

Risk Assessment: Jumps

Date:	Assessed by:	Location :	Review :
1/2/2023	Andy Battle – H&S Coordinator Amy Roden (Jumps Coach)	Herringthorpe Stadium	1/2/2024

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Slips and trips, worn / damaged run up and jump area. Objects left on run up	Athletes may be injured if they trip on obstacles or worn areas of the track / stadium. Athletes may also be injured if they fall over or collide with objects left on the run up or close to the trackside	<ul style="list-style-type: none"> The run up areas are generally in good repair Remind athletes to carefully plan run up Visual assessment of objects that may be left on the track or close to where the athletes may walk back and leave the track area, including bags, shoes and run up markers Visual check of jump strip condition for long jump Use of soft matting surrounding high jump bed Regular raking of sandpits 	L	<ul style="list-style-type: none"> Remind athletes of track etiquette Communicate with other coaches and athletes about their track etiquette Dynamic RA during session to mitigate any risks associated with inexperience and tailoring exercise / activity to capability of athlete Assessment of condition of jump bed, soft matting, etc prior to and throughout training session 	L	Coach		
Injury caused by inappropriate technique / misuse of equipment or jump facilities	Athletes may be injured if jump facilities are used inappropriately or without supervision	<ul style="list-style-type: none"> Ensure athletes are under supervision of coach whilst using jump equipment / facilities 	L	<ul style="list-style-type: none"> Good coaching practice to ensure athletes follow correct training procedures Limitation to total numbers using jump facilities 	L	Coach		

		<ul style="list-style-type: none"> • Correct assembly of equipment supervised and checked by coaches • Strict adherence to safety instructions given by coach – specifically to ensure one athlete ‘jumping’ at any given time 		<ul style="list-style-type: none"> • dependant upon nature of exercises and training session • Dynamic R/A to review capability of athletes during jump training and condition of environment and equipment 			
Injuries caused by Slips and falls during run up to jumps	Athletes may slip, fall and suffer injury due to the condition of the run up area, track during wet or icy weather	<ul style="list-style-type: none"> • Visual assessment prior to use • Clear run up area of all hazards • Ensure correct footwear • 	L	<ul style="list-style-type: none"> • Adapt or cancel training where conditions present heightened risks 	L		
Injuries caused during or when concluding activities and reps	Athletes may congregate when completing a jump or exercise leading to overcrowding issues or collision injuries	<ul style="list-style-type: none"> • Athletes to clear jump area once completing a jump / rep • Athletes to immediately leave the jump area and stand away from jump area to recover • Athletes to walk back to start point without using run up area. 	M	<ul style="list-style-type: none"> • Coach to educate athletes to move away and clear jump area after completing a jump / rep • Use of cones or markers to assist with lane markings etc • Clear instructions given to athletes before and during training activity • Activity modified if risks are identified that cannot be adequately mitigated. 	L	Coach	
Injury caused by collision with Coaches and other athletes	Athletes may injure themselves due to collisions with other persons on the run up/track or entering or exiting the track	<ul style="list-style-type: none"> • Coaches and athletes to observe local lane / space discipline • Athletes to check the track and run up when entering or exiting across the lanes 	M	<ul style="list-style-type: none"> • Coach to communicate with other track users and work around them to observe good track etiquettes • Dynamic Risk assessment to keep activity under review and to modify or even cancel 	L	Coach	

		<ul style="list-style-type: none"> Coaches / athletes to observe track etiquette and lane discipline 		activity where risks cannot be mitigated				
Other stadium Users	Close contact with other stadium users passing by the jump area	<ul style="list-style-type: none"> Coach to keep area clear and remind other athletes that jump areas are in use by other groups. 	M	<ul style="list-style-type: none"> Coaches and athletes to suspend run-ups while groups are passing 	L	Coach		