

Ballymena & Antrim Athletics Club.....RISK ASSESSMENT

2017

Location: ANTRIM FORUM	Assessment by:
Activity/Area: FORUM FACILITIES	Assessment Date:

What are the Hazards?	Who might be harmed and how?	What are you already doing?	What further action is required?	How will you put the assessment into action?		
				By whom?	By when?	Complete?
<p><u>TRACK</u></p> <p>The condition of the track is not safe. #Icy &/or slippery conditions. #Track inside edging not in place #Items left on track e.g. hurdles etc.</p>	<p>Athletes on track may slip or fall.</p> <p>Trip hazard to athletes. Athletes may trip, or cause injury to themselves/others in avoiding.</p>	<p>Visual check of track area during walk around before start of session.</p>	<p>Athletes advised that track is unsuitable for training. Suggest using adjacent grass areas when they have been checked for safety.</p>	<p>Club coaches to check area. Club management to brief athletes at briefing for training if there is a hazard.</p> <p>Coaches to ensure final checks et end of session.</p>	<p>Each session using the forum.</p> <p>Check that area is left safe at the end of each session.</p>	
<p>Track is used by different groups of athletes at the same time. It is important to ensure that there is no physical conflict between these groups and others crossing/adjacent to the track.</p>	<p>Athletes using the track and others crossing/adjacent to it.</p>	<p>Each Lead Coach to ensure that athletes in their group are clear of the lanes to be used. All athletes told about lane & track etiquette and about giving priority to those using the track.</p>				

<u>LONG/TRIPLE JUMP PITS</u>						
Foreign objects in pits Sand too wet and clogged	Athletes using the pits may be injured from foreign objects. If sand is too “heavy”, athletes may be bruised or sprain feet.	Coach to visually check pit before jumping starts. If necessary, dig and rake pit.	Athletes and coaches to be vigilant at all times.	Coach at start of each session.	Every session.	
Condition of runway unsafe. #Icy or slippery. #Athletes markers in way of run-up.	Athletes using runway may slip. Athletes may trip on markers.	Coach to visually check the runway prior to, and during, the session.	If runway is slippery, jumping practice may be deferred.	Coach at start and during each session.	Every session.	
Equipment may cause a hazard – e.g. rake or tape.	Athletes and officials may trip and injure themselves.	Coach to ensure that rake is spikes down and away from pit, and all other equipment is under control.	Coach to ensure equipment under control. All equipment to be returned to store at end of session and runway cleared.	Coach during each session.	Every session.	
Other athletes may interrupt runup.	Athletes may collide and cause injury.	Coach to ensure all athletes are aware of dangers, the jump order is strictly controlled, and group is of a manageable size.	Coach to control athletes jump order and have a manageable group size.	Coach during each session.	Every session.	

<p><u>HIGH JUMP</u></p> <p>Athletes being injured through problems on the jump apron, the mat or the bar/uprights.</p> <p>Athletes being interrupted by others passing through the jump area.</p> <p>Jumpers endangering track athletes with their run-ups</p>	<p>Jumpers and coaches</p> <p>Athletes and those passing through</p> <p>Jumpers and track athletes</p>	<p>Thorough check on all equipment and run-up areas.</p> <p>Report any issues to Forum Management</p> <p>Constant vigilance and reiteration of rules</p>	<p>Constant reiteration of rules and vigilance of coaches.</p>	<p>Club Management brief athletes at the start of each session and ensure equipment is thoroughly checked at the prior to the start of each session.</p>	<p>No jumping allowed until the area has been approved by the coaches.</p> <p>Coach always present when athletes jumping.</p>	
<p><u>THROWING CAGES</u></p> <p>Athletes, coaches or spectators being injured by a discus or hammer thrown from the cage.</p>	<p>Anyone within the throwing segment – athletes, coaches, officials or anyone walking across the segment to go to another part of the forum.</p>	<p>#Coaches reiterate the rules for throwing – No throwing happens without a coach in attendance and check the segment and periphery and be aware of people in the vicinity. #Make sure that people at events in the vicinity are aware that throwing is taking place. #Give a guide to safe working</p>	<p>Athletes and coaches to be advised that throwing is taking place. No-one is to walk into the segment area unless they have clearance from the lead coach and understand the rules.</p>	<p>Club management brief athletes and coaches at training and events. A safety warning is included as part of the briefing.</p>	<p>Every session.</p>	

		distances. #Check before each throw.				
The cage nets are broken or damaged.	Coaches, athletes, officials and spectators.	Check the net thoroughly before each use.	Report any damage to Club management and take any necessary action to ensure the safety of all people in the vicinity of the cage.	Lead coach on duty.	Every session	
The concrete circle is slippery due to rain, leaves/grass etc.	Athletes training or competing.	Check circle before start and brush clean. Advise athletes to be cautious if circle remains wet.	Be vigilant during session and clean circle as necessary.	Coaches and athletes.	Every session	
Collection of discus and hammer after throw.	Athletes collecting apparatus may be in danger from adjacent events – e.g. javelin	Coaches to stress need for vigilance amongst athletes. Co-ordinate collection of apparatus across events in each vicinity.	Constant vigilance required at all times.	Coaches and athletes.	Throughout each session.	
JAVELIN The javelin is a dangerous implement.	Athletes, coaches and officials	#Coaches to stress the rules for	Rules of throwing are reiterated at the	Coaches and athletes	Before and during each session.	

<p>Athletes, coaches and officials being injured from javelins being thrown.</p>	<p>involved with the javelin and adjacent events.</p>	<p>throwing and collection of the javelin. #Javelins to be parked point into ground when not in use. #Constant vigilance and awareness by athletes of those around the throw run-up and landing segment. #Collection to be co-ordinated with adjacent events.</p>	<p>start of each session. No athletes to take javelins from store room unless coach approved on the day. Coaches and athletes constantly vigilant.</p>			
<p>Javelin run-up areas slippery or obstructed.</p>	<p>Athletes may slip or trip and suffer injury.</p>	<p>#Coach and athletes to ensure run-up is swept of leaves and water if slippery. #Athletes to ensure own run-up markers do not interfere with others.</p>	<p>Clean run-up area before each session and during if raining. Be aware of point at which throwing in the rain becomes dangerous from falls.</p>	<p>Coaches and athletes.</p>	<p>Every session.</p>	
<p>People passing across the javelin run-up area causing injury to athletes and themselves.</p>	<p>Athletes, coaches and officials may cause injury to throwing athlete or to themselves.</p>	<p>Coaches are aware at all times of people passing across the area.</p>	<p>Reinforce rules if an infringement occurs.</p>	<p>Coaches and athletes.</p>	<p>Every session.</p>	

