

Risk Assessments

See separate Risk Assessments for discrete parts of the club.

Risk Level	Action and Timescale
Low	No action is required to deal with trivial risks, and no documentary records need to be kept (insignificant risk).
Moderate	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained
High	Activity should not be started until the risk has been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied

1. Welfare Officer should check status of coaches' clearances.
2. Coach coordinator to ensure that on club nights we have the right ratio of coaches to athletes.
3. Coach coordinator to ensure that the coaches have the appropriate checks in accordance with EA.

Risks Assessment: Throws

Note this RA includes Covid protocols.

Date	Assessed by	Location	Review	
July 2023	H&S Sub Committee	Tilsley Park	Annually	
Overall Assessment	Low Risk Activity			
	Correct procedures must be adhered to, and athletes must follow instructions			
Potential Hazard	Hazard effect	Control measures	Risk Rating	Action by whom
Preparation			Low	
1 Incorrect/unsuitable warm up	Damage to soft tissue, e.g., muscles and ligaments	Ensure appropriate and adequate warm up	Low	Coaches
2 Unsuitable footwear	Tripping, sprained ankles	Check correct footwear is worn	Low	Coaches
3 Uneven/slippery or worn javelin runway	Falling, tripping, strained muscles or ligaments	Ensure the runway is suitable for throwing e.g., clear and the weather is appropriate for safe throwing	Low	Coaches
4 Discus/Hammer/Shot circles	Athletes injuring themselves due to slipping in the circle	Ensure circle surface is clean and dry	Low	Coaches
		Monitor circle to ensure foreign objects are clear		
5 Throws cage not properly maintained or in a good, sage condition	Athletes injuring themselves due to slipping in the circle	Ensure that athlete throwing discus is aware to only throw when told it is safe to do so	Low	Coaches
		Coach to check the track and surrounding area is clear before letting athlete throw		
		Ensure the cage is in a good, safe condition by Tilsley Park		
		Ensure all non-associated persons are outside of the vicinity of the cage before throws commence		
6 Throwing sectors	Athletes and coaches may be injured due to collision with implement or tripping due to poor condition of infield	Regularly remind athletes of good throws etiquette	Med	Coaches
		Ensure next athletes isn't ready to throw whilst implements are being collected		
		the grass sector is well maintained and marked out by Tilsley Park		
		Remind athletes/volunteers/coaches to walk when retrieving implements		
		Ensure all non-associated persons are outside of the vicinity of the cage before throws commence		
Equipment				
9 Using throwing implements and ancillary equipment e.g., cones, pylo boxes and SAQ	Damage to body	Ensure equipment is in good condition and appropriate to use for the activity and the age of the athlete	Low	Coaches
General	Damage to body			
10 Inappropriate technique for throwing	Damage to body	Correct teaching for the technique needed in all throws	Low	Coaches
11 Athletes standing around throwing area	Damage to body	Only allow athletes to begin their throw when non throwers are in a safe position/place	Low	Coaches
12 Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low	Coaches
13 Jewellery or other objects which might cause injury and mobile phones causing a distraction	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low	Coaches
14 Inclement weather: athletes may injure themselves due to slippery surface or being unable to see event layout due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low	Coaches
Overall Assessment	Low Risk Activity			
	Correct procedures must be adhered to and athletes must follow instructions			

Risk Assessment: Jumps

Note this RA includes Covid Protocol.

Date	Assessed by	Location	Review		
July 2023	H&S Sub Committee	Tilsley Park	Annually		
Overall Assessment		Low Risk Activity			
		Correct procedures must be adhered to, and athletes must follow instructions			
Potential Hazard	Hazard effect	Control measures	Risk Rating	Action by whom	
Preparation					
1	Incorrect/unsuitable warm up	Damage to soft tissue, e.g., muscles and ligaments	Ensure appropriate and adequate warm up	Low	Coaches
2	Unsuitable footwear	Tripping, sprained ankles	Check correct footwear is worn i.e., spikes in wet weather when using the track surface	Low	Coaches
3	Uneven/slippery or worn LJ/TJ runways or HJ runup.	Falling, tripping, strained muscles or ligaments	Checking runways/runup is clear of obstructions and correctly maintained by Tilsley Park	Low	Coaches
	Long Jump/Triple Jump take off board - not level with ground. not marked clearly, not suitable distance from landing area		Check take off boards in level/safe/secure to avoid tip hazard by Tilsley Park.	Med	Coaches
Landing Area					
4	Long/Triple/High Sand Pits - not dug, not level, hard objects/glass not removed	Injury to athlete - cuts, grazes, broken bones.	Pits to have correct soft silver sand. Prepare pit by digging and raking. Check for dangerous objects	Med	Coaches
5	High Jump Landing Bed, - not wheeled and locking into position correctly	Injury to athlete - back, shoulders, head. Bruising to the limbs and body	Ensure the bed is wheeled and locked into position correctly	Low	Coaches
	High Jump Landing bed, - to be in good condition not old and worn		Continually check condition of bed. Replace old and worn equipment by Tilsley Park		
Equipment					
6	High Jump Stand improperly positioned	Bruising to limbs and body	Ensure equipment is correctly set up	Low	Coaches
	Support stand collapsing on athlete		Check support stands are on an even surface and secure. use weights to secure the stands		
	Landing on fibre glass bar		Use elastic bar. Fibre glass bar to be used with experienced athletes or in competition only		
7	Rake, fork, or spade left near the LJ/TJ landing area with teeth/prongs pointing upwards	Damage to body	Always place rake (prongs down) and spade and fork a safe distance from the landing area	Low	Coaches
8	Inappropriate technique for jumping/landing	Damage to body	Correct teaching for the technique needed in LJ/TJ/HJ.	Low	Coaches
General					
9	Athletes landing before previous athlete has cleared the area	Damage to body	Coach to ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst wating their turn. Athletes should be aware of potential collisions. Use whistle or call for the next jumper	Low	Coaches
10	Sand in eyes	Sore eyes	Ensure no sand is thrown.	Low	Coaches
11	Athletes standing around in landing area	Damage to body	Only allow athletes to begin their run up once athletes are walking away from the pit/bed and are out of the way of the run up	Low	Coaches & Athletes
12	Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low	Coaches
13	Jewellery or other objects which might cause injury and mobile phones causing a distraction	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low	Coaches
14	Inclement weather: athletes may injure themselves due to slippery surface or being unable to see event layout due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low	Coaches
Overall Assessment		Low Risk Activity			
		Correct procedures must be adhered to, and athletes must follow instructions			

Risk Assessment: Sprints and Hurdles

Notes this RA included Covid Protocol.

Date		Assessed by	Location	Review
July 2023		H&S Sub Committee	Tilsley Park	Annually
Overall Assessment		Low Risk Activity		
		Correct procedures must be adhered to and athletes must follow instructions		
Potential Hazard	Hazard effect	Control measures	Risk Rating	Action by whom
Preparation				Coaches
1	Incorrect/unsuitable warm up	Damage to soft tissue, e.g., muscles and ligaments	Ensure appropriate and adequate warm up	Low Coaches
2	Unsuitable footwear	Tripping, sprained ankles	Check correct footwear is worn i.e., spikes in wet weather	Low Coaches
3	Uneven/slippery or damaged/worn track	Falling, tripping, strained muscles or ligaments	Checking track weekly and keeping it clean, clear of obstructions and correctly maintained by Tilsley Park	Low Tilsley Park
			Track to be checked prior to use by coaches and report any issues to Head Coach for reference back to Tilsley Park	
4	Not adhering to Track Rules	Damage to the athlete and others using the track	Communication to everyone regarding Track Rules and regular reminding	Low Coaches
5	Coaches and other athletes	Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track	Coaches and athletes to observe local lane discipline	Low Coaches
			Athletes to check the track when entering or exiting across lanes	
			More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline	
6	Hurdles - Athletes not being adequately trained in technique and etiquette	Athletes may injure themselves due to collision with hurdles	Hurdles to be limited to one lane and used in the correct direction	Low Coaches
			Only athletes who have been coached in hurdles to use the hurdles on the track	
			Hurdles to be well maintained and free from damage	
7	Starting blocks - Athlete not being adequately trained in technique and use	Athletes may be injured from slipping or tripping due to incorrect positioning of blocks or poorly maintained blocks	Ensure athletes set up blocks correctly and they are firmly secured on to the track or other area	Low Coaches
			Blocks to be visually inspected by coach before use for suitability	
8	Starting - Athlete not being adequately trained in technique	Athletes may injure themselves or others due to collision with other athletes encroaching	Ensure starting blocks are correctly positioned in lane	Low Coaches
			Ensure athletes line up ready to start and are aware of other athletes in the area	
			Ensure starting blocks are removed from the track and returned to storage after the session finishes	
Equipment				
9	Using ancillary equipment e.g., cones, plyo boxes and SAQ	Damage to body	Ensure the equipment is in good condition and appropriate use for the activity and age of the athlete	Low Coaches
General				
10	Athletes standing around and not concentrating on what is going on around them and not listening to instructions	Damage to body	Remind athletes to be aware of their surroundings and other people and listen to instructions	Low Coaches & Athletes
11	Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low Coaches
12	Jewellery or other objects which might cause injury	Damage to body	Athletes should not wear jewellery or other objects which might cause injury	Low Coaches
13	Inclement weather: athletes may injure themselves due to slippery surface or being unable to see adequately due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low Coaches
14	Mobile phones, headphones, earphones, and earbuds	Damage to body	Not permitted on track	Low Coaches & Athletes
Overall Assessment		Low Risk Activity		
		Correct procedures must be adhered to and athletes must follow instructions		

Risk Assessment: Track Endurance

Note this RA includes Covid Protocols.

Date	Assessed by	Location	Review	
July 2023	H&S Sub Committee	Tilsley Park	Annually	
Overall Assessment	Low Risk Activity			
	Correct procedures must be adhered to and athletes must follow instructions			
Potential Hazard	Hazard effect	Control measures	Risk Rating	Action by whom
Preparation				Coaches
1 Incorrect/unsuitable warm up	Damage to soft tissue, e.g., muscles and ligaments	Ensure appropriate and adequate warm up	Low	Coaches
2 Unsuitable footwear	Tripping, sprained ankles	Check correct footwear is worn, cancel if conditions are considered to be unsafe	Low	Coaches
3 Uneven/slippery or damaged/worn track	Falling, tripping, strained muscles or ligaments	Checking track weekly and keeping it clean, clear of obstructions and correctly maintained by Tilsley Park	Low	Tilsley Park
		Track to be checked prior to use by coaches and report any issues to Head Coach for reference back to Tilsley Park		Coaches
4 Not adhering to Track Rules	Damage to the athlete and others using the track	Communication to everyone regarding Track Rules and regular reminding	Low	Coaches
5 Coaches and other athletes	Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track	Coaches and athletes to observe local lane discipline	Low	
		Athletes to check the track when entering or exiting across lanes		
		More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline		Coaches
Equipment				
6 Using ancillary equipment e.g. cones, pylo boxes and SAQ	Damage to body	Ensure the equipment is in good condition and appropriate use for the activity and age of the athlete	Low	Coaches
General				
7 Athletes standing around and not concentrating on what is going on around them and not listening to instructions	Damage to body	Remind athletes to be aware of their surroundings and other people and listen to instructions	Low	Coaches & Athletes
8 Jewellery or other objects which might cause injury and mobile phones causing a distraction	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low	Coaches & Athletes
9 Inclement weather: athletes may injure themselves due to slippery surface or being unable to see adequately due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low	Coaches
Overall Assessment	Low Risk Activity			
	Correct procedures must be adhered to and athletes must follow instructions			

Risk Assessment: Road Running & Off Road

Note this RA includes Covid Protocols

Date	Assessed by	Location	Review	
July 2023	H&S Sub Committee		Annually	
Overall Assessment	Low to Medium assuming.....Correct procedures are adhered to and athletes must follow instructions			
Potential Hazard	Hazard effect	Control measures	Risk Rating	Action by whom
Preparation				
1 Inappropriate running kit/equipment	Trips, falls, and being hit. Unseen by cyclists, runners, and other road users	Runners' responsibility to wear appropriate clothing and footwear Participants advised to wear high vis/bright clothing, and this is compulsory for club runs when running in the dark. Head torches are required when running off road after dark	Medium	All athletes to be reminded at the start of organised runs
2 Ground conditions - uneven/changing ground conditions	Falling, tripping, strained muscles or ligaments	Check correct footwear is worn. Runners to be advised of uneven ground. Runners to run in groups of similar and appropriate pace.	Medium	All
3 Inclement weather - heat, rain, storms, or icy roads	Slips, falls, trees falling, lightening	Official club decision made and publicised in the event of organised training as safety in extreme weather conditions	Low	Exec member
4 Traffic/road crossing on route	Being hit by cars, cyclists, and other road users. Running into other members of the public, pedestrians	it is the individual responsibility of all the runners to make sure that they crossroads at safe places and be aware of other road users. Regular reminders given at pre-run briefings	Low	All athletes to be reminded at the start of organised runs
5 Injuries through participation/medical conditions	Soft tissue injury, stress fractures, fainting, collapse	Experienced runners to set a pace suitable for warm up at the start of training runs	Low	
		Runners are encouraged to carry a mobile phone in case of emergencies		
6 Participants getting lost	Potential upset, panic, trauma for participants in session	It is the responsibility of all runners to make sure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions	Low	All athletes to be reminded at the start of organised runs
7 Runners crashing into other members of the public	Participants and members of public	Experienced runners should take appropriate routes for the group. Give way to other path users	Medium	Individuals
8 Junior XC training	Participants and members of public	it is the responsibility of coaches/leaders to make sure that the course is safe (see all above) and no runner is left running alone. This is especially important when running off road, wood, hills etc., in the dark or poor visibility conditions. All above apply to Junior Endurance Training.	Medium	Head Endurance Coach