP**

### 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

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

## **HAZARD      Take Off Boards and Blanking Boards**

### 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

1. Clean insert board recesses.
2. Clean and grease adjustable bolts within recesses.
3. Clean and grease adjustable bolts on insert and blanking boards.
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.
5. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway.
6. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove.
7. Ensure that board lifting implements are available and suitable for the purpose of lifting the boards.

**HAZARD****Landing Area**

## 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

1. Ensure that only sand that will not cause injury to an athlete will be used.
2. Dig over sand.
3. Check that landing area is free of dangerous extraneous material and other contaminants.
4. The edges of the landing areas should be covered with an impact absorbing material or rounded off
5. The area 12m beyond the take offline or take offline extended and 1m from the edge of the landing area must have no obstructions.
6. The landing area should be covered when not in use.
7. Ensure that rakes and brushes used for levelling and cleaning are kept away from landing area and the prongs of rakes face the ground or away from the landing area.

**HAZARD****Training**

## 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

Prior to training ensure that:

1. The runway is free from damage and excessive standing water.
2. Take off and blanking boards are stable and level with runway.
3. Landing area is free of dangerous extraneous material.
4. Sand in landing area is not compacted.

During training ensure that:

1. Athletes are taught the correct technique.
2. Young athletes jump only under supervision.
3. Athletes are taught to undertake adequate warm up.
4. Athletes are aware of the appropriate footwear.

During training ensure that:

1. Coaches and athletes are aware of the need for concentration at all times.
2. The runway is swept regularly to remove excess water and grit.
3. No obstructive check markers are placed on the runway.
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.
5. Measuring tapes do not encroach on the runway.
6. Suitable lifting implements are used to lift and replace board inserts and blanking boards and used in accordance with current handling regulations.
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.

## **HIGH JUMP**

### **HAZARD**      **Track (Run up)**

#### WHO/HOW AFFECTED

Athletes

#### CONTROL MEASURES

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

### **HAZARD**      **Event**

#### WHO/HOW AFFECTED

Athletes – Injury from incorrect technique, inadequate warm up, or collision with other athletes.

#### CONTROL MEASURES

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

### **HAZARD**      **Crossbars**

#### WHO/HOW AFFECTED

Athletes, coaches – injuries from falling bar or falling onto bar also loose or damaged end supports.

#### CONTROL MEASURES

1. Bars must be undamaged and free from splints. Only bars as specified are to be used.
2. Ensure adequate maintenance and regular inspection.
3. Be aware of falling bar.

**HAZARD****Weather**

## 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

1. Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.
2. Porous surface should be cleaned regularly to allow drainage.
3. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress
4. Athletes should wear adequate footwear, e.g. spikes.

**HAZARD****Time of Day**

## WHO/HOW AFFECTED

Athletes, Coaches - Injuries as a result of poor visibility.

## CONTROL MEASURES

1. Ensure adequate floodlighting at night.

**HAZARD****Landing Area Covers**

## WHO/HOW AFFECTED

Athletes and Coaches – Injuries as a result of sharp edges.

## CONTROL MEASURES

1. Ensure covers are stored in a safe locality.
2. Ensure that there are no sharp edges protruding.

**HAZARD****Elastic Bar**

## WHO/HOW AFFECTED

Athletes, coaches- Injuries from falling stands and insufficiently flexible elastic.

## CONTROL MEASURES

1. Ensure that stands are very firmly secured.
2. Ensure that elastic bar is not placed at too high a height for the athlete's ability.
3. Ensure that the elastic bar is sufficiently flexible.



**HAZARD****Landing Area**

## WHO/HOW AFFECTED

Athletes – Injuries from poorly maintained beds

## CONTROL MEASURES

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.
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.
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam.
4. Athletes should not wear jewellery or other objects which might cause injury.

**HAZARD****Stands**

## WHO/HOW AFFECTED

Athletes and Coaches– Injuries from being struck by stands. Athletes – Injuries from running into or landing on fallen stands.

## CONTROL MEASURES

1. Bases must be stable and joined onto the upright.
2. Crossbar supports should face each other and must be easily adjusted with lubricated damping screws
3. Ensure adequate maintenance and regular inspection.

**HAZARD****Surrounds**

## WHO/HOW AFFECTED

Athletes – Injuries from falling onto concrete surrounds of bed

## CONTROL MEASURES

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.
2. There should be no objects placed within 1m. of the sides and rear of the bed.

## **HURDLES**

### **HAZARD**

### **Hurdles**

#### WHO/HOW AFFECTED

Athletes– injury from colliding with hurdles.

#### CONTROL MEASURES

1. Hurdles shall be used in the correct direction and in the appropriate manner.
2. Where competition hurdles are used the mechanisms for fixing the hurdles (a) at the required height (b)and for positioning the counterbalance weight should be lubricated and well maintained.
3. Damaged hurdles must be replaced.
4. Ensure adequate maintenance and regular inspection.
5. They must be set at a height appropriate to the age and ability of the athletes.
6. The use of loose canes placed on bricks or cones should be avoided.

## **THROWS**

### **HAZARD**

#### **Cages**

##### WHO/HOW AFFECTED

Athletes, coaches, – hammer / discus escaping due to badly maintained or poorly designed cage

##### CONTROL MEASURES

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

### **HAZARD**

#### **Circles**

##### WHO/HOW AFFECTED

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

##### CONTROL MEASURES

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

### **HAZARD**

#### **Training**

##### WHO/HOW AFFECTED

Athletes, Coaches, Facility Staff, Spectators - injuries from thrown implements

##### CONTROL MEASURES

1. Net must be erected for all hammer / discus throws.
2. 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.
3. Throws must not commence unless the coach signals it is safe to begin.

## **JAVELIN**

### **HAZARD**

#### **Runway**

##### WHO/HOW AFFECTED

Athletes, coaches – slipping, tripping due to wet, worn, damaged surface

##### CONTROL MEASURES

1. Examine surface to ensure no worn or damaged areas.
2. Regularly clean drainage ducts around runway.
3. Regularly clean porous surfaces to allow drainage.

### **HAZARD**

#### **Implements**

##### WHO/HOW AFFECTED

Athletes – loose or damaged grip causing injury.

Coaches – impact injury caused by abnormal flight characteristics of bent/bowed javelin.

##### CONTROL MEASURES

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile.

### **HAZARD**

#### **Training**

##### 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

1. Ensure that runway is free of standing water, excessive dirt, or grit.
2. Measuring tape (if used) should not encroach on runway
3. All throws must be from the runway and only in the direction of the sector
4. Javelins are to be returned after throwing by carrying vertically and not by throwing
5. Only coaches, or supervised athletes, are to be forward of the throwing line
6. All coaches and athletes are aware of the need for concentration at all times.
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.
8. During a throw, coaches and athletes must stand outside the sector lines or behind the thrower.
9. Throws must not commence unless the coach signals it is safe to begin.

## **HAMMER**

### **HAZARD**

#### **Gates**

##### WHO/HOW AFFECTED

Athletes, coaches, public

##### CONTROL MEASURES

Coaches, Athletes

1. NETTING MUST BE ERECTED & GATES IN POSITION AT ALL TIMES.
2. Check that the gates can move freely and can be secured in both their open and closed positions.
3. Make sure that the netting is not holed and is secure and in good condition.
4. Check that netting tension, when erected, has sufficient retardation and minimal bounce particularly when the gates are bolted in position
5. 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").

### **HAZARD**

#### **Hammer**

##### WHO/HOW AFFECTED

Athletes, coaches, public – hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury.

##### CONTROL MEASURES

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
2. Ensure that the ends of hammer wires are taped to minimise damage to the netting.
3. Hammers which are caught in upper sections of the netting should be retrieved with great care.

### **HAZARD**

#### **Training**

##### WHO/HOW AFFECTED

Athletes, coaches, public – to avoid injury during throwing

##### CONTROL MEASURES

1. NETTING MUST BE ERECTED & GATES IN POSITION AT ALL TIMES.
2. Ensure both gates are correctly positioned and locked before each throw.
3. All swings and throws shall only take place from the circle, within the cage and be supervised.

**HAZARD****Gloves**

## WHO/HOW AFFECTED

Athletes – injury to hands

## CONTROL MEASURES

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

## **DISCUS**

### **HAZARD**

### **Implements**

#### WHO/HOW AFFECTED

Athletes – hand injury due to damaged discus

#### CONTROL MEASURES

1. Ensure that surface including metal rim of the discus is not damaged in such a way as to cause injury.

### **HAZARD**

### **Training**

#### WHO/HOW AFFECTED

Athletes, – to avoid injury during throwing

#### CONTROL MEASURES

1. NETTING MUST BE ERECTED & GATES IN POSITION AT ALL TIMES.
2. All throws shall only take place from the circle, within the cage and be supervised.
3. Discus must be returned by hand carry only.
4. Only coaches are allowed forward of the throwing circle.
5. Ensure that coaches and athletes are aware of the need for concentration at all times.

## **SHOT PUT**

### **HAZARD**

#### **Circle**

##### 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

1. Ensure that drainage holes are kept clear.
2. Ensure that circle is free of dirt, grit, and any standing water.
3. Examine metal rim to ensure no protrusion or shards of metal.
4. Ensure that stop board is not damaged so as to cause injury.
5. Ensure that stop board is firm and stable.
6. Matting or cloth should be provided for wiping shoes if ground is wet.

### **HAZARD**

#### **Implements**

##### WHO/HOW AFFECTED

Athletes, coaches - hand injury due to damaged surface of shot

##### CONTROL MEASURES

1. All implements used for training must be checked before use.

### **HAZARD**

#### **Training**

##### WHO/HOW AFFECTED

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

##### CONTROL MEASURES

During training ensure that:

1. The circle is constantly swept free of standing water and grit.
2. Practice trials are not allowed outside the circle.
3. All coaches and athletes are aware of the need for concentration at all times.
4. Only coaches are allowed forward of the stop board.
5. Coaches forward of the stop board should stand outside the sector lines and always face the circle.
6. The shot is returned using appropriate apparatus or by carrying and not throwing or rolling.
7. Athletes are taught the correct technique.
8. Young athletes put only under supervision.
9. Athletes are taught to undertake adequate warm up.
10. Athletes are aware of the appropriate footwear.