

Risk Assessment: Throws

Date:	Assessed by:	Location :	Review :
1/2/2023	Andy Battle H&S Coordinator Brian ??? Throws 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
Injuries caused by slipping, tripping or otherwise mishandling throwing equipment being carried (Javelin, shot, discus, hammer)	Athletes and coaches may be injured due to collision with, or dropping throwing equipment or tripping due to poor condition of infield, or obstructions on or near the throwing areas	<ul style="list-style-type: none"> The stadium is in generally good condition. The shot throwing area has some weeds but these should not create a trip hazard. The throwing field is well maintained as a football pitch. Remind athletes to walk when retrieving throwing equipment Ensure all athletes area under the supervision of an appropriate coach Observe safe handling instructions of coach 	M	<ul style="list-style-type: none"> Where necessary instruct athletes in safe handling of equipment Visual inspection of throws area prior to using equipment Controlling number of athletes undertaking throws activity in line with age and capabilities Remind athletes of good throws etiquette 	L	Coach		
Injuries caused to athletes / coaches being struck by throwing equipment within throwing area / Sector	Athletes and coaches may be injured due to collision with implement or tripping due to poor condition of infield. Safety sector not established	<ul style="list-style-type: none"> Strict adherence to instructions of coach who will authorise throws only when throwing area is clear The grass sector is long and generally well maintained. 	M	<ul style="list-style-type: none"> Safe storage of unused equipment whilst coaching is undertaken Limit numbers engaged in throwing activity where necessary 	L	Coach		

		<ul style="list-style-type: none"> Remind athletes to walk when retrieving implements • Ensure all non-associated persons are outside of the vicinity of the safety sector before throws commence • Ensure other athletes using the stadium do not use the throw area as a 'short cut' to navigate the track / stadium 		<ul style="list-style-type: none"> • Liaison with other track and field coaches to ensure all are aware of throwing activities taking place • Remind athletes of good throws etiquette 			
Injuries caused by throwing equipment being thrown in direction other than throwing field	The throwing cage and shot-put area are both adjacent to the running track at Herringthorpe. Any mis-thrown object could cause injury to athletes or coaches using the adjacent running track.	<ul style="list-style-type: none"> • The Stadium has a new throwing cage for hammer and discuss, which provides protection to athletes using the adjacent track. • Coaches to ensure that athletes throwing discus or hammer are aware to only throw when told it is safe to do so • Coach to check the integrity of the throw cage and safety of surrounding area before letting athlete throw • Ensure weather conditions are good and athlete is unlikely to slip in the circle causing the discus or hammer to be thrown outside of the sector • Observation of safe and proper throwing techniques 	M	<ul style="list-style-type: none"> • Coach to maintain safety observations to include safety of coached athletes and others using the stadium during throwing activity • Coach to consider limiting the number of throws using the full turn so that athlete is only turning and throwing when fresh • Ensure rest between reps to avoid fatigue and loss of technique 	L	Coach	
Slips trips and falls whilst engaged in throwing activity	Athletes injuring themselves due to slipping in circle during throws	<ul style="list-style-type: none"> • Stadium design provides defined throwing areas and circles which enables safe throwing techniques to be observed. 	L	<ul style="list-style-type: none"> • Coach to monitor condition of throws circle throughout session to ensure it remains dry, clean and clear of obstructions 	L	Coach	

		<ul style="list-style-type: none"> • Ensure circle surface is clean and dry and in suitable condition 		<ul style="list-style-type: none"> • Ensure suitability of footwear in line with athletes' capability 				
Weather and conditions	Athletes may injure themselves due to slippery circle 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 • Appropriate footwear to be worn to prevent slipping on wet circle • Circle to be swept free of standing water and grit 	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		