



# **APPROVED CODE OF PRACTICE**

## **THE SAFE CONDUCT OF TRACK AND FIELD EVENTS**

**OUTDOOR AND INDOOR TRAINING**

**AND**

**COMPETITION**

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## HEALTH AND SAFETY POLICY

UK Athletics is committed to a safe environment for all athletes, officials and coaches. It will promote standards of health, safety and welfare within athletics and will ensure compliance with all relevant statutory provisions.

UK Athletics will ensure that suitable and sufficient risk assessments are carried out, that procedures and safe systems are implemented in accordance with all current statutory provisions and that all reasonable and practical measures are taken to avoid risk. Safe practices will be adopted and continuous improvement will be sought through regular audits and reviews.

Appropriate instruction and training will be provided together with adequate resources to ensure that the successful management of health and safety is carried out and that this policy is collectively implemented.

This policy together with arrangements and procedures, will be reviewed regularly and revised and updated as necessary.

Chief Executive.  
27/02/07

# **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:

- a) Identify the hazard
- b) Identify those who might be harmed and how.
- c) Evaluate the risk (low, medium or high) and decide whether there are existing precautions and if these are adequate or are more required.
- d) Record the findings.
- e) 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:**

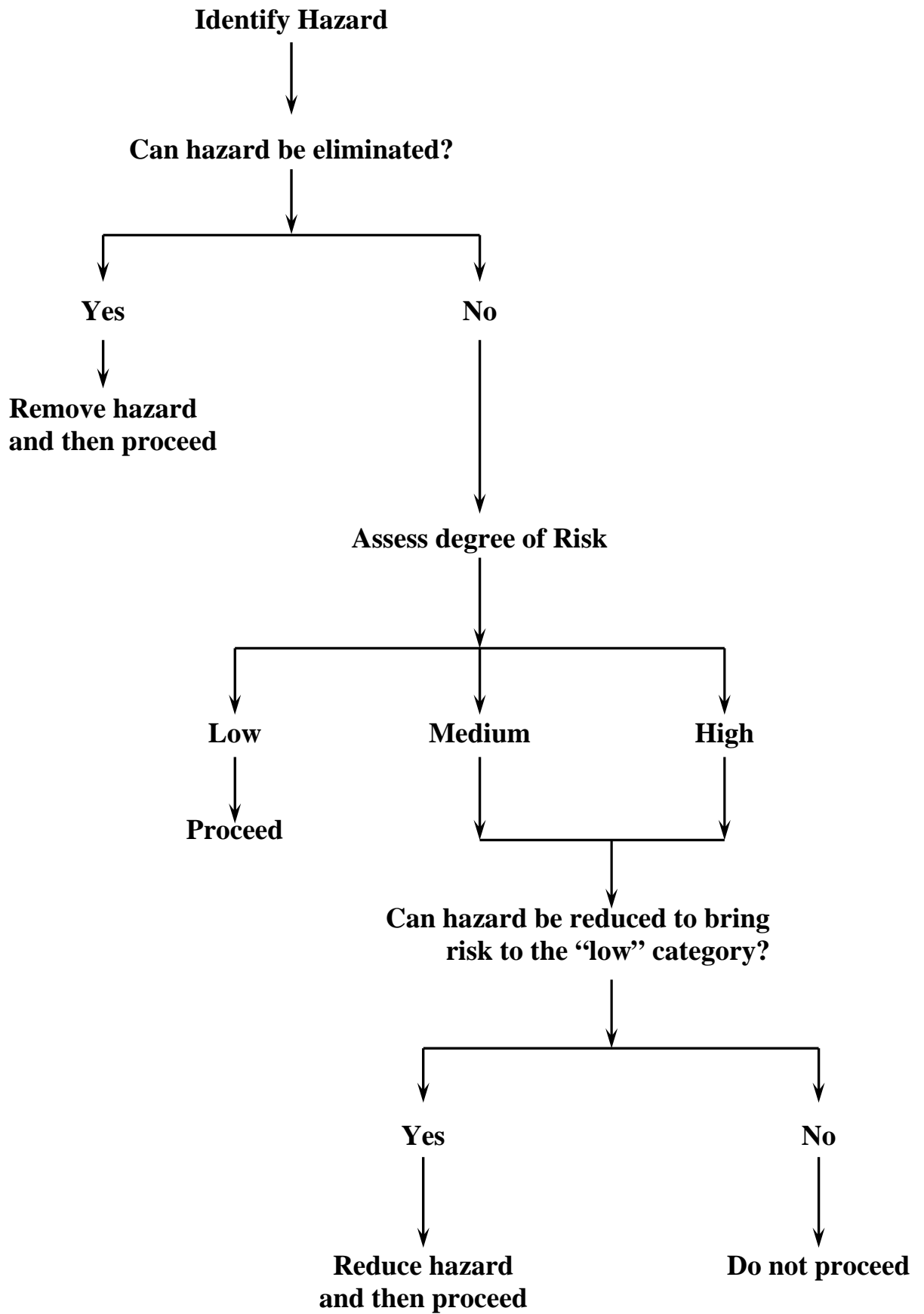
**LOW            NO RISK, OR MINIMAL RISK OF INJURY**

**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**

### **“THE SAFE CONDUCT OF TRACK AND FIELD EVENTS”**

IT IS THE RESPONSIBILITY OF ALL OFFICIALS COACHES AND ATHLETES TO ENSURE THAT ALL AND COMPETITION AND 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.

## **CERTIFICATION OF TRACKS**

COMPETITION AND TRAINING MAY ONLY BE HELD ON TRACKS WITH A CURRENT APPROPRIATE CERTIFICATE.

## **RESPONSIBILITIES**

MANY OF THE OFFICIALS' AND COACHES' RESPONSIBILITIES MAY NOT ENTAIL DIRECT ACTION BY THE OFFICIAL OR COACH IN PERSON BUT RATHER THE NEED TO BRING THE PROBLEM TO THE ATTENTION OF GROUND STAFF.

## **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.

### **OFFICIAL AND TECHNICAL OFFICIAL**

Any person, qualified or not, who has been given responsibility for the conduct and regulation of an event.

### **COACH**

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

### **GROUND STAFF AND GROUND/STADIUM MANAGEMENT**

Those persons delegated by the local authority or employed at a stadium or track whose responsibility it is to ensure that the track and equipment are serviceable and in good working order.

### **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**

## **Officials**

UK Athletics Insurance provides UKA Officials with Public Liability and Third Party Insurance, Personal Accident Insurance and Travel Insurance for all events organised by affiliated bodies. For fuller details officials should refer to the UK Athletics leaflet 'Insurance Cover for Officials' available from UK Athletics.

1. Officials 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, officials should ensure that all relevant details of the accident / incident are recorded and that all correspondence is conducted through UKA Insurers.
3. Unqualified persons used to officiate are covered by insurance provided they operate under the jurisdiction of a qualified official. Meeting organisers and referees must ensure that unqualified persons used to officiate are aware of any safety issues related to the event.
4. Insurance is linked to affiliation not permits. The issue of a permit does not in itself provide insurance for an event or race. Officials are covered by UK Athletics Insurance only when officiating at events promoted or organised by affiliated clubs and organisations.

## **Coaches**

UK Athletics Insurance provides UKA Coaches with Public Liability and Third Party Insurance, Personal Accident Insurance and Travel Insurance. For fuller details coaches should refer to the UK Athletics leaflet ‘ Insurance Cover for Coaches’ available from UK Athletics.

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**

Accidents and incidents that happen during competitions must be reported to UK Athletics.

Report forms can be downloaded from the UK Athletics website or can be obtained from clubs or regions and should be completed either by the referee or by an appropriate event official.

A reportable accident is one in which a person suffers an accident as a result of which that person requires or is likely to require medical treatment.

A reportable incident is one, which in slightly different circumstances, might have led to a reportable accident.

i.e. A near miss in the javelin or hammer

### **The Use of Additional Padding and Matting**

1. Additional matting or padding may be used to supplement existing landing areas for high jump and pole vault or to cover hard surrounds.
2. 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.
3. 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.

### **The Weather**

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

# TRAINING

## Supervision of Training

- A. Young athletes ( Under 17 years)  
Always supervised
  
- B Junior Athletes ( Under 20 years) or inexperienced senior athletes
  - (a) Supervised 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 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, warm ups etc.)

## Weight Training

- A. Junior, younger and inexperienced senior athletes must be supervised at all times.
  
- B. Experienced senior athletes if unsupervised should always ensure that at least one other coach or athlete is present.

## General

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

- (a) Any risks attached to the event / exercise which an athlete is undertaking.
- (b) The age and skill level of the athlete
- (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**

- 4. Additional matting or padding may be used to supplement existing landing areas for high jump and pole vault or to cover hard surrounds.
- 5. 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.
- 6. 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, run ups and throwing circles become covered in snow/ice or waterlogged training should cease as the risk would increase to HIGH.

**GENERIC RISK ASSESSMENTS  
FOR SPECIFIC  
TRACK AND FIELD EVENTS**

**With the following events, if adequate control measures are in place then the risk will be reduced to LOW.**

**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.
5. Where removable kerbs are in place, any exposed ends should be covered and where sections join together they should be secured.
6. Lengths of kerbing that have been moved to facilitate steeplechase, high jumping or javelin throwing should be placed in a safe area. They should be replaced after steeplechase, high jump and javelin have ceased

**Control Measure Responsibilities:**

1,6	Athletes and coaches
2,3,4,5	Ground Staff

**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.

**Control Measure Responsibilities:**

1	Athletes and coaches
2	Ground staff, athletes
3	Coaches

**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.

**Control Measure Responsibilities:** 1, 2 Athletes and coaches.

### **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.

**Control Measure Responsibilities:** 1, 2, 3 Ground Staff

### **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.

**Control Measure Responsibilities:** 1 Ground Staff

### **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.

**Control Measure Responsibilities:** 1 Coaches  
2 Athletes and Coaches

## **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 counter balance 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.

<b>Control Measure Responsibilities:</b>	1	Athletes, Coaches
	2,3,4	Ground staff
	5, 6	Coaches

## STEEPLECHASE

### **HAZARD** Water Jump

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

## CONTROL MEASURES

1. Ensure water jump is full, i.e. water is level with track surface and free from debris.
2. Must not be used in training if empty.
3. Regularly inspect lining material to bottom of water jump for splits, bubbles etc and repair any defects.
4. Check barrier top rail for secure fixings and that surfaces are not damaged so as not to cause injury.
5. Check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of pins)

<b>Control Measure Responsibilities:</b>	2	Athletes, Coaches
	1,3,4,5	Ground Staff

### **HAZARD** Barriers (Fixed & portable)

**WHO/HOW AFFECTED** Athletes, coaches, Ground staff – Injury from defective structures and from incorrect handling/lifting

## CONTROL MEASURES

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).
2. Carry out manual handling safe practice when placing barriers in position on track and on removing them when event is concluded.

<b>Control Measure Responsibilities:</b>	1, 2	Ground staff
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## FIELD EVENTS

### JUMPS

Where long, triple or pole vault runways are located on the infield long throwing events must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.

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

**WHO/HOW AFFECTED** Athletes

##### **CONTROL MEASURES**

1. Athletes should wear adequate footwear.
2. If kerbing is removed then it should be stored in a safe place and replaced after training.
3. Ensure run up area is level, free of holes and swept regularly to remove debris, e.g. stones

**Control Measure Responsibilities:**

1	Athletes and coaches
2	Coaches and Ground staff
3	Ground Staff

#### **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.

**Control Measure Responsibilities:**

1, 4	Coaches
2	Athletes
3	Athletes and coaches
5	Coaches

#### **HAZARD** Crossbars (High Jump, Pole Vault)

**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.

**Control measure responsibilities:**

1,3	Coaches
3	Athletes
1,2	Ground staff

**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. In pole vault avoid vaulting into the wind if possible.
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions.
6. Athletes should wear adequate footwear, e.g. spikes.

**Control measure responsibilities:**

1,2,3	Ground staff and coaches
4,5	Coaches
6	Athletes

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

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

**CONTROL MEASURES**

1. Ensure adequate floodlighting at night.

**Control measure responsibilities:**                      1                      Coaches, Ground staff

**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.

**Control measure responsibilities:**                      1,2                      Coaches, Ground Staff

**HAZARD**

**Elastic Bar (High Jump, Pole Vault)**

**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 athletes ability.
3. Ensure that the elastic bar is sufficiently flexible.

**Control Measure Responsibilities:** 1, 2, 3 Coach

**HIGH JUMP**

**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.

**Control Measure Responsibilities:**

1, 2	Ground staff , Coaches
3	Ground staff
4	Coaches, Athletes

**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 clamping screws.
3. Ensure adequate maintenance and regular inspection.

**Control Measure Responsibilities:**

1,3	Ground staff
2	Coaches, Ground staff

**HAZARD**      **Surrounds**

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

**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.

**Control Measure Responsibilities:**      1, 2      Ground staff, Coaches

**POLE VAULT**

**HAZARD**      **Pole vault Drills - Swings on pole**

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

**CONTROL MEASURES**

1. Use correct teaching procedure.
2. Use a low grip
3. Use a non slip floor.
4. Do not use a run up.

**Control Measure Responsibilities:**      1, 2, 3, 4 Coach

**HAZARD**      **Vaults into sand**

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

**CONTROL MEASURES**

1. Check sand as for long jump.
2. Use a low grip.
3. Use correct teaching procedure.
4. Ensure surrounds are free of all objects i.e. rakes etc.
5. Full approach vaults must never be taken into sand

**Control Measure Responsibilities:**      1, 2, 3, 4, 5      Coach

**HAZARD**      **Runs with pole**

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

**CONTROL MEASURES**

1. Ensure track is free from holes, is swept regularly and is free from any debris.
2. Ensure coaches and other athletes are aware of vaulters running.

**Control Measure Responsibilities:**

1	Ground Staff
2	Coach, Athlete

**HAZARD**                      **Vaults on mats**

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

**CONTROL MEASURES**

1. Ensure mats are thick and large enough for the size and ability of the athlete.
2. Ensure the pole cannot slip on the floor at take off.
3. Use a short approach i.e. 2/4 strides.
4. Use a non slip floor.

**Control Measure Responsibilities:**            1, 2, 3, 4 Coach

**HAZARD**                      **Poles**

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

**CONTROL MEASURES**

1. Check pole carefully for deep scratches or cracks.
2. Protect bottom of poles with tape.
3. Do not let poles fall onto hard surfaces.
4. Beware of poles falling to side of landing area after a vault.
5. When not in use ensure poles are stored where athletes/coaches cannot trip over them and where they cannot fall onto anyone.

**Control Measure Responsibilities:**            1, 2, 3, 4, 5    Coach

**HAZARD**                      **Vaulting**

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

**CONTROL MEASURES**

1. Ensure vaulter`s technique is adequate for the poles he/she is using.
2. Ensure that the pole is of correct weight and length.
3. Ensure other athletes and coaches are aware of vaulters on the run up.
4. Athletes should not wear jewellery or other objects which might cause injury.

**Control Measure Responsibilities:**

1, 2, 3	Coach
4	Athlete, Coach

**HAZARD**      **Landing area**

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

**CONTROL MEASURES**

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.
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.
3. Ensure adequate maintenance and regular inspection with particular reference to impacted foam, tears and holes.
4. Ensure that beds are the correct size.
5. Ensure that the slope away around the box conforms to the correct specification.
6. There is sufficient protection for the vaulter as detailed in the Rules.

**Control Measure Responsibilities:**      1,2,3,4,5 Ground staff  
6      Ground Staff, Coaches

**HAZARD**      **The Box**

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

**CONTROL MEASURES**

1. Ensure adequate maintenance and regular inspection.
2. Ensure that the box is clearly visible.

**Control Measure Responsibilities:**      1, 2      Ground staff

**HAZARD**      **The Stands**

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

**CONTROL MEASURES**

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

**Control Measure Responsibilities:**      1,2      Ground staff, Coaches

**HAZARD**      **Surrounds**

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

**CONTROL MEASURES**

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.
2. There must be no obstructions within 1m. of any runway or landing area.

**Control Measure Responsibilities:**

1	Ground staff
2	Ground Staff, Coaches

**LONG/TRIPLE JUMP**

**HAZARD**      **Runway**

**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.

**Control Measure Responsibilities:**

1,2,3,7	Ground staff
1,4,5	Coaches
6	Athletes, Coaches

**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.

**Control Measure Responsibilities:** 1, 2, 3, 4, 5, 6, 7 Ground staff

### **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 off line or take off line 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 that prongs of rakes face the ground or away from the landing area.

**Control Measure Responsibilities:** 1, 2, 3, 4, 5, 6 Ground staff  
2, 3, 5, 7 Coaches and athletes

### **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**

(a) 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.

**Control Measure Responsibilities:** 1,2,3,4 Coaches

(b) 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.

**Control Measure Responsibilities:** 1,2,3,4 Coaches

(c) 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.

**Control Measure Responsibilities:** 1,2,3,4,5,6,7 Coaches  
3 Athletes

## **THROWING**

### **HAZARD**

### **Sector**

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

### **CONTROL MEASURES**

1. The central throwing area safety sector must be ‘roped’ off in accordance with current UKA rules.
2. Holes in sector or infield made by landing should be filled level with the ground.

3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence.

**Control Measure Responsibilities:** 1,2 Ground staff  
3 Coaches

**HAZARD** Cages

**WHO/HOW AFFECTED** Athletes, coaches, – hammer 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.

**Control Measure Responsibilities:** 1,2,3,4,5 Ground staff, Coaches  
6 Coaches, Athletes

**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.

**Control Measure Responsibilities:** 1,2,3,4 Ground staff, Coaches  
5 Ground staff

**HAZARD** Training

**WHO/HOW AFFECTED** Athletes, Coaches, Ground Staff, Spectators - injuries from thrown implements

**CONTROL MEASURES**

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.
2. Throws must not commence unless the coach signals it is safe to begin.

**Control Measure Responsibilities:** 1, 2 Coaches, Athletes

## HAMMER

### **HAZARD** Gates

**WHO/HOW AFFECTED** Athletes, coaches, public

#### **CONTROL MEASURES**

1. Check that the gates can move freely and can be secured in both their open and closed positions.
2. Make sure that the netting is not holed, and is secure and in good condition.
3. Check that netting tension, when erected, has sufficient retardation and minimal bounce particularly when the gates are bolted in position.
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”).
5. Where non traditional cages without gates are used the netting must be secured in the appropriate manner.

**Control Measure Responsibilities:** 1,2,3,4,5 Ground staff,  
Coaches, Athletes

### **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 by ground staff.

**Control Measure Responsibilities:** 1,2,3 Ground staff, coaches, athletes

**HAZARD**      **Training**

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

**CONTROL MEASURES**

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

**Control Measure Responsibilities:**      1, 2      Coaches, athletes

**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.

**Control Measure Responsibilities:**      1      Coaches, athletes

**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.

**Control Measure Responsibilities:**      1      Ground staff, Coaches, Athletes

**HAZARD**      **Training**

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

**CONTROL MEASURES**

1. All throws shall only take place from the circle, within the cage and be supervised.
2. Discus must be returned by hand carry only.
3. Only coaches are allowed forward of the throwing circle.
4. Ensure that coaches and athletes are aware of the need for concentration at all times.

**Control Measure Responsibilities:** 1, 2, 3, 4 Coaches, athletes

## 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.

**Control Measure Responsibilities:** 1,2,3 Ground staff  
1 Coaches

### **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.

**Control Measure Responsibilities:** 1 Ground staff, athletes, coaches

### **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. Where track kerbing is in the run up line, ensure that this is removed whilst training is in progress. It should be placed in a safe area and it should be replaced after training has ceased.
3. Measuring tape (if used) should not encroach on runway
4. All throws must be from the runway and only in the direction of the sector
5. Javelins are to be returned after throwing by carrying vertically and not by throwing

6. Only coaches, or supervised athletes, are to be forward of the throwing line
7. All coaches and athletes are aware of the need for concentration at all times.
8. 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.
9. During a throw, coaches and athletes must stand outside the sector lines or behind the thrower.
10. Throws must not commence unless the coach signals it is safe to begin.

**Control Measure Responsibilities:** 1,2,3,4,5,6,7,8,9,10 Coaches  
 3,4,5,6,7,8,9,10 Athletes

## 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.

**Control Measure Responsibilities:** 1, 2, 3, 4, 5, 6 Ground staff  
 2, 3, 4, 5, 6 Coaches and athletes

### **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.

**Control Measure Responsibilities:** 1 Ground staff, coaches and athletes

**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.

**Control Measure Responsibilities:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 Coaches  
2, 3, 6 Coaches, Athletes

# **Indoor Training**

## **General Considerations**

The more confined area generally associated with indoor athletics will require greater attention being paid.

In view of the fact that athletic training often takes place in halls which are either multi-purpose halls or halls which have not been specifically designed for athletics, particular attention must be paid by facility staff, coaches and athletes to the following, in addition to the outdoor risk assessments which are applicable to indoor training :

1. Uneven, raised and insecure surfaces.
2. The placement of equipment.
3. The risk of collisions.
4. The proximity of walls and ceilings.
5. The conduct of activities.
6. The close proximity of different activities and the consequent danger of collisions.
7. The likely intrusion of non participants into the training area.
8. The more frequent damage done to equipment which is constantly being moved.
9. The availability of space for any particular activity and the proximity of dividing nets.

## **Gymnastic Equipment**

(Installed in an athletics facility for the use of athletic training)

### **Facility Staff**

#### **General**

1. Ensure that all equipment is regularly checked.
2. Suitable matting should be available.
3. Athletes must be supervised at all times by coaches.
4. Only accredited UKA coaches should be allowed to use the equipment.
5. The centre should maintain a list of accredited coaches.
6. A notice with safety instructions should be placed on a nearby wall.
7. Maintain a record of all safety checks.

#### **High Bar**

1. Apparatus should be assembled according to the manufacturer's instructions.
2. If stored after use ensure re assembly is by competent persons.
3. Suitable matting should be available when necessary.



4. Regular checks of equipment should be carried out by facility provider and coaches.
5. An annual inspection of the equipment should be carried out by a competent person and details of the inspection should be available during the facility certification inspection.

### Ropes

1. Ropes should be kept tied up when not in use.
2. Matting should be made available when in use.
3. Regular checks of equipment should be carried out by facility provider and coaches.
4. An annual inspection of the equipment should be carried out by a competent person and details of the inspection should be available during the facility certification inspection.

### Rings

1. Ring ropes and cables should be inspected to ensure they are not damaged or frayed.
2. Pulleys should be free to rotate.
3. An annual inspection of the equipment should be carried out by a competent person and details of the inspection should be available during the facility certification inspection
4. Rings should not be splintered, damaged or slippery.

### Wall Bars

1. Wall bars must be inspected regularly to ensure that wall fixings are secure.
2. Regularly inspect wall bars for wear and tear.

## Coaches

### High Bar

Before use coaches should ensure that equipment is in good order.

- (a) Check cables are in place and secure.
- (b) Check cable tension
- (c) Check for any wear and tear in cables.
- (d) Check uprights have been positioned correctly.
- (e) Check fittings to floor or wall.
- (f) Check bar is not permanently “set” with a bend. Do not reverse bar to remove bend.

### During use

- (a) Ensure athletes have the correct equipment for their activities i.e. Chalk, grips, tape etc.

- (b) Ensure that suitable matting is in place.
- (c) Only allow athletes to attempt exercises commensurate with their ability.
- (d) Coaches should not teach complex gymnastic exercises unless they are sufficiently competent.

#### Ropes

- (a) Always check for any damage to the rope before use and report any wear and tear to the facility staff.
- (b) Always use crash mats under the rope.

#### Rings

- (a) Check equipment before use.
- (b) Always use crash mats under the rings.
- (c) Only allow athletes to attempt exercises commensurate with their ability.
- (d) Coaches should not teach complex gymnastic exercises unless they are sufficiently competent.

#### Wall Bars

- (a) Check wall bars for wear and tear before use.

## TRACK AND RUNWAYS

### **HAZARD** Track / Runways

**WHO/HOW AFFECTED** Athletes - Injury from tripping/falling

#### **CONTROL MEASURES**

1. In the case of demountable tracks ensure that the track boards are secure and are set up according to the manufacturers' specifications.
2. Any change of height should be clearly identified.

**Control Measure Responsibilities:** 1,2 Facility staff

### **HAZARD** Track Surrounds(Barriers)

**WHO/HOW AFFECTED** Athletes – Injury from collision with barriers on the outside of the track

#### **CONTROL MEASURES**

1. Ensure barriers at the end of the straight are covered with protective foam to prevent direct contact and are secure and that walls are protected where the run off space is limited.
2. Ensure that any protrusions from walls do not present a danger to hurdlers or other athletes.

**Control Measure Responsibilities:** 1,2 Facility staff

**HAZARD**      **Equipment**

**WHO/HOW AFFECTED**      Athletes/Coaches – Injury from tripping and collisions.

**CONTROL MEASURES**

1. Any moveable equipment and kit must be placed so as not to constitute a hazard to any events or individuals.

**Control Measure Responsibilities:** 1 Facility staff, Coaches, Athletes

**HAZARD**      **Roll up run-ups**

**WHO/HOW AFFECTED**      Athletes, Coaches – Injuries from tripping, slipping

**CONTROL MEASURES**

1. Ensure that run-ups are secured.
2. Ensure that the run-up is non-slip.
3. Ensure that the run-up is made from synthetic or other acceptable material.
4. Ensure that the run-up does not constitute a trip hazard especially if it is in sections.

**Control Measure Responsibilities:** 1,2,3,4 Facility staff, Coaches, Athletes

**HAZARD**      **Sand Pits**

**WHO/HOW AFFECTED**      Athletes – Injury from collisions with edges.  
Athletes, coaches – Tripping as a result of uneven surfaces

**CONTROL MEASURES**

1. Ensure that the edges of sand pits do not present a danger to athletes.
2. Ensure that sand pit covers where fitted are maintained so that they are flush with the surrounding athletic surface.
3. The area 12m. beyond the centre of the long and triple jump take – off boards and 1m. from the edge of the sand pit should have no obstructions.

**Control Measure Responsibilities:** 1 Facility staff, Coaches  
2,3 Facility Staff

## WALLS AND ROOFS

### HAZARD

#### Roof

**WHO/HOW AFFECTED** Athletes - Injury from hitting low roof and implements hitting roof

#### CONTROL MEASURES

1. Ensure that the height of the roof is commensurate with the ability of the athletes particularly in pole vault and throwing events and that any hung equipment does not constitute a hazard.

**Control Measure Responsibilities:** 1 Facility staff, Coaches

### HAZARD

#### Walls

**WHO/HOW AFFECTED** Athletes – Injury from hitting side walls and implements hitting walls

#### CONTROL MEASURES

1. In those cases where the surrounds of landing areas do not conform to UKA recommendations the walls adjacent to the pole vault and high jump should be covered with safety material.
2. Care should be taken that throwing takes place in suitably designated areas.

**Control Measure Responsibilities:** 1,2 Facility staff, Coaches

## THROWING FACILITIES

### 1. Indoor Throwing Enclosures

- (a) For Shot, Discus, Hammer and Javelin
- (b) Minimum dimensions
  1. Inner net 7m. x 7m.
  2. Outer net 7.40m. x 7.40m.
  3. Height 4.50m. For javelin 6.20m.
  4. Min. gap between nets 20cms.
  5. 1m excess at bottom of nets.
  6. Both nets must be secured at base. - See 3e.
  7. Ensure that netting is sufficiently loose to prevent implements from rebounding.
- (c) Additional information
  1. Consideration must be given to the protection of runners, track way and other net fittings

2. The throwing circle must be positioned in such a way that any implement thrown will release into the front or side netting rather than the roof netting or the netting protecting the runners and track way.
3. The javelin release point should be approximately 5m. from the receiving netting or at a distance such that the javelin will strike the front netting rather than the roof netting or the netting protecting the runners and track way.
4. A moveable circle is generally recommended
5. Ensure that there are no gaps between the runners and the netting.

### **3. Circular Indoor Throwing Areas**

1. Minimum diameter must be 7m.
2. Double netting must be used for front and sides. Single netting should be used for the roof.
3. Ensure that netting is sufficiently loose to prevent implements from rebounding.
4. The centre of the circle should be at least 3.50m. to the netting.

### **2. Netting**

- (a) All throwing enclosures and circles must have double netting for front and sides. Single netting should be used for the roof.
- (b) The netting which forms the entrance into the circle or enclosure must not be exactly opposite but should be offset to each other and the entrance netting should overlap by a minimum of 1m. In addition there should be some method to prevent the entrance from leaving a gap.
- (c) There should be a safety zone of at least 2m. beyond the outer netting.
- (d) Ensure that there are no gaps between the runners and the netting.
- (e) Both inner and outer nets should be weighted at the bottom and must be secured either by permanent fixings on the floor or by heavy objects such as sandbags. It is recommended that the inner netting should be sufficiently loose to prevent implements from rebounding and that the outer netting should be angled out such that the gap between the nets is maintained with a minimum distance of 30cms. and secured such that minimum deflection is possible.

**Where netting is not available coaches must ensure that proper precautions are taken to ensure that there is no danger either to any persons in the vicinity or to any walls, ceilings or fixings.**

### **3. Floor Protection**

The floor protection should be covered gym matting.

#### 4. Equipment

- (a) No outdoor javelins should be used indoors only indoor javelins or javelins specifically modified for indoor use.
- (b) Shots must be indoor shots.
- (c) Modified hammers may be used.
- (d) Outdoor discus may be used.
- (e) All equipment should be checked before use.

#### 5. Positioning of Throwing Circles

- (a) The position of the throwing circle will depend largely on the dimensions of the throwing enclosure. It should be positioned in such a way that :
  - i. The thrower will not damage the tracking or runners.
  - ii. The implement will not rebound on to the thrower.
  - iii. The implement will not damage any object outside the netting. i.e walls
- (b) In general the higher the roof netting the further from the front netting the throwing circle can be. Conversely the lower the roof netting the closer to the front netting the throwing circle will be.
- (c) As a guideline if the roof netting is 6.20m. the centre of the throwing circle should be approximately 5m. from the front netting. In a smaller enclosure ( 7m x 7m.) with a height of 4.50m. the throwing circle should be 3.50m. from the front.
- (d) If portable, facility staff and coaches should ensure that the circle is immovable and undamaged.
- (e) With the javelin in an enclosure with a height of 6.20m. there should be a hatched area for the release of the javelin 5m. to 6m from the front netting. Care should be taken that throwers do not follow through closer than 4m. to the front netting.

## SHOT PUT

### **HAZARD**

### **Sector**

**WHO/HOW AFFECTED** Athletes, Coaches – Tripping due to uneven surface, shot impact injuries

### **CONTROL MEASURES**

1. Ensure that if the sector is covered with impact absorbent material that the sections are tight fitting so as not to cause a tripping hazard.

2. Ensure that when necessary the sector is surrounded at the far end and on both sides as close to the circle as may be necessary for safety by a barrier which should be adequate to stop a shot whether in flight or bouncing.

**Control Measure Responsibilities:** 1, 2 Facility staff, Coaches

**HAZARD**            **Implements**

**WHO/HOW AFFECTED**            Athletes, Coaches – Hand injury due to damaged surface of shot

**CONTROL MEASURES**

1. Regularly inspect shot to ensure a smooth undamaged surface.
2. Ideally use plastic or rubber covered shots.
3. Metal shots should only be used if the floor surface is suitable.

**Control Measure Responsibilities:** 1,2,3 Facility staff, Coaches, athletes

**HAZARD**            **Roof, Walls**

**WHO/HOW AFFECTED**            Athletes, Coaches – Injuries from rebounding shots

**CONTROL MEASURES**

1. Ensure that the shot circle is positioned such that shots will not impact upon ceilings and walls.

**Control Measure Responsibilities:** 1 Facility staff, Coaches

**HAZARD**            **Putting**

**WHO/HOW AFFECTED**            Athletes, Coaches – Shot impact injuries

**CONTROL MEASURES**

1. Ideally the shot should be put into netting.
2. Where netting is not available ensure the area is clear of all persons in front of the circle. In addition, when rotational throwers are putting ensure that all persons in the vicinity are at a safe distance.
3. If netting is used :
  - (a) Ensure no-one is standing behind the netting during a put.
  - (b) Ensure that rotational throwers put from within a netting enclosed area.
  - (c) Ensure that only the thrower is allowed within the netting enclosed area during a put.
  - (d) Those standing outside should be a safe distance from the netting.
  - (e) Ensure that the netting is undamaged.

**Control Measure Responsibilities:** 1 Facility staff, Coaches  
2,3 Coaches, Athletes

## JAVELIN

### **HAZARD** Runway

**WHO/HOW AFFECTED** Athletes, Coaches – Tripping due to damaged surface, slipping due to gritty or slippery surface

#### **CONTROL MEASURES**

1. Ensure that runway area is non slip and swept free of grit.
2. Check that runway is free from damage.

**Control Measure Responsibilities:** 1,2 Facility staff, Coaches

### **HAZARD** Training

**WHO/HOW AFFECTED** Athletes, Coaches – Injury from implements

#### **CONTROL MEASURES**

1. Ensure that only correct indoor training implements are used.
2. Ensure that throwing takes place into netting which conforms to the correct specifications.
3. Ensure that the netting is undamaged and is of a suitable tension.

**Control Measure Responsibilities:**

1	Coaches, Athletes
2	Facility staff, Athletes
3	Facility staff, coaches, Athletes

### **HAZARD** Walls and Ceilings

**WHO/HOW AFFECTED** Athletes, Coaches – Injury from implements rebounding.

#### **CONTROL MEASURES**

1. Ensure that all throwing takes place in an area specifically designed for the activity.

**Control Measure Responsibilities:** 1 Facility Staff, Coaches, Athletes

## HAMMER

### **HAZARD** Throwing

**WHO/HOW AFFECTED** Athletes, Coaches – Hammer impact injuries

#### **CONTROL MEASURES**

1. Ensure that the hammer is only thrown into double netting from within a double netting enclosed area.



2. Ensure no-one is standing behind the netting during a throw.
3. Ensure that only the thrower is allowed within the netting enclosed area during a throw.
4. Those standing outside should be a safe distance from the netting.
5. Ensure that the netting is undamaged and is of the correct tension.

**Control Measure Responsibilities:**

1,5	Facility staff, Coaches, Athletes
2,3,4	Coaches, Athletes

## DISCUS

**HAZARD** Throwing

**WHO/HOW AFFECTED** Athletes, Coaches – Discus impact injuries

### CONTROL MEASURES

1. Ensure that the discus is only thrown into double netting from within a double netting enclosed area.
2. Ensure no-one is standing behind the netting during a throw.
3. Ensure that only the thrower is allowed within the netting enclosed area during a throw.
4. Those standing outside should be a safe distance from the netting.
5. Ensure that the netting is undamaged and is of the correct tension.

**Control Measure Responsibilities:**

1,5	Facility staff, Coaches, Athletes
2,3,4	Coaches, Athletes

## STAR : TRACK CODE OF PRACTICE

### The Facility

Be aware of hazards specific to the terrain or facility where activities are taking place.

- (a) Playing Fields: uneven ground, potholes, slippery surfaces, debris, etc.
- (b) Indoor Halls: lack of space, walls and wall projections, other activities, floor surfaces, etc.
- (c) Running Tracks: Ensure that the track has a current and appropriate UK Athletics Certificate and refer to the UK Athletics Code of Practice for the Safe Conduct of Track and Field Events in cases when UK Athletics competition equipment will be used.

### The Events

- (a) Ensure that children are fit for the activities. Do not allow children to train or compete if they have injuries or are feeling unwell.
- (b) Ensure that all activities are commensurate with the children's ages and abilities.
- (c) Ensure that all children are familiar with the safety routines specific to the activity in which they are participating.
- (d) Be aware of changing weather conditions.

## RUNNING

### HAZARD

#### Surface

**WHO/HOW AFFECTED** Athletes – Injuries from slipping, tripping

#### CONTROL MEASURES

1. Ensure children wear adequate footwear.
2. If running takes place on grass ensure that grass is even, that holes are filled in, and that if wet, the grass is not slippery.
3. Ensure that the track is free from debris and has no holes or tears.

<b>Control Measure Responsibilities:</b>	1	Coaches
	2,3	Coaches and Ground staff

**HAZARD****Event**

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

**CONTROL MEASURES**

1. Ensure children are taught correct technique by coaches.
2. Ensure children undertake adequate warm up.
3. Ensure children are aware of the other runners.
4. Ensure young athletes only run under the supervision of a coach.

**Control Measure Responsibilities:** 1,2,3,4 Coaches

**JUMPING EVENTS****HAZARD****Surface**

**WHO/HOW AFFECTED** Athletes – Injuries from slipping, tripping

**CONTROL MEASURES**

1. Ensure children wear adequate footwear.
2. If jumping takes place on grass ensure that grass is even, that holes are filled in, and that if wet, the grass is not slippery.
3. Ensure that the runway is free from debris and has no holes or tears.

**Control Measure Responsibilities:** 1 Coaches  
2,3 Coaches and Ground staff

**HAZARD****Event**

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

**CONTROL MEASURES**

1. Ensure children are taught correct technique by coaches.
2. Ensure children undertake adequate warm up.
3. Ensure children are aware of the other jumpers.
4. Ensure young athletes only jump under the supervision of a coach.

**Control Measure Responsibilities:** 1,2,3,4 Coaches

**HAZARD****Landing Area**

**WHO/HOW AFFECTED** Athletes – Injuries from falls, impact injuries.

**CONTROL MEASURES**

1. When jumping in to sand ensure that only sand that will not cause injury is used.
2. Ensure that sand is not compacted and has been dug over.
3. When using mats ensure that they are of a suitable depth and size.
4. Ensure that landing areas are free of any dangerous extraneous material. When jumping into sand filled landing areas ensure that the edges of the landing areas are covered with an impact absorbing material.
5. Clean and disinfect sand when necessary.
6. Ensure that rakes and brushes used for levelling and cleaning are kept away from the landing area and that prongs of rakes face the ground.
7. When high jumping ensure that the landing area is suitable for the style of jumping and commensurate with the age and ability of the jumpers.
8. Check that landing area sections are fastened together.

<b>Control Measure Responsibilities:</b>	1,5	Ground staff
	2, 4, 8	Coaches, Ground staff
	3, 6, 7	Coaches

**HAZARD** High jump and pole vault surrounds.

**WHO/HOW AFFECTED** Athletes – Injuries from falling on to hard surfaces or objects near landing area.

**CONTROL MEASURES**

1. Any hard surface within 2.5m. of the landing area must be covered with an impact absorbing material with a critical fall height of 1.5m. or alternatively with appropriate matting.
2. No objects should be placed within 2.5m. of the landing area.
3. Be aware of any raised surface around the landing area.

<b>Control Measure Responsibilities:</b>	1,2,3	Coaches, Ground staff
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**HAZARD** Elastic bars

**WHO/HOW AFFECTED** Athletes , coaches – Injuries from falling stands and inefficient elastic

**CONTROL MEASURES**

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

<b>Control Measure Responsibilities:</b>	1, 2, 3,	Coaches
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**HAZARD** Pole Vault

**WHO/HOW AFFECTED** Athletes – Injuries from falls and slips

**CONTROL MEASURES**

1. When swinging on poles ensure that pole will not slip, that the grip used is low and that correct teaching procedures are employed.
2. When vaulting into sand check sand as for long jumping, use a low grip, use correct teaching procedures and ensure that surrounds are free of all objects.
3. When using flexible poles ensure that they are undamaged and are of a suitable length and stiffness.
4. Ensure vaulters do not jump when tired.
5. Ensure that the height of the grip is commensurate with the vaulter's ability.

**Control Measure Responsibilities:** 1,2,3,4,5 Coaches

## THROWING EVENTS

### **HAZARD** Throwing surface

**WHO/HOW AFFECTED** Athletes – Injuries from slipping, tripping

#### **CONTROL MEASURES**

1. Ensure children wear adequate footwear.
2. If throwing takes place on grass ensure that grass is even, that holes are filled in, and that if wet, the grass is not slippery.
3. Ensure that the throwing surface is in good order and is not damaged.

**Control Measure Responsibilities:** 1 Coaches  
2,3 Coaches and Ground staff

### **HAZARD** Event

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

#### **CONTROL MEASURES**

1. Ensure children are taught correct technique by coaches.
2. Ensure children undertake adequate warm up.
3. Ensure children are aware of all safety procedures.
4. Ensure young athletes only throw under the supervision of a coach.
5. Ensure children only throw when instructed to and only when it is certain that it is safe to do so.
6. Be aware of other activities.

**Control Measure Responsibilities:** 1, 2, 3, 4, 5, 6 Coaches

## RELAYS

### **HAZARD** Event

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

## CONTROL MEASURES

1. Ensure children wear adequate footwear.
2. If running takes place on grass ensure that grass is even, that holes are filled in, and that if wet, the grass is not slippery.
3. Ensure that the track is free from debris and has no holes or tears.
4. Ensure children only run under the supervision of a coach.
5. Ensure children keep to their lanes.
6. Ensure children are taught correct technique by coaches.
7. Ensure children undertake adequate warm up.
8. Ensure children are aware of the other runners.

**Control Measure Responsibilities:** 1,4,5,6,7,8 Coaches  
2,3 Coaches and Ground staff

## **HAZARD** Fun Relays

**WHO/HOW AFFECTED** Athletes – Injuries from collisions with other athletes, tripping over obstacles, falling.

## CONTROL MEASURES

1. If obstacles are used ensure that they are suitable for the age and ability of the children.
2. If hurdles are used ensure that they are Two-way or Foam Wedge Hurdles.
3. In over-under relays ensure that tunnels or similar obstacles are made of safe materials with appropriate matting.
4. In tumble relays ensure that adequate matting is used.

**Control Measure Responsibilities:** 1,2,3,4 Coaches

## **HAZARD** Implements

**WHO/HOW AFFECTED** Athletes – Injuries from falling, tripping  
Coaches, public – injuries from impacts

## CONTROL MEASURES

1. Ensure that the implements are commensurate with the children's ability.
2. Ensure that the implements are in good condition.
3. Ensure that implements are only collected when instructed.
4. Ensure that children are instructed in the correct method of carrying implements and passing them to others.
5. Ensure that children do not run when carrying implements. Ensure that children do not throw to each other unless instructed and under supervision.
6. Ensure children never throw implements back.
7. If UK Athletics competition implements are used the guidelines in UK Athletics Code of Practice for the Safe Conduct of Track and Field Events should be followed.

**Control Measure Responsibilities:** 1,2,3,4,5,6,7 Coaches

# COMPETITION

## TRACK EVENTS - GENERAL

### **HAZARD** Weather

**WHO/HOW AFFECTED:** Athletes and Officials – Cuts, Strains and other possible injuries 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.

**Control Measure Responsibilities:** 1, 2, 3 Ground Staff

**Note:** Should the track become covered in ice the competition should cease as the risk would increase to **HIGH**.

### **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.

**Control Measure Responsibilities:** 1 Ground Staff, Officials

### **HAZARD** Officials and Other Athletes

**WHO/HOW AFFECTED:** Athletes – Cuts, Strains and other possible injuries from collisions with other persons.

#### **CONTROL MEASURES**

1. An announcement should be made prior to the start of an event that it is about to take place.
2. Starting officials should be positioned at an adequate distance away from the start.

**Control Measure Responsibilities:** 1, 2 Officials

### **HAZARD** Track/kerb

**WHO/HOW AFFECTED:** Athletes and Officials - Injuries from slipping/tripping due to worn out track and loose kerbing

## CONTROL MEASURES

1. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.
2. Porous surface should be cleaned regularly to allow drainage.
3. Ensure adequate maintenance and regular inspection.
4. Where removable kerbs are in place, any exposed ends should be covered and where sections join together they should be secured.
5. Athletes should wear adequate footwear.

<b>Control Measure Responsibilities:</b>	1, 2, 3, 4	Ground Staff
	4	Officials
	5	Athletes

## 100m., 200m., 400m., 100m., 110m. and 400m. Hurdles

### **HAZARD** Starting Blocks

**WHO/HOW AFFECTED:** Athletes – Cuts, Strains and possible injuries from Slipping/ Tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks

## CONTROL MEASURES

1. If used, ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.
2. Ensure adequate maintenance and regular inspection.
3. They should be inspected by an official before use.

<b>Control Measure Responsibilities:</b>	1	Athletes
	2	Ground Staff and/or Athletes
	3	Officials

### **HAZARD** Start

**WHO/HOW AFFECTED:** Athletes – Cuts, Strains and other possible injuries due to collision with other athletes encroaching into other lanes

## CONTROL MEASURES

1. If used ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.

<b>Control Measure Responsibilities:</b>	1	Athletes and Officials
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### **HAZARD** Hurdles

**WHO/HOW AFFECTED:** Athletes – Injury from colliding with hurdles

## CONTROL MEASURES





## STEEPLECHASE EVENTS

### **HAZARD** Track/Kerb

**WHO/HOW AFFECTED:** Athletes

#### **CONTROL MEASURES**

1. Kerbing. Removable kerbs must be in place, except for the approach to and exit from the water jump, with protruding edges covered and sections securely fixed down. In the vicinity of the water jump cones must be used to provide track edge markings until water jump comes into use in competition. When not in use cones and removable kerbs to be kept safely away from athletes and officials

**Control measure responsibilities:** 1 Clerk of course, Ground staff

### **HAZARD** Water Jump

**WHO/HOW AFFECTED:** Athletes, officials – Injuries from slipping/tripping if landing surface is defective. Injury from loose/defective top rail of barrier and/or loose fixings of barrier uprights.

#### **CONTROL MEASURES**

1. Ensure water jump is full, i.e. water is level with track surface and free from debris.
2. Regularly inspect lining material to bottom of water jump for splits, bubbles etc and repair any defects.
3. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury.
4. Check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of adjusting pins).
5. Ensure water supply tap is concealed with a manhole cover to prevent unauthorised use and risk of injury to athletes.
6. The water jump should be kept empty except when in use.
7. Clean and disinfect when necessary.

**Control measure responsibilities:** 1, 2, 3, 4, 6, 7 Ground staff  
1 Clerk of course or officials  
5 Ground staff, Officials

### **HAZARD** Start

**WHO/HOW AFFECTED:** Athletes – Injury due to collision resulting from overcrowding.

#### **CONTROL MEASURES**

1. Marksmen should ensure adequate positioning of athletes on start line and the formation of another row(s) if number of competitors so requires.

- For the 3000 Metres event where the water jump is on the outside of the track it is recommended that the first barrier be of double standard length.

**Control measure responsibilities:**

1	Marksmen
2	Ground staff, Clerk of Course

## **HAZARD**

### **Barriers (Fixed & portable)**

**WHO/HOW AFFECTED:** Athletes, officials, Ground staff – Injury from defective structures and from incorrect handling/lifting.

#### **CONTROL MEASURES**

- 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).
- Carry out manual handling safe practice when placing barriers in position on track and on removing them when event is concluded.

**Control measure responsibilities:**

1, 2	Ground staff
2	Clerk of course, Track officials, Track personnel

## **ADDITIONAL POINTS FOR TRACK EVENTS**

### **COMPETITION GENERAL**

- Should there be a need for drinks to be provided during an event, the station should be positioned so as not to constitute a hazard.
- Lengths of kerbing that have been moved to facilitate high jumping or javelin throwing must be placed in a safe area. They must be replaced after the event has ceased. See also steeplechase competition.
- In 400m. races, starting blocks must be removed from the track before each race finishes.
- Cones used to mark the edge of the track must be carefully positioned so as not to cause a tripping hazard.

## FIELD EVENTS COMPETITION

### JUMPS - GENERAL

#### **HAZARD** Runways (Long Jump, Triple Jump, Pole Vault)

**Long , Triple and Pole Vault Runways must be located either across the 'D' at either end or outside the track. The runways must never be positioned along the sprint straight on the infield.**

**Where long, triple or pole vault runways are located on the infield long throwing events must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.**

**WHO/HOW AFFECTED:** Athletes and officials - Injuries due to slipping/tripping on worn or damaged runway; injuries due to collision with athletes or their poles.

#### **CONTROL MEASURES**

1. Examine runways to ensure there are no worn or damaged areas.
2. Sweep runways regularly to remove any excess water or sand.
3. No obstructions or check marks should be placed on the runway.
4. Any raised surfaces or tripping hazards must be clearly identified.
5. When revolving scoreboards are used ensure they do not revolve over or are sited close to the runway. They must also be firmly anchored down.
6. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take off.
7. Warm up jumps must be supervised and controlled.
8. Ensure that measuring tapes do not encroach onto runway.

<b>Control measure responsibilities:</b>	1,2,4, 6	Ground staff
	3,8	Athletes
	3,4,5 6,7,8	Officials

#### **HAZARD** Crossbars (High Jump, Pole Vault)

**WHO/HOW AFFECTED:** Athletes, officials – 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.

<b>Control measure responsibilities:</b>	1,3	Officials
	3	Athletes
	1,2	Ground staff

**HAZARD****Weather**

**WHO/HOW AFFECTED:** Athletes and officials – 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. In pole vault avoid vaulting into the wind if possible.
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions.
6. Athletes should wear adequate footwear, e.g. spikes.

**Control measure responsibilities:**

1,2,3	Ground staff and officials
4,5	Officials
6	Athletes

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

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

**CONTROL MEASURES**

1. Ensure adequate floodlighting at night.

**Control measure responsibilities:** 1 Officials

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

**WHO/HOW AFFECTED:** Athletes and officials – 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.

**Control measure responsibilities:** 1,2 Officials, Ground Staff

## HIGH JUMP

### **HAZARD** High Jump fan/, Run up area

**WHO/HOW AFFECTED:** Athletes and officials – tripping or slipping due to:

- i) worn out high jump or run up fan.
- ii) track kerbing being in the run up line.

#### **CONTROL MEASURES**

1. Ensure run up area is level, free of holes or damage and swept regularly to remove any debris.
2. Porous surfaces should be cleaned regularly to remove any debris – leaves, sand, etc
3. Ensure regular inspection.
4. Any kerbing removed for competition must be stored safely.
5. Ensure athletes are wearing suitable footwear.

<b>Control measure responsibilities</b>	1,2,3,4 Ground staff
	3, 4, 5, Officials
	5. Athletes

### **HAZARD** Check marks

**WHO/HOW AFFECTED:** Athletes and officials – potential injuries caused by tripping/ treading on sharp pins, obstructive check marks, etc

#### **CONTROL MEASURES**

1. Encourage use of adhesive tapes – not shoes, raised objects or other variants held down with pins.

<b>Control measure responsibilities</b>	1	Athletes, Officials
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### **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 current UKA specifications. 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 of the landing area with particular attention to impacted foam.
4. Where landing areas remain outside when not in use, the cover should be so designed as to prevent damage to foam sections due to water saturation.

- Athletes should not wear jewellery or other objects which might result in injury.

**Control measure responsibilities:**

1, 2	Ground staff and officials
3.	Ground staff
4, 5	Officials, Athletes

**HAZARD**      **Uprights**

**WHO/HOW AFFECTED:**      Athletes and officials – Injuries from being struck by stands.

Athletes – Injuries from running into or landing on fallen stands.

**CONTROL MEASURES**

- Bases must be stable and joined onto the upright.
- Crossbar supports should face each other and must be easily adjusted with clamping screws regularly lubricated.
- Ensure adequate maintenance and regular inspection.

**Control measure responsibilities:**

1, 3,	Ground staff
2.	Officials, Ground staff

**HAZARD**      **Warm up/Event**

**WHO/HOW AFFECTED:**      Athletes – injury from collision with other athletes

**CONTROL MEASURES**

- Ensure each athlete jumps in turn and does not encroach on other athletes run whilst waiting their turn. Athletes whose approach run conflict with other should be aware of potential collisions.
- If an athlete commences his/her approach run from the track the athlete and officials must be aware of the potential hazard.

**Control measure responsibilities:**      1,2      Officials, Athletes

**HAZARD**      **Surrounds and scoreboards**

**WHO/HOW AFFECTED:**      Athletes – Injuries from falling onto surrounds of bed or striking scoreboards. Officials – injuries from revolving scoreboards

**CONTROL MEASURES**

- Any hard surface within 2m of the sides and rear of the landing area must be covered with an impact absorbing material with a critical fall height of 1.5m. or suitable additional matting.
- There should be no objects such as scoreboards placed within 2m. of the sides and rear of the landing area.

**Control measure responsibilities:**      1, 2      Ground staff, officials

## POLE VAULT

### HAZARD

#### Runway

**WHO/HOW AFFECTED:** Athletes and officials - Injuries due to slipping/tripping on worn or damaged runway. Injuries due to collision with athletes or their poles.

#### CONTROL MEASURES

1. Examine runways to ensure there are no worn or damaged areas.
2. Sweep runways regularly to remove any excess water or sand.
3. No obstructions or checkmarks should be placed on the runway.
4. All vaults, whether in warm up or competition, should be controlled.
5. Ensure runway is kept clear when vaulters are about to start their approach.
6. Any raised surfaces or tripping hazards must be clearly identified.
7. When revolving scoreboards are used ensure they do not revolve over or are sited close to the runway. They must also be firmly anchored down.
8. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take off.

**Control measure responsibilities:**

1,2,6	Ground staff
3,4,5	Athletes
4,5,7,8	Officials,

### HAZARD

#### Vaulting poles –Warm up; Vaulting poles - competition

**WHO/HOW AFFECTED:** Athletes/officials - Tripping hazards, athletes equipment etc;  
Stadium staff - Suitable racking for poles;  
Athletes/officials - injuries sustained from poles breaking or falling on to officials.

#### CONTROL MEASURES

1. Care must be taken to ensure vaulting poles do not constitute a tripping hazard during warm up and competition.
2. If a dedicated pole rack is not available poles should be located in a safe area and suitably identified.
3. Regularly check poles for damage.
4. Prevent poles dropping on to hard surfaces.
5. If possible poles should be caught after each vault.
6. Beware of falling poles.

**Control measure responsibilities**

1,2	Ground staff
1,2,4,5,6	Officials
3	Athletes



**HAZARD**      **Landing areas**

**WHO/HOW AFFECTED:**      Athletes – injuries from poorly maintained landing area and surrounds.

**CONTROL MEASURES**

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.
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.
3. 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.
4. Ensure adequate maintenance and regular inspection with particular reference to impacted foam, tears and holes.
5. Ensure that beds are the correct size conforming to current UKA Rules.
6. Ensure that the slope away around the box conforms to the correct specification.
7. Ensure that the extension pads in front of the box conform to the current specifications.
8. There is sufficient protection for the vaulter as detailed in the Rules.

**Control measure responsibilities:**      1,2,3,4,5,6,7,8 Officials, Ground Staff  
3,5,6,7                                      Athletes

**HAZARD**      **The Box**

**WHO/HOW AFFECTED:**      Athletes/officials/ground staff –Injuries and pole damage due to box damage (not flush with run up), incorrect back plate angle, weather damage(no cover when not in use)

**CONTROL MEASURES**

1. Ensure adequate maintenance and regular inspection.
2. Ensure box meets correct specification.
3. Ensure that the box is clearly visible.
4. Good drainage to prevent box filling with water.
5. Cover when not in use.
6. Correct lifter available

**Control measure responsibilities:**      1,2,3,4,5,6      Ground staff  
2,3    Officials

**HAZARD**      **The Stands**

**WHO/HOW AFFECTED:**      Athletes, officials – injuries from falling stands, collision into stands; Ground staff - check stands are fully operational .

**CONTROL MEASURES**

1. Check stands are fully operational before use.
2. Winders and lower section of stands should be protected with foam or similar padding.
3. Base must be well secured.
4. Runners are greased and stands are easy to move.
5. When used droppers must be rigid and firmly fixed.

**Control measure responsibilities:**      1,2,3,4,5      Ground staff,  
officials

**HAZARD**      **Event**

**WHO/HOW AFFECTED:**      Athletes – injuries from unorthodox technique, inadequate warm up or collision with other athletes.

**CONTROL MEASURES**

1. Ensure supervision of athletes during warm up.
2. Ensure run up is kept clear when athletes are waiting.
3. Athletes should not wear jewellery or other objects which might cause injury.
4. Ensure vaulters are sufficiently competent to avoid injury to themselves and others.

**Control measure responsibilities**      1      Officials  
2,3      Athletes, Officials  
4      Athletes, Team officials,  
Coaches

**HAZARD**      **Surrounds**

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

**CONTROL MEASURES**

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.
2. There must be no obstructions within 1m. of any runway or landing area.

**Control measure responsibilities:**      1,2      Officials, ground staff

## LONG/TRIPLE JUMP

### 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 insert blanking boards.
- Officials – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards; use of incorrect lifting equipment.

#### CONTROL MEASURES

1. Insert board recesses must be cleaned regularly.
2. All adjustable bolts must be cleaned and lubricated regularly.
3. Ensure that all inserts are made of wood or wood composite, soft enough as to absorb the impact of spikes.
4. Ensure that insert boards and blanking boards are stable and level with the runway.
5. Ensure that no jump indicator insert boards and no jump indicator insert blanking boards fit adequately without being too difficult to remove.
6. Ensure that board lifting implements are available and suitable for purpose

<b>Control measure responsibilities :</b>	1,2,3,4,5,6	Ground staff
	4,5,6,	Clerk of Course or Referee

### 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.
- Officials – Tripping over rakes and brooms.

#### CONTROL MEASURES

1. Ensure that only pure quartz sand without any organic content is used that will not cause injury to an athlete.
2. Ensure that sand is well dug over before use.
3. Check that landing area is free of extraneous material and other contaminants.
4. The edges of the landing areas should be covered with an impact absorbing material and rounded off.
5. The area 12m. beyond the centre of the long and triple jump take-off boards and 1m. from the edge of the sand pit shall have no obstructions.
6. The landing area should be covered when not in use.
7. Rakes and brushes used for levelling and cleaning should be kept away from landing area and that prongs of rakes should face the ground.

8. When distance indicator boards are used these must be positioned away from the landing area.

**Control measure responsibilities:**                    1,2,3,4,5,6 Ground staff  
   2,3,5,7,8 Clerk of Course  
   ,Referee, Officials

## **SAFETY PROCEDURES FOR LONG THROWING EVENTS**

### **GENERAL CONSIDERATIONS**

1. Event organisers, meeting managers, referees should ensure that the long throwing events are programmed so as not to present a hazard to other events. Where long, triple or pole vault runways are located on the infield long throwing events must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.
2. The meeting manager or organiser should ensure that all personnel who are liable to enter the infield are made aware of all safety considerations.
3. At least one of the event judges should be suitably qualified.
4. If persons who are not suitably qualified are used they must be instructed in the safety procedures before the start of their duties.

### **EVENT PROCEDURE**

1. Prior to the competition all competitors should be made aware of the safety procedures.
2. Competitors should be called up in 2s or 3s i.e. Number 15 to throw, 27 to get ready, nine to follow etc.
3. The event leader must first check that the circle or runway is clear.
4. The event leader must stand with the athlete at the entrance to the cage for hammer and discus; and for javelin the official must stand on the runway while the athlete takes up his/her starting position.
5. The event leader must sound a warning horn to alert the officials on that event a throw is imminent.
6. When all officials and other personnel in the danger zone have acknowledged the sounding of the horn the athlete should be permitted to take up position in the circle or on the runway to commence their throw and the time will begin at this point.
7. Once the throw has been taken and the measurement recorded the procedure is repeated for each athlete throughout the competition.
8. All safety procedures must also be followed during warm up.

### **IMPLEMENT RETRIEVAL**

During warm up and competition, the retrieval of implements will be undertaken by event officials. If there are insufficient officials the athletes will be directed by the

event leader to retrieve implements at the end of a round or as appropriate. Any system of implement retrieval must take place under the control of the event leader

## **GENERIC RISK ASSESSMENT THROWING EVENTS GENERAL**

### **HAZARD**

#### **Sector**

**WHO / HOW AFFECTED:** Athletes, officials, non-associated persons, implement impact injury and/or tripping due to poor condition of in field.

#### **CONTROL MEASURES**

1. The central throwing area or the specific safety sector must be roped-off in accordance with current UKA rules.
2. The sector should be smooth and level, in particular ensure that holes in the sector arising from hammer throws or shot puts are filled in to ground level.
3. Ensure that there are no non-associated persons within or in the vicinity of the throwing sector before throws commence.
4. Ensure that grass is not over-long.
5. Ideally grass should be cut the day prior to competition

#### **Shot-put Specific**

6. Ash/shale sectors should be raked before and after use.

<b>Control measure responsibilities:</b>	1,2,4,6	Ground staff, officials
	3	Officials
	5	Ground staff

### **HAZARD**

#### **Circle**

**WHO / HOW AFFECTED:** Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle; Shot-putters - injury due to loose, damaged stop board.

#### **CONTROL MEASURES**

1. Ensure that circle is in good order and not cracking or breaking up.
2. Examine circle rim to ensure that it is free from protrusions of shards of metal.
3. Ensure that circle is free of extraneous material, grit, dirt or standing water.
4. Ensure that drainage holes are kept clear.
5. Ensure that mats are provided for wiping shoes if ground is wet.

#### **Shot-put Specific**

6. Ensure that stop board is firm and stable.
7. Ensure that stop board is not damaged so as to cause a foot injury.

#### **Hammer Specific**

8. Ensure that the insert ring for concentric hammer and discus circle is in good order, fits snugly and has no protrusions, especially at the joins where the insert ring is sectional.

<b>Control measure responsibilities</b>	1,2,5,6,7,8	Ground staff, officials
	4	Ground staff
	3	Officials

**HAZARD**

**Cage**

**WHO / HOW AFFECTED:** Athletes, officials, public, implement impact injury due to implement escaping due to badly maintained or poorly constructed cage.

**CONTROL MEASURES**

1. Ensure that cage is constructed and erected in accordance with the UKA rule (cages for hammer and discus).
2. Non-traditional cages – ensure that the cage is constructed and erected in accordance with the appropriate parts of the UKA rule (cages for hammer and discus)
3. Check netting regularly to ensure no damage to the net structure.
4. Ensure that netting is secured or ballasted at ground level.
5. Ensure that netting hangs vertically from the gallows arms and is not tied to the uprights, particularly at the mouth of the cage where the width should not exceed 6m.
6. Check that netting tension has sufficient retardation and minimal bounce.
7. During throwing athletes and officials must maintain a safe distance from the cage netting.

**Hammer Specific**

8. Ensure that the ends of the hammer wires are securely taped to avoid damage to the netting.

<b>Control measure responsibilities</b>	1,2	Ground staff, facilities inspection team
	3,4,5,6	Ground staff officials
	7, 8	Officials, athletes

**HAZARD**

**Cage Gates**

**WHO / HOW AFFECTED:** Athletes, officials, public, implement, impact injury due to wrongly positions gates or over tensioned netting.  
Officials – back injury due to poorly maintained gate hinges and wheels.

## CONTROL MEASURES

1. Check that the gates can move freely and be secured in both their open and closed positions.
2. Check that gate netting is not holed and appears in good condition.
3. Check that gate netting tension has sufficient retardation and minimal bounce.
4. Ensure both gates are correctly positioned and locked before each throw in accordance with UKA rules, in particular that the gates are correctly set for right and left handed hammer throws.

<b>Control measure responsibilities</b>	1,2,3	Ground staff, officials
	4	Officials

## **HAZARD** Time of Day

**WHO / HOW AFFECTED:** Athletes, officials – injury from inability to see well enough.

## CONTROL MEASURES

1. Check that enough daylight/flood lighting to ensure safety

<b>Control measure responsibilities</b>	1	Officials
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## **HAZARD** Scoreboards

**WHO / HOW AFFECTED:** Athletes, officials – injury from falling scoreboard

## CONTROL MEASURES

1. Ensure that scoreboards are not less than 2m from officials' judging positions, or from athletes waiting to throw.
2. Ensure that scoreboards are well ballasted or secured at ground level.
3. Decide whether or not the wind strength has increased to such a degree that scoreboards are no longer safe to use.

<b>Control measure responsibilities</b>	2,4	Ground staff, officials
	1,3	Officials

## **HAZARD** Lack of Concentration

**WHO / HOW AFFECTED:** Athletes, officials

## CONTROL MEASURES

1. Athletes and officials must be aware at all times for the need of concentration on the event in hand and must not be distracted by other events.

<b>Control measure responsibilities</b>	1	Athletes, officials
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## SHOT PUT

### HAZARD

#### Implements

**WHO / HOW AFFECTED:** Athletes, officials – hand injury due to damaged surface of shot.

#### CONTROL MEASURES

1. All implements must be checked for surface damage that may cause injury.

<b>Control measure responsibilities</b>	1	Ground staff, officials, athletes
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### HAZARD

#### Competition

**WHO / HOW AFFECTED:** Athletes, officials – implement impact injury

#### CONTROL MEASURES

1. Ensure all throws and practice throws only take place from within the circle and in the direction of the sector.
2. During a trial, officials should stand outside the sector lines and face the thrower.
3. Ensure that only officials are allowed forward of the throwing circle, except when athletes are allowed to retrieve under supervision.
4. Implements must only be returned by hand or mechanical device.
5. When rotational throwers or those using non-traditional techniques are competing ensure all officials are within a safe distance from the potential flight of the implement.

<b>Control measure responsibilities</b>	2, 5	Officials
	1,3,4	Officials, athletes

## HAMMER

### HAZARD

#### Implements

**WHO / HOW AFFECTED:** Athletes, officials, 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 throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) and that they are serviceable, particularly the handle, and the wire and swivel assembly.

<b>Control measure responsibilities</b>	1	Ground staff, officials, athletes
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**HAZARD****Gloves****WHO / HOW AFFECTED:** Athletes – injury to hand**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.

<b>Control measure responsibilities</b>	1	Officials, athletes
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**HAZARD****Competition****WHO / HOW AFFECTED:** Athletes, officials, public, implement impact injury**CONTROL MEASURES**

1. Ensure both gates are correctly positioned and locked before each throw.
2. Ensure all throws and practice throws only take place from the circle. Within the cage, and under supervision of an official.
3. During a trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence especially for the officials within or in the proximity of the throwing sector.
4. Throws must not commence until the supervising official signals to the athlete that it is safe to throw.
5. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing.
6. Implements must only be returned by hand, or mechanical device.
7. Ensure that only officials are allowed forward of the mouth of the throwing cage, except when athletes are allowed to retrieve under supervision.
8. Officials should not run within the throwing sector in wet, slippery conditions.

<b>Control measure responsibilities</b>	1,2,3,4,5,6,8	Officials
	2,4,6,7	Officials, athletes

**DISCUS****HAZARD****Implements****WHO / HOW AFFECTED:** Athletes – hand injury due to damaged discus**CONTROL MEASURES**

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

<b>Control measure responsibilities</b>	1	Ground staff, Officials, Athletes
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**HAZARD**      **Competition**

**WHO / HOW AFFECTED:**    Athletes, officials, public, impact injury

**CONTROL MEASURES**

1. Ensure both gates are correctly positioned and locked in accordance with UK Athletics rules.
2. Ensure all throws and practice throws only take place from the circle, within the cage and under supervision of an official.
3. During a trial, officials should stand outside the sector lines and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence, especially for the officials within, or in the proximity of the throwing sector.
4. Throws must not commence until the supervising official signals to the athlete that it is safe to throw.
5. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing.
6. Implements must only be returned by hand or mechanical device.
7. Ensure that only officials are allowed forward of the mouth of the throwing cage, except when athletes are allowed to retrieve under supervision.
8. Officials should not run within the throwing sector in wet, slippery conditions.

<b>Control measure responsibilities</b>	1,2,3,4,5,6,8	Officials
	2,4,6,7	Officials, athletes

## JAVELIN

**HAZARD**      **Runway**

**WHO / HOW AFFECTED:**    Athletes, officials – slipping, tripping, due to wet, worn, damaged surface, or encroaching measuring tape or obstructive check markers

**CONTROL MEASURES**

1. Examine runway to ensure no worn or damaged areas.
2. Regularly clean any drainage ducts around runway.
3. Regularly clean porous surfaces to allow drainage.
4. Sweep runway to remove excess water and/or grit, dirt.
5. Ensure that no obstructive check marks are placed on the runway.
6. Ensure that throws are supervised to ensure athletes throw only when the runway is clear.
7. Ensure measuring tapes do not encroach on the runway.

<b>Control measure responsibilities</b>	2,3	Ground staff
	1, 4	Ground staff, Officials

**HAZARD**      **Implements**

**WHO / HOW AFFECTED:** Athletes – injury caused by loose or damaged grip;  
 Officials - implement impact injury caused by abnormal flight characteristics of bent/bowed javelin.

**CONTROL MEASURES**

1. Implements must be checked before commencement of throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) in particular that they have serviceable grip and profile.

**Control measure responsibilities**                      1                      Ground staff, Officials, Athletes

**HAZARD**      **Competition**

**WHO / HOW AFFECTED:** Athletes, official, public – implement impact injury; Athletes, officials – implement impact injury caused by athletes using implements for loosening-up exercises; Athletes – tripping over track kerbing.

**CONTROL MEASURES**

1. Where track kerbing is in the run up line, ensure that it is removed before the event, placed in a safe area, and replaced after the event.
2. All throws must only take place from the runway in the direction of the throwing sector.
3. During a trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence, especially for the officials within, or in the proximity of the throwing sector.
4. Throws must not commence until the supervising official signals to the athlete that it is safe to throw.
5. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the sector that a throw is about to commence, and is not a signal for them to commence throwing.
6. When approaching a thrown javelin to mark the point of landing, or retrieve it, officials must approach the javelin from the side and not from the pointed tail end of the implement.
7. Implement must only be returned by hand, held vertically, or by mechanical device.
8. Ensure that only officials are allowed forward of the throwing line except when athletes are allowed to retrieve under supervision.
9. Officials should not run within the throwing sector in wet, slippery conditions.

**Control measure responsibilities**                      1                      Ground staff, Officials

3,5,6,7,9 Officials  
2,4,7,8 Officials, athletes

**HAZARD** Weather

**WHO / HOW AFFECTED:** Officials and others within proximity of sector – implement impact injury – caused by wind strength effect on implement.

**CONTROL MEASURES**

1. Be aware of the effect of strong winds on the flight characteristics of a javelin in flight.
2. Be positioned upwind of flight during trials.
3. Ensure that any non-associated persons within proximity of the throwing sector are upwind of the flight path of the implement.

**Control measure responsibilities** 1,2,3 Officials

**HAZARD** Scoreboard Revolving

**WHO / HOW AFFECTED:** Athletes – impact injury from scoreboard revolving in wind

**CONTROL MEASURES**

1. When revolving scoreboards are used, ensure they do not revolve over or are sited close to the runway, and are well ballasted or secured at ground level.

**Control measure responsibilities** 1 Ground staff, Officials

# Indoor Competition

The more confined area generally associated with indoor athletics will require greater attention being paid to the following :

1. Uneven, raised and insecure surfaces.
2. The placement of equipment.
3. The risk of collisions.
4. The proximity of walls and ceilings.
5. The programming of activities.

The following highlights event specific hazards to be considered **in addition to the outdoor risk assessments** which are applicable to indoor competition.

## **HAZARD**      **Tracks and Runways**

**WHO/HOW AFFECTED:**      Athletes and Officials-Injury from tripping/falling

### **CONTROL MEASURES**

1. In the case of demountable tracks ensure that the track boards are secure and are set up according to the manufacturers' specifications.
2. Any change of height should be clearly identified.

**Control measure responsibilities:**

1.	Facility staff, Officials
2.	Facility staff

## **HAZARD**      **Track Surrounds (Barriers)**

**WHO/HOW AFFECTED:**      Athletes – Injury from collision with barriers on the outside of the track.

### **CONTROL MEASURES**

1. Ensure barriers at the end of the straight are covered with protective foam to prevent direct contact and are secure and that walls are protected where the run off space is limited.
2. Ensure that any protrusions from walls do not present a danger to hurdlers or other athletes

**Control measure responsibilities:**

1,2	Facility staff
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**HAZARD**      **Athletes**

**WHO/HOW AFFECTED:**      Athletes and Officials –Injury from collision with other athletes competing in other events.

**CONTROL MEASURES**

1.    Ensure flag marshals are posted when conflicting activities are taking place.

**Control measure responsibilities:**                      1            Officials, Athletes

**HAZARD**      **Equipment**

**WHO/HOW AFFECTED:**      Athletes and Officials – Injury from tripping and collisions.

**CONTROL MEASURES**

1.    Any moveable equipment and kit must be placed so as not to constitute a hazard to any events or individuals.

**Control measure responsibilities:**                      1            Facility staff , Officials, Athletes

**POLE VAULT**

**HAZARD**      **Raised runways**

**WHO/HOW AFFECTED:**      Athletes, Officials –Falling ,tripping

**CONTROL MEASURES**

1.    Any raised surfaces must be clearly identified.

**Control measure responsibilities:**                      1            Facility staff, Officials

**HAZARD**      **Roof**

**WHO/HOW AFFECTED:**      Athletes - Injury from hitting low roof

**CONTROL MEASURES**

1.    Ensure that the height of the roof is commensurate with the ability of the vaulters and that any hung equipment does not constitute a hazard.

**Control measure responsibilities:**                      1            Facility staff, Officials

**HAZARD****Walls**

**WHO/HOW AFFECTED:** Athletes – Injury from hitting side walls

**CONTROL MEASURES**

1. In those cases where the surrounds of the landing area do not conform to UKA recommendations the walls adjacent to the pole vault should be covered with safety material.

**Control measure responsibilities:** 1 Facility staff, Officials

**HAZARD****Landing Area**

**WHO/HOW AFFECTED:** Athletes – Injuries from hitting floor.

**CONTROL MEASURES**

1. Ensure that the landing area is properly secured and checked regularly for movement during the course of a competition.

**Control measure responsibilities:** 1 Officials

**SHOT PUT****HAZARD****Sector**

**WHO/HOW AFFECTED:** Athletes, Officials – Tripping due to uneven surface, shot impact injuries.

**CONTROL MEASURES**

1. Ensure that the sector is covered with impact absorbent material that if in sections is tight fitting so as not to cause a tripping hazard.
2. Ensure that the sector is surrounded at the far end and on both sides as close to the circle as may be necessary for safety, by a barrier which should be adequate to stop a shot whether in flight or bouncing and which conforms to IAAF specifications.

**Control measure responsibilities:** 1, 2 Facility staff, Officials

**HAZARD****Implements**

**WHO/HOW AFFECTED:** Athletes, Officials –Hand injury due to damaged surface of shot.

**CONTROL MEASURES**

1. Regularly inspect shot to ensure a smooth undamaged surface.
2. Ideally use plastic or rubber covered shots.
3. Under no circumstances should metal shots be used unless an adequate safety barrier has been erected.

**Control measure responsibilities:** 1,2,3 Facility staff, Officials, Athletes

**HAZARD****Circle**

**WHO/HOW AFFECTED:** Athletes, Officials – Falls due to unstable circle

**CONTROL MEASURES**

1. Ensure that the circle is immovable and undamaged.

**Control measure responsibilities:** 1 Facility staff, Officials

**HIGH JUMP****HAZARD****Landing Area**

**WHO/HOW AFFECTED:** Athletes – Injuries from hitting floor

**CONTROL MEASURES**

1. Ensure that the landing area is properly secured and checked regularly for movement during the course of a competition.

**Control measure responsibilities:** 1 Officials



**APPROVED CODE OF PRACTICE  
PHOTO FINISH EQUIPMENT  
PHOTOGRAPHIC (WET) & VIDEO CAMERA  
INSTALLATIONS  
COMPETITION**

**HAZARD**      **Temporary/ Permanent Out-field/In-field Scaffold Tower  
Wet/Video Camera Location.**

**WHO/HOW AFFECTED:**      Injury from falling and collisions to Technical Officials, Athletes

**CONTROL MEASURES**

1. In the case of temporary scaffolding towers, ensure that the tower is constructed to the manufacturers specifications and correctly tagged. For permanent towers/fixtures ensure safety information plate is in place, legible and in date.
2. Ensure that the working platform flooring is securely attached to the tower framework.
3. Ensure that the working platform safety rail is at the regulation height above the level of the platform floor, notwithstanding the camera's line of view.
4. Ensure that the tower is securely braced and stabilized against the ground environment.
5. Ensure that access to the working platform is preferably from within the ground foot-print of the scaffold tower.
6. Ensure that the working platform access device is safe and secured to both the working platform and ground environment.
7. Ensure that high visibility tape is wound around the lower tower extremities from ground level to a height of 2 metres.

**Control measure responsibilities:**

1	Facility staff
2,3,4,5,6,7	Facility staff, Technical Officials, PF Equipment Provider(if appropriate)

**HAZARD**      **Permanent Out-field Wet/Video Camera Location**

**WHO/HOW AFFECTED:**      Technical Officials:- Injury from falling

**CONTROL MEASURES**

1. Ensure that the aperture through which the PF camera points towards the track has a suitable safety rail(s) to prevent PF operatives from falling on to structures below the camera location.
2. Ensure that all PF technical officials are aware of the opening facility.

<b>Control measure responsibilities:</b>	1	Facility staff, PF Equipment Provider (if appropriate)
	2	Technical Officials

**HAZARD** Temporary Single Pole In-field Video Camera Mounting.

**WHO HOW AFFECTED:** Athletes, Officials:-Injury from falling, collision

**CONTROL MEASURES**

1. Ensure that the pole is securely fastened to its ground anchorage.
2. Ensure that the pole is of a contrasting colour to its surroundings.
3. Ensure that when accessing the camera, an 'A' frame ladder is used suitably braced and steadied by a competent person.

<b>Control measure responsibilities:</b>	1,2	Facility staff, PF Equipment Provider (if appropriate)
	3	PF Equipment Provider (if appropriate)

**HAZARD** Temporary Stand Alone Video Camera Mounting Tri-pod

**WHO/HOW AFFECTED:** Injury from falling, collision to Athletes,  
Officials

**CONTROL MEASURES**

1. Ensure that the tri-pod is securely positioned.
2. Ensure that the tri-pod is of a contrasting colour to its surroundings.
3. Ensure that when accessing the camera, an 'A' frame ladder is used suitably braced and steadied by a competent person.

<b>Control measure responsibilities:</b>	1,2	Technical Official, Athletes, PF Equipment Provider (if appropriate)
	3	Technical Official, PF Equipment Provider (if appropriate)

**HAZARD** Video PF Equipment Installation / Wet Camera Installation

**WHO/HOW AFFECTED:** Injury from electric shock, tripping and falling to  
Technical Officials

**CONTROL MEASURES**

1. Ensure that all Mains power supply outlets have switches and power 'ON' indicators.
2. Ensure that all Mains power supply plugs and associated cables have in-date safety labels.

3. Ensure that all electrical cables are routed away from the operating area and protected on the floor by rubber cable mats.

<b>Control measure responsibilities:</b>	1	Facility staff
	2	PF Equipment Provider, Technical Officials, Transducer Operator
	3	Facility staff. PF Equipment Provider, Technical Officials, Transducer Operator.

## **HAZARD**

### **Automatic Starting Device(s) Installation**

**WHO/HOW AFFECTED:** Injury from tripping and falling to Athletes/Technical Officials/General Public

#### **CONTROL MEASURES**

1. Ensure that all electrical cables are routed via dedicated cable ways, near to the inside of the inside track kerb and protected from athletes/general pedestrian traffic by rubber cable mats.
2. Ensure that where no special provision is made for the egress of cables from manholes, notices are displayed warning of raised manholes.

<b>Control measures responsibilities:</b>	1,2	Facility staff. PF equipment suppliers, Technical Officials
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## **HAZARD**

### **Photographic Chemicals**

**WHO/HOW AFFECTED:** Injury from spillage, splashing and inhalation of fumes to Technical Officials

#### **CONTROL MEASURES**

1. Ensure that the preparation, mixing and pouring of individual photographic chemicals are carried out in a well ventilated area, to the chemical manufacturer's guidelines.
2. Ensure that dedicated equipment and utensils are used for each chemical.
3. Ensure that protective glasses, gloves and overalls are used when preparing, mixing and pouring PF chemicals.
4. Ensure that caution is taken when PF film is taken:- a. From the development tank after the normal process of film processing. b. From both the individual developer and fixer tanks;- i. When dismantling and cleaning the PF camera at the end of an Meeting. ii. When changing films.
5. Ensure that an eye wash, copious amounts of cold water and washing facilities are located in the immediate vicinity of the PF camera and operatives.
6. Ensure that food and drink are not consumed in the vicinity of the PF cameras

**Control measure responsibilities:** 1,4, 6 Technical Officials  
2,3,5 Facility staff, Technical Officials

**HAZARD** Results Clips

**WHO/HOW AFFECTED:** Injury through collision with results clips to Technical Officials, Athletes, General Public:-

**CONTROL MEASURES**

1. Ensure that the area below the PF operating position, in which a results clip is dropped, is cordoned and warning notices displayed.
2. Ensure that the area below the PF operating position is clear of all personal before a results clip is dropped.

**Control measure responsibilities:** 1 Facility staff, Technical Officials  
2 Technical Officials.

## **APPROVED CODE OF PRACTICE STARTING**

It must be recognised that any firearm is potentially dangerous and that careless or irresponsible handling can have serious results. Treat every firearm as being loaded until it is safely and clearly demonstrated that there is no ammunition in it, that is to say, the gun is 'proved'. This applies to firearms loaded with blank ammunition and the following Code of Practice should be observed.

### **HAZARD**      **Handling Firearms**

**WHO/HOW AFFECTED:**      Starter, Athletes, Members of the public,  
   Officials – accidents through use or abuse of equipment

#### **CONTROL MEASURES**

1.      Whenever handling a firearm, do not touch the trigger.
2.      Keep the muzzle pointing downwards and avoid dropping the gun.
3.      Never point a firearm, loaded or otherwise, at anyone.
4.      Never hold a firearm close to your face.
5.      Never indulge in horseplay or joke around with a firearm.
6.      Do not allow other people to borrow or examine your firearms.
7.      Do not cock the gun until you are ready to commence the starting procedure.
8.      Always break open a revolver with care to avoid both used and unused cartridges being ejected in an uncontrolled fashion onto the ground where they can easily be lost.
9.      Be aware of obstructions in the barrel, e.g. a cartridge wad, which can result in a blowback or even a bulged barrel if not cleared.
10.     Do not tamper with cartridges
11.     If a firearm jams, hold it carefully by the grip on your stronger hand, barrel pointing downward. Place the thumb of the other hand on the hammer spur, pressing the hammer back to its full extent and then keep holding it back while pressing the trigger gently with the forefinger of the stronger hand, slowly lowering the hammer into its forward ( i.e. 'uncocked' ) position. **DO NOT ALLOW THE HAMMER TO GO FORWARD QUICKLEY : TO DO SO MAY RESULT IN ANY CARTRIDGE IN THE CYLINDER OPPOSITE THE HAMMER BEING FIRED.** Once a jammed firearm has been released in this way, it will be possible to open it safely in the normal fashion.

**Control measure responsibilities:**                    1 - 11    Starter

### **HAZARD**      **Dirty or faulty firearms**

**WHO/HOW AFFECTED:**      Starter - Accidents as a result of badly  
   maintained equipment

#### **CONTROL MEASURES**

1.      Always clean firearms after use. This is necessary to maintain reliability and also because black powder residues are highly corrosive and will

weaken the metal over a period of neglect. Clean the barrel and chambers with hot water, and then scrub them internally with a phosphor bronze brush using gun cleaning oil. After drying with a lint-free cloth on a pull through, the firearm should be lightly oiled, then wrapped in a cloth, and stored in a manner approved by the Constabulary which has issued the Firearm certificate.

**Control measure responsibilities:** 1 Starter

**HAZARD** Lack of security for firearms and ammunition

**WHO/HOW AFFECTED:** Starter, Athletes, Members of the public, Officials – accidents through use or abuse of equipment

**CONTROL MEASURES**

1. Ensure the meeting promoter provides reserved car parking as near to the entrance as possible so that the starter walks the minimum distance from the car through areas frequented by the public. (This reserved parking should not be marked 'starter'.)
2. Do not wear a red jacket outside the track, nor use a bag marked starter.

**Control measure responsibilities:** 1,2 Starter

**HAZARD** Unauthorised handling of firearms.

**WHO/HOW AFFECTED:** Athletes, officials and other personnel in the competition area - accidents through use or abuse of equipment.

**CONTROL MEASURES**

1. When not in use, keep firearms out of sight in a bag with other personal kit which shall be kept in the owner's possession at all times.

**Control measure responsibilities:** 1 Starter

**HAZARD** Starting locations

**WHO/HOW AFFECTED:** Athletes, Officials, Spectators - Accidents /injuries as a result of proximity of starting positions.

**CONTROL MEASURES**

1. Check the locations prior to the start of the meeting and ensure that they are in a safe position and do not conflict with the safety requirements of other events.
2. Liaise with officials in other events before the meeting starts wherever necessary.
3. If safety ropes are adjusted for any purpose, they must be immediately replaced .

**Control measure responsibilities:** 1,2,3 Starter

**HAZARD**      **Firing**

**WHO/HOW AFFECTED:**      Athletes, Starter, Officials and others in the competition area. – Injuries from powder burns or blast.

**CONTROL MEASURES**

1. Ensure that a loud blast is blown on a whistle before the start of each race or heat to indicate to the competitors that the race is about to start and also as a warning to everyone else.
2. Ensure that the starting gun is always fired straight up in to the air and the recall gun down to the ground.
3. Check that the ground in the vicinity is clear and that nobody has approached unnoticed.

**Control measure responsibilities:**      1,2,3      Starter

**HAZARD**      **Unauthorised handling of firearms between races**

**WHO/HOW AFFECTED:**      FA certificate holder and others in the competition area.

**CONTROL MEASURES**

1. Ensure that firearms are never left on the rostrum or on other exposed and unprotected places.
2. Ensure that firearms are kept out of sight in a bag.

**Control measure responsibilities:**      1,2      Starter

**HAZARD**      **Cartridges**

**WHO/HOW AFFECTED:**      Athletes, Starter, Officials and others in the competition area. – Injuries from powder burns or blast.

**CONTROL MEASURES**

1. Ensure that firearms are loaded carefully and that cartridges are not spilled on to the ground.
2. Ensure that empty cases are not discarded at a meeting and that they are collected up and disposed of as scrap metal or by some other reliable method.
3. Ensure that spent cases are never given away as souvenirs.

**Control measure responsibilities:**      1,2,3      Starter

**HAZARD**      **Storage of guns during pre-meeting briefings refreshment intervals and at the conclusion of meetings.**

**WHO/HOW AFFECTED:**      Starter, Athletes, Members of the public, Officials – accidents through use or abuse of equipment.

## CONTROL MEASURES

1. Ensure that firearms are kept in the starter's possession at all times and that they are not left in a locker or car.

**Control measure responsibilities:** 1 Starter

## **HAZARD** Noise

**WHO/HOW AFFECTED:** Starter, Athletes, Members of the public, Officials – breaches of noise regulations.

## CONTROL MEASURES

1. Ensure that with privately loaded ammunition 140Db is not exceeded.
2. Ensure that .45” cartridges are not used indoors and that the volume of a commercially produced 9mm cartridge is the limit.

**Control measure responsibilities:** 1,2 Starter

## **HAZARD** Cabled False Start Equipment

**WHO/HOW AFFECTED:** Starters, Starter's Assistants, Athletes, Track Team, Host Broadcaster Personnel, Event Presentation Personnel, Timing Company – injury due to tripping hazard or injury due to mishandling of equipment

## CONTROL MEASURES

1. All cables should be laid in an orderly manner to each of the start blocks
2. The cables from the start blocks to the console should be laid in an orderly manner and routed to avoid as far as possible the 'normal' pathways of all personnel at the start
3. Cables from the start console to the starters podium should be laid in an orderly manner and secured as necessary to the podium
4. Any audio system should be set at a comfortable position and noise level
5. Transducer system or electronic gun system should have been set to the satisfaction of the starter.
6. Position of starter's podium and false start equipment to be agreed prior to start of competition
7. Movement of start blocks and false start equipment when appropriate before and after a heat or final.

**Control measure responsibilities:**

1, 2, 3, 4, 5	Starter, Timing Company
1, 2	Athletes, Starter's Assistants
2	Host Broadcaster Personnel, Event Presentation Personnel
6	Starter, Timing Company, Host



7 Broadcaster, UKA  
Technical Director  
Track Team, Starter's  
Assistants, Timing  
Company

**HAZARD**      **Wireless False Start Equipment**

**WHO/HOW AFFECTED:**      Starters, Starter's Assistants, Timing Company

**CONTROL MEASURES**

1. Any audio system should be set at a comfortable position and noise level
2. Transducer system or electronic gun system should have been set to the satisfaction of the starter
3. Position of starter's podium and false start equipment to be agreed prior to start of competition
4. Movement of start blocks and false start equipment when appropriate before and after a heat or final.

**Control measure responsibilities:**

1,2	Starter, Timing Company
3	Starter, Timing Company, Host Broadcaster, UKA Technical Director
4.	Track Team, Starter's Assistants, Timing Company

## **APPROVED CODE OF PRACTICE TIMEKEEPERS' LOCATIONS - OUTDOOR COMPETITION**

### **HAZARD**      **Stand alone/Temporary/ Mobile Out-field locations**

**WHO/HOW AFFECTED:**      Technical Officials, Athletes, General Public -  
Injury from falling and collision

#### **CONTROL MEASURES**

1. In the case of stand-alone/temporary/mobile timekeepers stands, ensure that the stand is constructed to the manufacturers specifications. For stand-alone and mobile stands of metal modular construction, ensure safety information plate is in place, legible and in date.
2. Ensure that the flooring of the working platforms (steps) are in good repair, of a non-slip material and securely attached to the stand framework.
3. Ensure that the safety rail to the sides and rear of modular constructed stands are securely attached to the main body of the stand, at a satisfactory height above the level of the platform floor that will not obscure the timekeepers view of the start and finish areas.
4. Ensure that the stand is stable upon the ground environment.
5. If wheels are fitted to a mobile stand and the stand is repositioned ensure that these are in the retracted position before use by the timekeeping team.
6. Ensure that a rope cordon wound with high visibility tape is positioned around the stand-alone/mobile stand, to prevent access by the general public.
7. Ensure that the ground environment surrounding the stand-alone/mobile stand is suitably surfaced for the safe movement of timekeepers whilst in that area.
8. Ensure that where an overhead weather protection facility is provided, the device is securely attached to the main body of the stand-alone/mobile stand.

**Control Measure Responsibilities:**      1,2,3,4,5,6,7,8 Facility staff,  
Technical Officials

### **HAZARD**      **Permanent Out-field locations**

**WHO/HOW AFFECTED:**      Technical Officials, General Public:-Injury from  
falling, tripping, collision

#### **CONTROL MEASURES**

1. Ensure that the timekeepers allocated position/seats are clearly defined as not for use by the General Public.
2. Ensure that the access and gangways to the timekeepers allocated position/seats are kept free from obstruction and where practicable, not accessible by the General Public.
3. Ensure that the flooring of the working platforms (steps) are in good repair
4. Ensure that if the timekeepers' position is located at an extremity of a permanent stand, a safety wall and rail is securely attached to the main structure of the stand, at a satisfactory height above the level of the platform floor that will not obscure the timekeepers view of the start and finish areas.
5. Ensure that the seats provided are safe and free from defects.

6. Ensure that permanent and temporary overhead structures are free from birds and vermin

**Control Measure Responsibilities:** 1,3,4,5,6 Facility staff.  
2 Facility staff,  
Technical Officials

**HAZARD**

**In-Field locations**

**WHO/HOW AFFECTED:** Technical Officials:-Injury from slipping/tripping, falling, collision

**CONTROL MEASURES**

1. Ensure that the competition area is not used as a short cut to timekeepers' calling/recording positions.
2. Ensure that due care is taken when negotiating track inner kerbs.
3. Ensure that when positioned to call/record times, the progress of an athlete in competition is un-impeded.
4. Ensure that due notice is taken of the preparation and progress of field events and of warning horns.

**Control Measure Responsibilities:** 1,2,3,4 Technical Official

# ATHLETES WITH A DISABILITY RISK ASSESSMENT

## EVENT SPECIFIC TRACK EVENTS

### **HAZARD** Track

**WHO/HOW AFFECTED:** Athletes – Injuries from collisions or falls.

#### **CONTROL MEASURES**

1. Ensure that there is a suitable access point to the track.
2. Ensure that the lane lines are luminous or clearly painted.
3. In the case of blind competitors guided by athletes ensure that sufficient space has been allowed for both runners.
4. Blind competitors under the age of 16 in Class T12 should only be permitted to compete without assistance with the written permission of a suitably qualified person.
5. Ensure that the run-off at the end of a race and the area outside of the outside lane is clear of all obstacles.
6. Ensure that no one crosses the track during races.
7. Ensure that any run offs are on to solid ground and not soft areas.

<b>Control Measure Responsibilities:</b>	1	Event Organisers, Ground staff.
	2	Officials, Ground Staff.
	3	Organisers, Officials.
	4,5,6	Officials.
	7	Event Organiser, Ground Staff.

### **HAZARD** Hurdles

**WHO/HOW AFFECTED:** Athletes - Injuries from collisions

#### **CONTROL MEASURES**

1. Ensure that all hurdles are removed to designated storage area

<b>Control Measure Responsibilities:</b>	1	Officials, Athletes, Ground Staff
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### **HAZARD** Water Jump

**WHO/HOW AFFECTED:** Athletes - Injuries from falls.

#### **CONTROL MEASURES**

1. Ensure that the water jump area is cordoned off or that the water jump is covered

**Control Measure Responsibilities:** 1 Officials, Ground Staff.

## **FIELD EVENTS HIGH JUMP**

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

**WHO/HOW AFFECTED:** Athletes – Injuries from tripping or falling.

#### **CONTROL MEASURES**

1. Ensure no pins etc. are around from a previous competition.
2. Ensure that no equipment is left on the area used for the run up and that the athletes' kit is stored in a suitable location.
3. Ensure that checkmarks are flush with the ground.

**Control Measure Responsibilities:** 1 Ground Staff  
2,3 Officials, Athletes

### **HAZARD** Landing Area

**WHO/HOW AFFECTED:** Athletes - Injuries from hitting floor

#### **CONTROL MEASURES**

1. Ensure that the landing area is properly secured.

**Control Measure Responsibilities:** 1 Officials, Ground Staff.

### **HAZARD** Cross bars

**WHO/HOW AFFECTED:** Athletes - Injuries from tripping.

#### **CONTROL MEASURES**

1. Ensure that the cross bars are stored safely in a designated area.
2. Ensure that any visual aids used by VI jumpers are securely tied to the bar.

**Control Measure Responsibilities:** 1,2 Officials.

## **LONG AND TRIPLE JUMP**

### **HAZARD** Competition site

**WHO/HOW AFFECTED:** Athletes - Injuries from tripping or falling.

#### **CONTROL MEASURES**

1. Ensure that there is a common surface both sides of the runway and that the runway is flush with the surrounding area.

2. Ensure that the take – off area and the area to the sides of the runway and landing area and beyond the landing area are free from obstructions.

**Control Measure Responsibilities:** 1,2 Officials, Ground Staff

**HAZARD**      **Landing Area**

**WHO/HOW AFFECTED:** Athletes - Injuries from edges of landing area.

**CONTROL MEASURES**

1. In the case of blind competitors the distance between the axis of the runway and the sides of the landing area should conform to the specifications of the IBSA Technical Rulebook. If this is not possible suitable padding should be put around the edge of the landing area.

**Control Measure Responsibilities:** 1 Officials

**SHOT, DISCUS, JAVELIN**

**HAZARD**      **Throw Frames**

**WHO/HOW AFFECTED:** Athletes - Injuries from unstable frames.

**CONTROL MEASURES**

1. Ensure that there is a suitable area for securing frames.
2. Ensure that suitable holding devices are provided.
3. Assistance in transferring athletes between wheelchairs and throwing frames, if required, should be carried out by suitably qualified persons.

**Control Measure Responsibilities:** 1,2 Officials, Ground Staff, Event Organiser  
3 Officials, Event Organiser.

**HAZARD**      **Throwing Implements**

**WHO/HOW AFFECTED:** Athletes - Injuries from tripping, dropping.

**CONTROL MEASURES**

1. Ensure that implements are not transported by athletes in classes:F32-F34, F51-F58 & F11.
2. Ensure that an athlete has complete control of an implement before total release during transfer to them
3. Ensure that all implements are retrieved by officials or designated volunteers.

<b>Control Measure Responsibilities:</b>	1	Officials, Ground Staff, Athletes, Coaches.
	2,3	Officials.

**HAZARD**      **Throwing Sectors**

**WHO/HOW AFFECTED:**      Athletes - Injuries from flying implements.

**CONTROL MEASURES**

1. Control access to throwing sectors.
2. Ensure that VI athletes are informed when sector is clear.

<b>Control Measure Responsibilities:</b>	1,2	Officials.
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**ADDITIONAL POINTS**

**HAZARD**      **Scoreboard**

**WHO/HOW AFFECTED:**      Athletes - Injuries from collisions.

**CONTROL MEASURES**

1. Scoreboards should be placed so as not to be a danger to athletes and should be removed when not in use.

<b>Control Measure Responsibilities:</b>	1	Officials, Ground Staff.
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**HAZARD**      **Weather**

**WHO/HOW AFFECTED:**      Athletes - Injuries from slipping and poor visibility, health risks as a result of hot weather.

**CONTROL MEASURES**

1. Ensure that degrees of impairment together with adverse weather conditions are taken into account during competitions.
2. Ensure that visibility is sufficient for all competitors.
3. Ensure that adequate shade and water are available when appropriate.

<b>Control Measure Responsibilities:</b>	1	Officials
	3	Meeting Organiser

## SPORTSHALL ATHLETICS PROGRAMME GENERIC RISK ASSESSMENT

### **HAZARD** Sports Hall Surface Track and Field.

**WHO/HOW AFFECTED:** Athletes and Officials –Injuries caused by wet floor, dirty or dusty floor. Athlete/official and chalk on floor dirty wet shoes

#### **CONTROL MEASURES**

1. Ensure that Sports Hall is surface is dry. The event must stop if the sports hall surface becomes wet/or unsafe.
2. Ensure that the Sports Hall surface is clean of dust and dirt. If young athletes shoes are wet, muddy or unsafe, an official will inform the team managers that the young athlete will not be allowed to carry on competing until their shoes are clean and safe.
3. Ensure that the Sports hall floor is free from chalk.
4. Ensure that the chalk is controlled at the Vertical jump area.
5. Ensure that athletes and officials do not walk into field event areas while the field event is taking place.
6. Ensure that athletes and officials do not walk across track while races are taking place.

<b>Control Measure Responsibilities:</b>	1,2,3	Leisure centre staff and Officials
	4,5,6	Athletes and Officials.

### **HAZARD** Officials and athletes

**WHO/HOW AFFECTED:** Athletes/Officials. Injury caused by: Cuts and strains from collisions with other persons.

#### **CONTROL MEASURES**

1. An announcement should be made prior to when the race starts.
2. Starting officials should be positioned at an adequate distance away from the start.
3. In relays ensure that runners stay on their mat at all times other than when running.
4. Ensure that other persons do not cross the lanes when running is taking place.
5. Ensure that running lanes are clearly designated.

**Control Measure Responsibilities:** 1,2,3,4,5 Officials

### **HAZARD** Obstacle race and circuit Relay

**WHO/HOW AFFECTED:** Young athlete/official - Injury caused by: Incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment or collision with other athlete or official.



## **CONTROL MEASURES**

1. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.
2. Hi-Stepper: All wedges must be placed correctly on the mat. Mats should be placed together. Boards should be in pockets of the mats. The sports hall surface under the Hi-stepper must be clean of dirt and dust and there should be adequate run off at each end of the high stepper.
3. Speed Bounce Mat: Wedge must be placed on to mat correctly. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
4. PAK Hurdles: Hurdles must be put together correctly and be placed an adequate distance apart.
5. Reversaboards: must be of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
6. Where reversaboards are used ensure that participants know the correct turning technique.

**Control Measure Responsibilities:** 1,2,3,4,5,6 Officials and organisers

## **HAZARD**

### **Over/Under Relay**

**WHO/HOW AFFECTED:** Young athletes/official : Injury caused by incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment, collision with other athlete or official.

## **CONTROL MEASURES**

1. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.
2. Hi-Stepper: All wedges must be placed correctly on the mat. Mats should be placed together. Boards should be in pockets of the mats. The sports hall surface under the Hi-stepper must be clean of dirt and dust and there should be adequate run off at each end of the high stepper.
3. Speed Bounce Mat: Wedge must be placed on to mat correctly. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
4. PAK Hurdles: Hurdles must be put together correctly and are placed an adequate distance apart.
5. Reversaboards: Of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
6. Where reversaboards are used ensure that participants know the correct turning technique.

**Control Measure Responsibilities:** 1,2,3,4,5,6 Track Officials and organisers

**HAZARD****4 x 1 Relay, 6 and 8 Lap Paarlaf 2 + 2 Lap pairs, 1 + 1 Lap Pairs**

**WHO/HOW AFFECTED:** Young athletes/Official : Injury caused by incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment, collision with other athlete or official.

**CONTROL MEASURES**

1. Reversaboards: Must be of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
2. Where reversaboards are used ensure that participants know the correct turning technique.
3. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.

**Control Measure Responsibilities:** 1,2,3 Officials and organisers

**HAZARD****Standing Long Jump (Intermediate) and Triple Jump**

**WHO/HOW AFFECTED:** Young athlete/Official - Injury caused by athlete slipping on dirty mat, athlete not jumping on mat, athletes twisting ankle on edge of mat, collision with the wall or fixed apparatus, safety mats not placed against the wall, collision with other athlete or official

**CONTROL MEASURES**

1. Standing Long Jump/Triple Jump mat must be of an approved type.
2. Mat must be clean and of sound condition.
3. Mat must be safely away from the walls or fixed apparatus.
4. If the hall is small then safety measures must be taken to avoid clashes with fixed apparatus or wall.

**Control Measure Responsibilities:** 1,2,3,4 Officials and organisers.

**HAZARD****Target throw**

**WHO/HOW AFFECTED:** Young athlete/Official - Injury caused by: Young athletes misuse of bean bag, tripping or slipping on apparatus, misuse of Target Throw Trays

**CONTROL MEASURES**

1. Young athlete must be in control of beanbag.
2. Ensure that correct distance between other events.

**Control Measure Responsibilities:** 1,2 Officials and organisers

**HAZARD**      **Chest push**

**WHO/HOW AFFECTED:**      Young athlete/Official - Injury caused by:  
Young athlete misuse of 1kg ball, tripping/slipping on apparatus.

**CONTROL MEASURES**

1. Young athlete must be in control of 1kg ball.
2. Ensure that correct distance between other events.
3. Where ever possible throws should take place towards a wall.

**Control Measure Responsibilities:**      1, 2, 3      Officials and  
organisers

**HAZARD**      **Sitting throw**

**WHO/HOW AFFECTED:**      Young athlete/Official - Injury caused by:  
Young athlete misuse of size 4 footballs, tripping/slipping on apparatus, or  
Tripping over bench

**CONTROL MEASURES**

1. Young athlete must be in control of size 4 footballs.
2. Ensure that correct distance between other events.
3. Where ever possible throws should take place towards a wall.

**Control Measure Responsibilities:**      1,2,3      Officials and  
organisers.

**HAZARD**      **Balance test**

**WHO/HOW AFFECTED:**      Young athlete/Official - Injury caused by:  
Athlete slipping off Balance Beam, tripping/slipping on apparatus, balance  
bar too near wall or fixed apparatus

**CONTROL MEASURES**

1. Safety matting must be placed around the Balance beam.
2. Balance Beam should be secured to the floor (Velcro).

**Control Measure Responsibilities:**      1,2      Officials and  
organisers

**HAZARD**      **Speed Bounce**

**WHO/HOW AFFECTED:**      Young athlete/Official- Injury caused by:  
Wedge not placed on mat correctly, athlete hitting wedge and falling on to  
floor due to tiredness, athlete falling on to floor due to tiredness

**CONTROL MEASURES**

1. Wedge must be placed on to mat correctly.
2. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
3. Ensure that the mat does not slip.
4. Ensure that competitors wear appropriate footwear and that footwear is correctly fastened.

**Control Measure Responsibilities:** 1, 2 Officials and organisers

**HAZARD**      **Vertical Jump**

**WHO/HOW AFFECTED:** Young athlete/Official - Injury caused by: Vertical Jump board falling off the wall, young athlete falling

**CONTROL MEASURES**

1. Vertical jump board should be secured to wall by way of fixing screws or Velcro.
2. Due to the use of chalk, the surrounding floor must be checked and cleaned at regular intervals.

**Control Measure Responsibilities:** 1,2 Officials and organisers

**HAZARD**      **Tossing the caber**

**WHO/HOW AFFECTED:** Young athlete/Official- Injury caused by: The caber being misused by young athletes, young athletes in the throwing area, and tripping/slipping on apparatus, officials standing in the throwing area

**CONTROL MEASURES**

1. The caber must never be left on its own.
2. Young athletes must not stand behind the thrower.
3. The throwing area must be clear when competition is taking place.

**Control Measure Responsibilities:** 1,2,3 Officials and organisers.

**HAZARD**      **Soft Javelin**

**WHO/HOW AFFECTED:** Young athlete/Official - Injury caused by: Misuse of the javelin and tripping/slipping on apparatus

**CONTROL MEASURES**

1. The throwing area must be clean at all times.
2. Young athletes must understand the safety rules of throwing a javelin.

**Control Measure Responsibilities:** 1, 2 Officials and organisers

**HAZARD**      **Senior standing Long Jump**

**WHO/HOW AFFECTED:**      Young athlete/Official- Injury caused by:  
Athlete slipping on dirty mat, athlete not jumping on mat, athletes twisting ankle on edge of mat, mat not placed against wall, collision with other athlete/official, take off board not fixed to mat position

**CONTROL MEASURES**

1. Senior standing long jump mat must be of an approved type.
2. Mat must be clean and of sound condition.
3. Mat must be safely away from the walls of fixed apparatus.
4. If hall is small then safety measures must be taken to avoid clashes with fixed apparatus or walls.
5. Take off board must be in good condition.

**Control Measure Responsibilities:**      1, 2, 3, 4, 5 Officials and organisers

**HAZARD**      **High Jump Run Up**

**WHO/HOW AFFECTED:**      Young athlete/Official - Injury caused by:  
Slipping or tripping due to wet or dirty surface, standing falling over

**CONTROL MEASURES**

1. Ensure the run up area is dry and swept to remove any debris e.g. sand.
2. Ensure athletes wear suitable footwear.

**Control Measure Responsibilities:**      1,2      Officials and organisers

**HAZARD**      **High Jump Landing Bed**

**WHO/HOW AFFECTED:**      Young athlete/Official- Injury caused by: Poor bar, stands in the incorrect position

**CONTROL MEASURES**

1. Bed must be made of foam and securely fastened together.
2. An attached wear sheet must cover the bed.
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam.
4. Ensure that stands are placed in the correct position.
5. Ensure that bar is sound.
6. Mat must be clean and of sound condition.

**Control Measure Responsibilities:**      1,2,3,4,5,6 Officials and organisers

**HAZARD****Portable Shot Circle**

**WHO/HOW AFFECTED:** Young athlete/Official - Injury caused by: Slipping due to wet or gritty surface, injury due to damaged metal rim of circle, injury due to damaged or loose stop board, chalk on floor

**CONTROL MEASURES**

1. Check circle is free of wet surface.
2. Sweep circle free of dirt and grit.
3. Examine metal rim to ensure there is no protrusion of shards of metal.
4. Ensure that stop board is not damaged and is stable.

**Control Measure Responsibilities:** 1,2,3,4 Officials and organisers

**HAZARD****Shot competition Sector**

**WHO/HOW AFFECTED:** Young athlete/Official- Injury caused by: Misuse of shots, sector not secure

**CONTROL MEASURES**

1. Make sure that the area is secure so that athletes and officials cannot walk into shot sector.
2. Spare shots should be placed into a box.
3. Athletes must not use chalk.
4. Athletes should wear the correct footwear.
5. Athletes must use the correct weighted shot.
6. Provision of landing mats to absorb impact of shot.
7. Provision of a protective barrier to prevent the shot encroaching on the track.

**Control Measure Responsibilities:** 1,2,3,4,5,6,7 Officials and organisers

## **SPORTSHALL ATHLETICS PROGRAMME NOTES**

- All sports hall Athletics equipment shall be of an approved type and in a safe and serviceable condition.
- Any liquid on the sports hall floor is dangerous to all athletes and officials, if a spillage occurs then the event must be stopped immediately. The event must not restart until all liquid has been cleared and the floor is dry.
- At all events practice sessions must only take place under the supervision of a suitable official.
- First aid provision must always be available.

- For more information on sports hall athletics see Track and Field rules manual.

## **CODE OF PRACTICE TELEVISED EVENTS**

### **General Considerations**

1. All track and field televised events should be conducted on certificated facilities.
2. Facilities which have been modified to accommodate the needs of a televised meet must not rely on certification but will need a specific written risk assessment.
3. In particular risk assessments need to be compiled for any additional facilities such as doping control, warm up areas, practice areas etc.
4. All events must be conducted in accordance with the UK Athletics Approved Code of Practice The Safe Conduct of Track and Field Events and with the Codes of Practice relating to Endurance Events.

#### **HAZARD**      **TV Cables**

**WHO HOW AFFECTED:**      Tripping hazard for Technical Officials, Athletes, TV Crew, Photographers, Track Team, Event Presentation Personnel

#### **CONTROL MEASURES**

1. Host Broadcaster Risk Assessments
2. Discussion with Host Broadcaster Installation Engineer
3. Continual assessment of risks during build as well as before sign off time

**Control Measure Responsibilities:**      1, 2, 3      Broadcaster Engineer,  
UKA Technical  
Director

#### **HAZARD**      **Cameras Static**

**WHO HOW AFFECTED:**      Collision for Athletes, Technical Officials, Photographers, Track Team, Host Broadcaster Personnel

#### **CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussion with Technical Director prior to set up
3. Continual assessment of risks when position agreed

<b>Control Measure Responsibilities:</b>	1, 2	Broadcaster Engineer, UKA Technical Director
	3	Broadcaster Engineer, UKA Technical Director, Competition Officials

**HAZARD**      **Infield Interviews**

**WHO HOW AFFECTED:**      Obstruction of other personnel, injuries from throwing activities to Host Broadcaster Personnel, Event Presentation Personnel, Athletes, Technical Officials, Advertising Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussions with Technical Director and Event Presentation prior to set up
3. Continual assessment during competition

<b>Control Measure Responsibilities:</b>	1	Host Broadcaster, Fast Track
	2,3	UKA Technical Director, Fast Track

**HAZARD**      **Tracking Camera**

**WHO HOW AFFECTED:**      Tripping hazard for Technical Officials, Athletes, Track Team, Host Broadcaster Personnel, Photographers, Advertising Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussions with Technical Director prior to installation
3. Continual Assessment prior to start of competition

<b>Control Measure Responsibilities:</b>	1,2,3,	Host Broadcaster, UKA Technical Director
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**HAZARD**      **Camera Hoists and Booms**

**WHO HOW AFFECTED:**      Collisions for Athletes, Technical Officials, Track Team, Photographers, Advertising Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussions with Technical Director prior to set up
3. Continual Assessment of risks when position and function agreed



**Control Measure Responsibilities:** 1, 2, 3 Host Broadcaster,  
UKA Technical  
Director

**HAZARD** Cable Reels

**WHO HOW AFFECTED:** Tripping hazard for Athletes, Technical  
Officials, Track Team, Photographers, Advertising Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussions with Technical Director
3. Continual Assessment prior to start of competition

**Control Measure Responsibilities:** 1, 2, 3 Host Broadcaster,  
UKA Technical  
Director

**HAZARD** Buggy

**WHO HOW AFFECTED:** Collision with Athletes, Technical Officials,  
Track Team, Photographers, Media

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Venue Risk Assessment
3. Discussions with Technical Director and Event Presentation
4. Continual Assessment during rehearsal and competition

**Control Measure Responsibilities:** 1, 3, 4 Host Broadcaster,  
UKA Technical  
Director  
2 Host Broadcaster,  
Fast Track, Venue

**HAZARD** Mini cams

**WHO HOW AFFECTED:** Tripping, collision for Athletes, Technical  
Officials, Track Team, Host Broadcaster Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Discussions with Technical Director prior to set up
3. Continual Assessment during competition

**Control Measure Responsibilities:** 1, 2 Host Broadcaster,  
UKA Technical  
Director  
3 Host Broadcaster,  
UKA Technical

**HAZARD**      **Lighting**

**WHO HOW AFFECTED:**      Interference with necessary competition equipment, wrongly directed Athletes, Technical Officials, Host Broadcaster Personnel, Media

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Continual Assessment during competition

**Control Measure Responsibilities:**      1, 2      Host Broadcaster,  
UKA Technical  
Director

**HAZARD**      **Ducting covers**

**WHO HOW AFFECTED:**      Tripping or collision for Athletes, Technical Officials, Host Broadcaster Personnel, Track Team, Photographers, Event Presentation Personnel, Advertising Personnel

**CONTROL MEASURES**

1. Host Broadcaster Risk Assessment
2. Venue Risk Assessment
3. Continual Assessment during set up and competition
4. Barrier any uncovered ducts at all times

**Control Measure Responsibilities:**      1, 2, 3, 4      Host Broadcaster,  
Venue, UKA  
Technical Director,  
Fast Track

## **PHOTOGRAPHERS**

**HAZARD**      **Access to trackside**

**WHO/HOW AFFECTED:**      Collision with Athletes, Technical Officials, Track Team, Equipment, Kit Carriers, Host Broadcaster Personnel, Event Presentation Personnel

**CONTROL MEASURES**

1. Only agreed number of photographers who have been given trackside access and are wearing identifiable clothing should be allowed on the track
2. All trackside photographers should have been given code of conduct and been briefed by photographer liaison

<b>Control measure responsibility:</b>	1	Photographer liaison, Fast Track, UKA Technical Director
	2	Photographer liaison, Fast Track

**HAZARD**      **Access to infield**

**WHO/HOW AFFECTED:** Collision with Athletes, Technical Officials, Track Team, Equipment, Kit Carriers, Host Broadcaster Personnel, Event Presentation Personnel

**CONTROL MEASURES**

1. Only agreed number of photographers who have been given infield access and are wearing identifiable clothing should be allowed on the infield
2. Continual assessment during warm up of field events and competition

<b>Control Measure Responsibility:</b>	1, 2	Photographer liaison, Fast Track, UKA Technical Director
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**HAZARD**      **Infield positions**

**WHO/HOW AFFECTED:** Injuries from equipment and throwing implements

**CONTROL MEASURES**

1. Only positions agreed during warm up and competition to be used
2. Continual assessment during warm up and competition

<b>Control Measure Responsibility:</b>	1	Photographer liaison, Fast Track, UKA Technical Director
	2	Photographer liaison, Fast Track, UKA Technical Director, Competition Officials

**HAZARD**      **Cameras and equipment**

**WHO/HOW AFFECTED:** Tripping hazard for: Athletes, Technical Officials, Track Team, Host Broadcaster Personnel, Event Presentation Personnel

**CONTROL MEASURES**

1. Cameras, lenses, camera bags, tripods should be placed in positions that do not cause an obstruction or a hazard

<b>Control measure responsibilities:</b>	1	Photographers, photographer liaison, Host Broadcaster
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Personnel,  
Competition  
Officials, Fast Track,  
UKA Technical  
Director

## **CODE OF CONDUCT FOR PHOTOGRAPHERS**

Press/photographers must be easily identifiable and must report to the official in charge of the event and should only be allowed on to the competition area with the meeting organiser's permission.

Photographers entering the competition area must:

1. Report presence to officials in charge of event.
2. Comply with requests from officials to move location.
3. Be aware of roped restrictions.
4. Take notice of and acknowledge warning horns.
5. Look both ways before crossing tracks and runways.
6. Not use the centre field as a short cut.
7. Not obstruct the progress of any event.

# **SAFETY RECOMMENDATIONS FOR CLUBS, MEETING PROMOTERS AND MEETING ORGANISERS**

## **Track and Field Athletics**

### **Prior to a meeting, organisers should ensure:**

1. That tracks have a current certificate and risk assessment document.
2. That any exclusions on the certificate are noted.
3. That the timetable of the meeting takes into account possible event conflicts.
4. That all facilities meet the requirements as set out in the Approved Code of Practice for Track and Field Events or that suitable alternatives are available.

### **During a meeting, organisers should ensure:**

1. That consideration is given to the safety of athletes, officials, spectators and other personnel while the hammer event is in progress. Depending upon the location of the hammer competition and the competence of the competitors it may be necessary to restrict the use of the track and any other event sites in the vicinity of the hammer event.
2. That in the event of non qualified personnel being used to assist in officiating, prior to starting the event all such persons must be added to the meeting organiser's list of officials and should be made aware of any safety issues associated with their events. Only in exceptional circumstances should non qualified personnel be used in the proximity of landing implements in the long throwing events and then only under the direct supervision of a suitably experienced technical official.
3. That the recommendations regarding personnel entering the competition area are complied with.

During a meeting clubs and team managers should ensure that their athletes have sufficient competence in their events such that they do not pose a danger either to themselves or to others.

## **SAFETY RECOMMENDATIONS PERSONNEL ENTERING THE COMPETITION AREA AT TRACK AND FIELD MEETINGS.**

The following information should be displayed as widely as possible:

- a. On entry to meeting (if controlled access)
  - b. At some prominent position outside the track (outside the clubhouse, announcers caravan, etc.)
  - c. On leaflets given out to competing clubs.
  - d. Where appropriate printed in the programme.
1. No-one other than the relevant appointed Technical Officials and Field Event athletes should enter the roped-off area in the competition area without authorisation..
  2. Tours by guests/dignitaries must be led by a competent authorised person.

### **Instructions to Personnel**

1. Report presence to officials in charge of event.
2. Comply with requests from officials to move location.
3. Be aware of roped restrictions.
4. Take notice of and acknowledge warning horns.
5. Look both ways before crossing tracks and runways.
6. Do not use the centre field as a short cut.
7. Do not obstruct the progress of any event.

### **SPECIFIC RULES**

1. Track athletes and Seeding sheet/Draw Sheet/Results Runners must never go inside the roped off area. Only if necessary may they cross the track and go round the competition area on the grass.
2. Press/photographers must be easily identifiable and must report to the official in charge of the event and should only be allowed on to the competition area with the meeting organiser's permission.
3. In the event of doctors or first aiders needing to enter the competition area they must make their presence known to the event officials.
4. Refreshment personnel must never use the central competition area as a short cut.
5. There shall be a statutory public H & S announcement at the beginning of every meeting with repeated announcements at suitable intervals.
6. It is recommended that while in a competition area walkmans and similar devices should not be used.
7. In meetings where kit carriers are used they must be under the supervision of a suitably experienced person and must be aware of all safety procedures.

## **MEDICAL PROVISION AT TRACK AND FIELD COMPETITIONS**

**The minimum provision at track and field meetings should be the following:**

1. First aiders - number to be determined by meeting organiser.
2. Ability to contact emergency services.

**Alternatively in the absence of first aiders a responsible person should be appointed whose role would be the following:**

- (a) To be aware of the nearest accident and emergency hospital.
- (b) To be able to arrange transport to a hospital if necessary.
- (c) To make all necessary telephone communications.

**Note:** This person would not be responsible for any first aid treatment

At larger meetings more specialist medical support may need to be considered.

## **CONTACTS**

### **Health and Safety**

Peter Sutcliffe - UK Athletics Health and Safety Manager

### **Facilities**

David Young - UK Athletics Facilities Manager

### **Certification**

Nichola Sykes - UK Athletics Certification Officer