

Risk Assessment: Rothwell Harriers & AC John Charles Track and outdoor areas including road, track and trail and grass training including all COVID19 guidance and risk assessment for this facility

Date:	Assessed by:	Location :	Review :
01 / 09 / 2020	Dr Marc Randall	John Charles Athletics Stadium and outdoor training in woods and roads around stadium.	01/12/2020

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"> Track status checked by coaches at start of session Hazards such as ice patches or standing water identified. Other track users identified and agreements about lane use discussed. Athletes clothing assessed for suitability to train Track staff informed of issues with track and equipment Club has own equipment that they maintain 	L	<ul style="list-style-type: none"> Try to reduce different groups track use overlapping Check all parts of track surround for loose parts before training. Maintain good relations with facility organisers to continue to update facilities 	L	JH		<p style="text-align: center;">Yes</p> <p>Constant dialogue with track staff</p>
Starting blocks	Athletes by slipping	<ul style="list-style-type: none"> Starting blocks rarely used 	L	<ul style="list-style-type: none"> none 	L			31/1/19

		<ul style="list-style-type: none"> Rothwell have 2 sets of own blocks for practice and are maintained 						
Collision	Athletes and Coaches by being hit by a fast moving athlete	<ul style="list-style-type: none"> All groups plan sessions to use track in different areas to avoid collisions Other track users are informed of lanes being used for speed and endurance sessions Coaches mark out with cones areas in use for sprint work 	L	<ul style="list-style-type: none"> Ask track owners to put a sign up about lane discipline so other track users not part of Rothwell club follow rules 	L	JH / MSR	31/1/2020	
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"> 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. 	L	<ul style="list-style-type: none"> Increase tag rugby players awareness of our athletes using facility and stop them walking onto track. Ask facility to consider putting sign up with regard to track awareness and etiquette 	L	JH / MSR	31/1/2020	
Weather	Athletes and Coaches due to slips, trips and exposure to the weather	<ul style="list-style-type: none"> Track always assessed for patches ICE and water Sessions adapted to avoid winds in back straight if an issue Athletes not permitted to train if not properly attired. <p>Social media used to alert athletes of weather conditions</p>	L	<ul style="list-style-type: none"> Facility to ensure correct maintenance of the drains and run off areas. Good maintenance at present 	L			Continuous discussion to ensure good facilities
Hurdles	Athletes through falls	<ul style="list-style-type: none"> Only small training hurdles currently in use Hurdles set in correct direction No use of hurdles by athletes unsupervised 	L	<ul style="list-style-type: none"> No other issues 	L			31/1/19

Jumps	Athletes with slips, trips and sprains	<ul style="list-style-type: none"> Inspect run up, board and pit before activity Use cone to indicate to next athlete when safe to jump Supervise activity with 2 coaches when possible Ensure all covers are removed to a safe distance and don't pose a trip hazard. 	L	<ul style="list-style-type: none"> Ensure facilities manager keeps sand pit topped with sand and board in good order. Obtain own rake to ensure a good quality rake always available to Rothwell coaches Consider purchasing own take off board to use in training for Rothwell athletes 	L	MSR	31/1/20 20	
Throws shot putt	Athletes and Coaches with implements hitting them	<ul style="list-style-type: none"> All throwing practice supervised by an Athletics coach All non throwing athletes behind the circle All athletes only throw practice weights or maximum their specified competition weight Throwing circle inspected prior to starting event 	M	<ul style="list-style-type: none"> Throwing circle requires maintenance and attention to board to discuss with facilities staff 	L	MSR / JH	31/1/20 20	
Throws discus	Athletes and Coaches by implement hitting them	<ul style="list-style-type: none"> Only discus qualified and insured coaches to undertake discus training Inspect cage, circle and field before all throws commence Ensure no training on the back straight during throwing practice due to direction and set up of cage facility Only appropriate training weight discus used to maximum of age norms. Current cage not up to standard 	H	<ul style="list-style-type: none"> Facilities manager to inspect and update the facility and ensure cage in appropriate state of repair. Throwing practice to be held only at times when track work complete on not ongoing. No ability to mark out sector when training need to obtain ropes and poles from facilities staff to mark sector. Throwing limited as Rugby tag matches often in play on infield 	L	MSR / JH	31/1/20 20	
Throws Javelin	Athletes and Coaches by implement hitting them	<ul style="list-style-type: none"> Inspect runway 	H	<ul style="list-style-type: none"> Club has no javelins so to purchase appropriate weights 	L	MSR	31/1/20 20	

		<ul style="list-style-type: none"> • Check implements are correct weight and undamaged • Confirm appropriate athlete warm up and familiarity with equipment 		<ul style="list-style-type: none"> • for those wishing to train and store securely • No facility to mark out safe area will need to liaise with facilities management 				
Throws Hammer	Athletes and Coaches and spectators	<ul style="list-style-type: none"> • Inspect throwing circle • Ensure throwing area roped off • Ensure nobody using back straight during throwing activities. • Only permit throwing when a qualified coach present • Check with facilities manager before throwing commences that cage is of sufficient quality. 	H	<ul style="list-style-type: none"> • Facilities manager to ensure the state of the cage. • Ensure the facilities manager has provided ropes for throwing area. • Coach to obtain qualification in hammer throwing. 	L	JH	31/1/2020	
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	Athletes/ runners/parents/ coaches/other volunteers / Staff of facility	<ul style="list-style-type: none"> • All settings/ activities ensure education, discussion and compliance with EA and UK government instructions • Signage at facility reflecting all current COVID and UK Gov guidance • Pre-registration of athletes attending sessions via online link so numbers attending known and allocated to coaching bubbles • Require parents when registering athletes for a session to respond to agree current guidance understood 	M	<ul style="list-style-type: none"> • Continue to educate and comply with hand hygiene social distancing, masks where appropriate • Add details to facebook posts to remind individuals 	L	All coaches		

<p>Spreading/ transmission of Covid-19 through contact with disease on a surface</p>	<p>Athletes/ runners/parents/ coaches/other volunteers / Staff of facility</p>	<ul style="list-style-type: none"> • Ensure athletes have their own water bottle • Ensure athletes have had sanitiser or wipes • Avoid payments with cash • Ensure parents in stands are separated but can see athletes • No changing at site • Parents to deal with their own children's injuries • Athletes to have their own equipment and have cleaning equipment as needed • Groups of athletes with coaches to be instructed to arrive a facility at different times • All athletes attending to have been pre registered on the online registration system to attend and COVID questions answered. Records maintained electronically for 21 days for track and trace. • Coaching ratios always to match EA guidance and Coaches to bubble with as few athletes as possible • Coaches to have advanced knowledge of the groups to make checking off athletes expected against a list of attendees. • QIR code scan in for attendance with requirement to reconfirm understanding of all rules and confirm present well status of athlete parent and family. 	<p>M</p>	<ul style="list-style-type: none"> • Ensure all athletes have access to EA guidance by signposting on facebook • Use social media in advance to ensure athletes know their training bubble group and do not interact with other individuals from other training groups. • Update and continually update the guidance on the website, facebook page and electronic sign in links. 	<p>L</p>	<p>All Coaches</p>		
--	--	---	----------	---	----------	--------------------	--	--

		<ul style="list-style-type: none"> • Contact tracing of all attendees possible from lists 						
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	Athletes/ runners/parents/ coaches/other volunteers / Staff of facility	<ul style="list-style-type: none"> • Ensure 2 m social distancing at all times. • Where 2m distancing not possible due to proximity of the indoor space or moving through an indoor space to remind and check on the use of face masks. • Any sign of infection in any member of the group training of that group immediately terminated. Coach to inform COVID officer of possible infection in group and COVID officer and coach to ensure all parents in that group aware of contact and to follow current government advice. • Remind athletes of the rules of the training session and the current EA and UK Gov advice regarding the session. • Coaching ratios to always match EA guidance and coaches to bubble with as few athletes as possible • Coaches to have list of expected attendees. Attendance must be pre registered with online system and questions re COVID answered prior to acceptance • On arrival athletes signed in using contactless QIR scanning 	M	<ul style="list-style-type: none"> • Ensure all athletes are screened before session • Any athlete possibly unwell immediately removed from training and training suspended • Constant updates on social media and on website and all other club communication channels wioth regard to present UK guidance. 	L	All Coaches		

		<p>and parents to reconfirm answers to questions.</p> <ul style="list-style-type: none"> • Contact tracing of all attendees possible from lists. 						
<p>Spreading / transmission of COVID-19 through air borne or contact transmission of the disease by an infected person</p>	<p>Athletes/ runners/parents/ coaches/other volunteers / Staff of facility / Members of the public</p>	<ul style="list-style-type: none"> • Keep groups within EA and UK Gov rules at all times • Ensure groups are small enough to run the planned routes and social distance at all times within current UK guidance. • Adjust sessions to separate around facility to avoid bubbles interacting. • Use lanes to undertake sessions and leave free lanes to ensure distancing occurs. • Remind athletes who are not social distancing within a session to immediately social distance • Reserve the right to terminate training at any point • Check with electronic pre registration for sessions that all COVID questions have been answered and athlete / parent has confirmed understanding of the rules at the time. 	M	<ul style="list-style-type: none"> • Train in areas rarely used by the general public and that the training bubble can have exclusive access to. • 	L	All coaches		Continuous review

NB Copy and paste rows as required