

Risk Assessment: Sprints and Hurdles

| Date: | Assessed by: | Location : | Review : |
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| 1/2/2023 | Andy Battle H&S Coordinator Stuart Kerr Sprints 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 |
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| Slips and trips due to condition of track or objects left on track | Athletes may be injured if they trip on the kerb or worn areas of the track. Athletes may also be injured if they fall over or collide with objects left on the track or close to the trackside | <ul style="list-style-type: none"> The track is generally in good repair Remind athletes to run in centre of lanes and not too close to the track edges Visual assessment of objects that may be left on the track or close to where the athletes may finish and leave the track area Safe storage of kit bags etc away from running area | L | <ul style="list-style-type: none"> Remind athletes of track etiquette Communicate with other coaches and athletes about their track etiquette Visual assessment of track condition particularly during periods of extreme weather (wind, rain, ice etc) | L | Coach | | |
| Starting blocks | Athletes may be injured from slipping or tripping due to incorrect positioning of blocks or poorly maintained blocks | <ul style="list-style-type: none"> Ensure athletes set up blocks correctly and they are firmly secured onto the track or other area. Blocks to be used by young athletes visually inspected by coach before use for suitability Athletes ensure use of blocks is authorised by coach and only | L | <ul style="list-style-type: none"> Good coaching practice in setting up and using blocks Clear communication to other track users where blocks are used to prevent injury to other track users in vicinity of sprint lanes | L | Coach | | |

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| | | within designated lanes approved by coach | | | | | |
| Injuries caused due to collision with other athletes during starts, or injuries caused by the presence of blocks on the track | Athletes may injure themselves or others due to collision with other athletes encroaching, or athletes may injure themselves tripping over starting blocks left in lanes | <ul style="list-style-type: none"> • Ensure starting blocks are correctly positioned in lane • Ensure athletes line up ready to start and are aware of other athletes in the area • Athletes to move starting blocks off track in between reps where lane sharing occurs • Coaches to agree lanes to be dedicated to block starts and share this with training groups | L | <ul style="list-style-type: none"> • Communicate with other coaches and athletes to agree lane use and good track etiquette | L | Coach | |
| Weather and conditions | Athletes may injure themselves due to slippery track or being unable to see event layout due to fading light | <ul style="list-style-type: none"> • Coach to check weather conditions and adapt session as appropriate • Consideration of spikes to be worn to prevent slipping on wet track, dependent upon athlete capabilities | M | <ul style="list-style-type: none"> • Coach to continually assess weather and light conditions and adapt or stop the session as appropriate | L | Coach | |
| Coaches and other athletes | Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track | <ul style="list-style-type: none"> • Coaches and athletes to observe local lane discipline • Athletes to check the track when entering or exiting across the lanes • More experienced athletes reminded to communicate with younger athletes to remind them to be aware of lane discipline and athletes approaching at faster speeds | M | <ul style="list-style-type: none"> • Coach to communicate with other local track users and work around them to observe good track etiquettes | L | Coach | |

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| <p>Injuries caused by incorrect use of hurdles, or by collision with hurdles during training</p> | <p>Athletes may injure themselves due to collision with hurdles whilst carrying, moving, placing or using Hurdles for training purposes</p> | <ul style="list-style-type: none"> • Hurdles to be limited to specified lanes and used in the correct direction • Only athletes who have been or are being coached in hurdles to use the hurdles on the track • Hurdle drills to be done in agreed area away from other track users • Hurdles to be set at the appropriate height and distance • Hurdles to be checked that they are well maintained and free from damage • Safe lifting and carrying practices to be instructed by coach and assistance of ground staff to be sought when moving hurdles to or from storage | <p></p> | <ul style="list-style-type: none"> • Coach to conduct dynamic risk assessment of athletes training with hurdles to ensure athletes possess appropriate skill to progress from drills to jumps. • Coach to monitor competency and fatigue to mitigate risks of avoidable collisions, trips and falls | <p></p> | <p>Coach</p> | | |
| <p>Collision with other track Users</p> | <p>Injuries caused or near misses arising from close contact with other stadium users passing by the hurdling area on their way to and from other areas of the stadium</p> | <ul style="list-style-type: none"> • Coach to keep area clear and remind other Users of track etiquette and safe routes to navigate stadium to avoid conflict on track • Coaches to agree appropriate areas and usage of track to prevent unnecessary track conflict | <p>M</p> | <ul style="list-style-type: none"> • Coaches and athletes to suspend starts while groups are passing • Coaches and athletes to observe track etiquette | <p>L</p> | <p>Coach</p> | | |