

## Risk Assessment: Track & Field Training Activity

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
1/2/2023	Andy Battle	Herringthorpe Stadium, Rotherham	31/01/2024

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
Track Hazards - Slips and trips Loose kerbing, worn track. Objects left on / near track	Athletes may be injured if they trip on the edge of, or worn areas of, the track. Athletes may be injured if they slip on icy or otherwise slippery 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"> <li>The track is generally in good repair</li> <li>Remind athletes to observe lane discipline</li> <li>Visual assessment of track prior to use for condition and objects left on or adjacent to track area</li> </ul>	L	<ul style="list-style-type: none"> <li>Share risk assessments with all coaching team</li> <li>Remind athletes of track etiquette</li> <li>Communicate with other coaches and athletes about their track etiquette</li> <li>Ensure bags and unused equipment is stored safely away from areas of the stadium being used for training</li> </ul>	L	AB  Coaches  Coaches		

<p>Physical injury caused by thrown object</p>	<p>Athletes may be injured if hit by an object thrown by other athletes (Hammer, Javelin, Discus, shot put)</p>	<ul style="list-style-type: none"> <li>Stadium design segregates throwing areas</li> <li>Stadium design incorporates safety features to minimise risks (Hammer Throw cage)</li> <li>Qualified coaches used to supervise activities</li> <li>Physical barrier (rope barrier) used to separate track and throwing field</li> <li>Safe systems of training adopted following specific risk assessments for each throwing discipline</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>New Athletes undertake club induction to include track and field safety advice and stadium tour</li> <li>Coaches monitor athletes and instruct on areas that are out of bounds and observation of rope boundaries etc</li> <li>Adoption of safe systems of training within activity specific risk assessments</li> </ul>	<p>L</p>	<p>Coaches</p>		
<p>Hill Training, slip trip fall on grassed, paved areas of Herringthorpe Fields</p>	<p>Athletes may be injured whilst training on 'cross country' and 'hill training' areas of Herringthorpe fields.</p>	<ul style="list-style-type: none"> <li>Training groups under supervision of accredited coaches</li> <li>Visual check of area prior to training</li> <li>Training sessions planned and adapted to take account of environment, weather and any other risk factors</li> <li>Training routes, zones, areas, identified by cones, poles or other identifiable and visible props (eg lighting)</li> </ul>		<ul style="list-style-type: none"> <li>Dynamic risk assessment before and throughout training sessions to assess hazards caused by any other users of the training area (public space)</li> <li>reminders to athletes to wear suitable and adequate clothing including footwear</li> <li>Modification of training activities in line with dynamic R/A</li> </ul>		<p>Coaches</p>		

<p>Stadium Hazard, slips trips, falls on non-track areas of stadium</p>	<p>Athletes may be injured if they trip on steps, grass areas and jumping / throwing areas when used for training purposes</p>	<ul style="list-style-type: none"> <li>Planned and coordinated use of training spaces</li> <li>Areas subject of visual checks</li> <li>Training only conducted where lighting is deemed adequate</li> <li>Coach led Safety induction provided to new athletes</li> </ul>		<ul style="list-style-type: none"> <li>Training sessions / activities subject of dynamic risk assessment and only those suitable to the environment are undertaken</li> </ul>		<p>Coaches</p>		
<p>Track Hazards Slips, trips, collisions due to use of track by different training groups</p>	<p>Athletes may be injured whilst running on the track at different speeds in different groups, or whilst commencing / finalising training at various locations on track</p>	<ul style="list-style-type: none"> <li>Training Groups supervised by coaches who are not participating in training and can maintain an overview of group activity</li> <li>Maintaining appropriate coach to athlete ratios</li> <li>Coordination of stadium use by coaches and coaching coordinators to segregate training groups, where possible</li> <li>New athletes to undertake induction session on track safety</li> </ul>	M	<ul style="list-style-type: none"> <li>Communication and coordination across coaching teams to ensure effective use of track space for differing groups</li> <li>Reinforce use of track etiquette</li> <li>Use of other training areas to reduce capacity on track during busy periods</li> </ul>	L	<p>Coach  Coach  Coach</p>		
<p>Safeguarding Risks to young athletes</p>	<p>Athletes as young as 8 attend training sessions. Safeguarding risks can include physical, emotional and neglect</p>	<ul style="list-style-type: none"> <li>All training undertaken by accredited coaches</li> <li>All training is conducted in a group setting</li> <li>Parents are encouraged to observe training</li> <li>All training is conducted in public spaces</li> </ul>	M	<ul style="list-style-type: none"> <li>Young athlete groups supervised by accredited coaching staff</li> <li>Coaching staff maintain DBS checks</li> <li>Coaching standards adopted by club</li> </ul>	L	<p>Club  Club  Club</p>		

		<ul style="list-style-type: none"> <li>• Club welfare officers identified</li> </ul>		<ul style="list-style-type: none"> <li>• Registration system used to record athlete and coaching staff attendance</li> <li>• Appointment of club welfare officers and adoption of safeguarding standards</li> <li>• Adequate coaching staff deployed to meet size / needs of coaching groups</li> <li>• Dynamic Risk assessments carried out by coaches to include assessment of fitness levels, adequacy of clothing, existence of injuries etc</li> </ul>		<p>Coach</p> <p>Club</p> <p>Coach Coordinator</p> <p>Coaches</p>		
<p>Risk of injury through inappropriate training / exercising session, dehydration, exposure to heat or cold</p>	<p>Athletes may suffer injury through participation in inappropriate activities, beyond their capabilities. Suffer dehydration, or other injury through exposure to excessive cold / heat</p>	<ul style="list-style-type: none"> <li>• Training groups organised by ability to ensure activities are commensurate with capabilities</li> <li>• All sessions overseen by appropriate coach</li> <li>• Sessions planned by suitably accredited coach to ensure activities are within capability of training group</li> <li>• Adequate rest and refreshment breaks built into training schedules</li> </ul>	M	<ul style="list-style-type: none"> <li>• Dynamic risk assessments undertaken by coach</li> <li>• Assessment of suitability of clothing worn by athletes to take part in activities</li> <li>• Flexibility in relation to refreshment breaks dependent upon ambient temperatures</li> <li>• Variation of planned activities in response to fluctuating weather conditions</li> </ul>	L	Coaches		

All references to coaches, includes run leaders or those formally organising and delivering running, track and field activities as part of Rotherham Harriers & AC