



GENERIC RISK ASSESSMENTS FOR INDOOR COMPETITION

GENERIC RISK ASSESSMENTS - OUTDOOR THROWS COMPETITION

In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor throws competition and the suggested steps required in order to control the risks.

UKA recommends that every facility and event/competition provider conducts pre event risk assessments and it is important that the following generic risk assessments are not just copied and pasted with your facility/event name added at the top as this would not satisfy the legal requirement and would not protect participants. Every facility is different so you need to think about the hazards and controls relevant to your event and document accordingly. (Click [here](#) for templates and guidance on carrying out a risk assessment).

Even where the hazards are the same, the control measures you adopt may have to be different from those in the examples to meet the particular conditions of your session/venue

Indoor Competition

The more confined area generally associated with indoor athletics will require greater attention being paid to the following:

1. Uneven, raised and insecure surfaces.
2. The placement of equipment.
3. The risk of collisions.
4. The proximity of walls and ceilings.
5. The programming of activities.

The following highlights event specific hazards to be considered **in addition to the outdoor risk assessments** which are applicable to indoor competition.

HAZARD Tracks and Runways

WHO/HOW AFFECTED:

Athletes and Officials-Injury from tripping/falling

CONTROL MEASURES

1. In the case of demountable tracks ensure that the track boards are secure and are set up according to the manufacturers' specifications.
2. Any change of height should be clearly identified.

Control measure responsibilities:

1. Facility staff, Officials
2. Facility staff

HAZARD Track Surrounds (Barriers)

WHO/HOW AFFECTED:

Athletes – Injury from collision with barriers on the outside of the track.

CONTROL MEASURES

1. Ensure barriers at the end of the straight are covered with protective foam to prevent direct contact and are secure and that walls are protected where the run off space is limited.
2. Ensure that any protrusions from walls do not present a danger to hurdlers or other athletes

Control measure responsibilities: 1,2 Facility staff

HAZARD Athletes

WHO/HOW AFFECTED:

Athletes and Officials – Injury from collision with other athletes competing in other events.

CONTROL MEASURES

1. Ensure flag marshals are posted when conflicting activities are taking place.

Control measure responsibilities: 1 Officials, Athletes

HAZARD Equipment

WHO/HOW AFFECTED:

Athletes and Officials – Injury from tripping and collisions.

CONTROL MEASURES

1. Any moveable equipment and kit must be placed so as not to constitute a hazard to any events or individuals.

Control measure responsibilities: 1 Facility staff, Officials, Athletes

POLE VAULT

HAZARD Raised runways

WHO/HOW AFFECTED:

Athletes, Officials – Falling, tripping

CONTROL MEASURES

1. Any raised surfaces must be clearly identified.

Control measure responsibilities: 1 Facility staff, Officials

HAZARD Roof

WHO/HOW AFFECTED:

Athletes - Injury from hitting low roof

CONTROL MEASURES

1. Ensure that the height of the roof is commensurate with the ability of the vaulters and that any hung equipment does not constitute a hazard.

Control measure responsibilities: 1 Facility staff, Officials

HAZARD Walls

WHO/HOW AFFECTED:

Athletes – Injury from hitting side walls

CONTROL MEASURES

1. In those cases where the surrounds of the landing area do not conform to UKA recommendations the walls adjacent to the pole vault should be covered with safety material.

Control measure responsibilities: 1 Facility staff, Officials

HAZARD Landing Area

WHO/HOW AFFECTED:

Athletes – Injuries from hitting floor.

CONTROL MEASURES

1. Ensure that the landing area is properly secured and checked regularly for movement during the course of a competition.

Control measure responsibilities: 1 Officials

SHOT PUT

HAZARD Sector

WHO/HOW AFFECTED:

Athletes, Officials – Tripping due to uneven surface, shot impact injuries.

CONTROL MEASURES

1. Ensure that the sector is covered with impact absorbent material that if in sections is tight fitting so as not to cause a tripping hazard.
2. Ensure that the sector is surrounded at the far end and on both sides as close to the circle as may be necessary for safety, by a barrier which should be adequate to stop a shot whether in flight or bouncing and which conforms to IAAF specifications.

Control measure responsibilities: 1, 2 Facility staff, Officials

HAZARD Implements

WHO/HOW AFFECTED:

Athletes, Officials –Hand injury due to damaged surface of shot.

CONTROL MEASURES

1. Regularly inspect shot to ensure a smooth undamaged surface.
2. Ideally use plastic or rubber covered shots.
3. Under no circumstances should metal shots be used unless an adequate safety barrier has been erected.

Control measure responsibilities: 1,2,3 Facility staff, officials, athletes

HAZARD Circle

WHO/HOW AFFECTED:

Athletes, Officials – Falls due to unstable circle

CONTROL MEASURES

1. Ensure that the circle is immovable and undamaged.

Control measure responsibilities: 1 Facility staff, Officials

HIGH JUMP

HAZARD Landing Area

WHO/HOW AFFECTED:

Athletes – Injuries from hitting floor

CONTROL MEASURES

1. Ensure that the landing area is properly secured and checked regularly for movement during the course of a competition.

Control measure responsibilities: 1 Officials