

## Risk Assessment: Rothwell Harriers & AC John Charles Track

Date:	Assessed by:	Location :	Review :
31 / 01 /2019	Dr Marc Randall	John Charles Athletics Stadium	31/01/2020

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
Track and Kerb status	Athletes and Coaches by slipping and tripping	<ul style="list-style-type: none"> <li>• Track status checked by coaches at start of session</li> <li>• Hazards such as ice patches or standing water identified.</li> <li>• Other track users identified and agreements about lane use discussed.</li> <li>• Athletes clothing assessed for suitability to train</li> <li>• Track staff informed of issues with track and equipment</li> <li>• Club has own equipment that they maintain</li> </ul>	L	<ul style="list-style-type: none"> <li>• Try to reduce different groups track use overlapping</li> <li>• Check all parts of track surround for loose parts before training.</li> <li>• Maintain good relations with facility organisers to continue to update facilities</li> </ul>	L	JH		Yes  Constant dialogue with track staff
Starting blocks	Athletes by slipping	<ul style="list-style-type: none"> <li>• Starting blocks rarely used</li> <li>• Rothwell have 2 sets of own blocks for practice and are maintained</li> </ul>	L	<ul style="list-style-type: none"> <li>• none</li> </ul>	L			31/1/19
Collision	Athletes and Coaches by being hit by a fast moving athlete	<ul style="list-style-type: none"> <li>• All groups plan sessions to use track in different areas to avoid</li> </ul>	L	<ul style="list-style-type: none"> <li>• Ask track owners to put a sign up about lane discipline so</li> </ul>	L	JH / MSR	31/1/2020	

		<ul style="list-style-type: none"> <li>collisions</li> <li>Other track users are informed of lanes being used for speed and endurance sessions</li> <li>Coaches mark out with cones areas in use for sprint work</li> </ul>		<ul style="list-style-type: none"> <li>other track users not part of Rothwell club follow rules</li> </ul>				
Interaction with other sports using facility Tag Rugby	Athletes and Coaches being hit by a player whilst playing or walking to and from the playing area	<ul style="list-style-type: none"> <li>Tag Rugby teams sometimes using facilities on pitch in centre track. Coaches assess risk to athletes using inside lane and avoid if needed. No issues in 1 year of joint working.</li> <li></li> </ul>	L	<ul style="list-style-type: none"> <li>Increase tag rugby players awareness of our athletes using facility and stop them walking onto track.</li> <li>Ask facility to consider putting sign up with regard to track awareness and etiquette</li> </ul>	JH / MSR	31/1/2020		
Weather	Athletes and Coaches due to slips, trips and exposure to the weather	<ul style="list-style-type: none"> <li>Track always assessed for patches ICE and water</li> <li>Sessions adapted to avoid winds in back straight if an issue</li> <li>Athletes not permitted to train if not properly attired.</li> </ul> <p>Social media used to alert athletes of weather conditions</p>	L	<ul style="list-style-type: none"> <li>Facility to ensure correct maintenance of the drains and run off areas. Good maintenance at present</li> </ul>				Continuous discussion to ensure good facilities
Hurdles	Athletes through falls	<ul style="list-style-type: none"> <li>Only small training hurdles currently in use</li> <li>Hurdles set in correct direction</li> <li>No use of hurdles by athletes unsupervised</li> </ul>	L	<ul style="list-style-type: none"> <li>No other issues</li> </ul>				31/1/19
Jumps	Athletes with slips, trips and sprains	<ul style="list-style-type: none"> <li>Inspect run up, board and pit before activity</li> <li>Use cone to indicate to next athlete when safe to jump</li> <li>Supervise activity with 2 coaches when possible</li> <li>Ensure all covers are removed to a safe distance and don't</li> </ul>	L	<ul style="list-style-type: none"> <li>Ensure facilities manager keeps sand pit topped with sand and board in good order.</li> <li>Obtain own rake to ensure a good quality rake always available to Rothwell coaches</li> <li>Consider purchasing own take off board to use in training for</li> </ul>	MSR	31/1/2020		

		pose a trip hazard.		Rothwell athletes			
Throws shot putt	Athletes and Coaches with implements hitting them	<ul style="list-style-type: none"> <li>• All throwing practice supervised by an Athletics coach</li> <li>• All non throwing athletes behind the circle</li> <li>• All athletes only throw practice weights or maximum their specified competition weight</li> <li>• Throwing circle inspected prior to starting event</li> </ul>	M	<ul style="list-style-type: none"> <li>• Throwing circle requires maintenance and attention to board to discuss with facilities staff</li> </ul>	L	MSR / JH	31/1/2020
Throws discus	Athletes and Coaches by implement hitting them	<ul style="list-style-type: none"> <li>• Only discus qualified and insured coaches to undertake discus training</li> <li>• Inspect cage, circle and field before all throws commence</li> <li>• Ensure no training on the back straight during throwing practice due to direction and set up of cage facility</li> <li>• Only appropriate training weight discus used to maximum of age norms.</li> <li>• Current cage not up to standard</li> </ul>	H	<ul style="list-style-type: none"> <li>• Facilities manager to inspect and update the facility and ensure cage in appropriate state of repair.</li> <li>• Throwing practice to be held only at times when track work complete on not ongoing.</li> <li>• No ability to mark out sector when training need to obtain ropes and poles from facilities staff to mark sector.</li> <li>• Throwing limited as Rugby tag matches often in play on infield</li> </ul>	L	MSR / JH	31/1/2020
Throws Javelin	Athletes and Coaches by implement hitting them	<ul style="list-style-type: none"> <li>• Inspect runway</li> <li>• Check implements are correct weight and undamaged</li> <li>• Confirm appropriate athlete warm up and familiarity with</li> </ul>	H	<ul style="list-style-type: none"> <li>• Club has no javelins so to purchase appropriate weights for those wishing to train and store securely</li> <li>• No facility to mark out safe</li> </ul>	L	MSR	31/1/2020

		equipment		area will need to liaise with facilities management				
Throws Hammer	Athletes and Coaches and spectators	<ul style="list-style-type: none"> <li>• Inspect throwing circle</li> <li>• Ensure throwing area roped off</li> <li>• Ensure nobody using back straight during throwing activities.</li> <li>• Only permit throwing when a qualified coach present</li> <li>• Check with facilities manager before throwing commences that cage is of sufficient quality.</li> </ul>	H	<ul style="list-style-type: none"> <li>• Facilities manager to ensure the state of the cage.</li> <li>• Ensure the facilities manager has provided ropes for throwing area.</li> <li>• Coach to obtain qualification in hammer throwing.</li> </ul>	L	JH	31/1/2020	

NB Copy and paste rows as required