



GENERIC RISK ASSESSMENTS FOR OUTDOOR JUMPS TRAINING

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

UKA recommends that every club and venue conducts a risk assessment and it is important that the following generic risk assessments are not just copied and pasted with your facility/club name added at the top as this would not satisfy the legal requirement and would not protect participants. Every venue and event is different so you need to think about the hazards and controls relevant to your facility/session 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

JUMPS

Where long, triple or pole vault runways are located on the infield a separate venue risk assessment should be undertaken to ensure that throwing events pose no risk to jumpers during training sessions.

HAZARD Track (Run up)

WHO/HOW AFFECTED

Athletes

CONTROL MEASURES

1. Athletes should wear adequate footwear.
2. If kerbing is removed then it should be stored in a safe place and replaced after training.
3. Ensure run up area is level, free of holes and swept regularly to remove debris, e.g. stones

Control Measure Responsibilities:	1	Athletes and coaches
	2	Coaches and Facility Staff
	3	Facility Staff

HAZARD Event

WHO/HOW AFFECTED

Athletes – Injury from incorrect technique, inadequate warm up, or collision with other athletes.

CONTROL MEASURES

1. Athletes should be taught correct technique by coaches.
2. Athletes should undertake adequate warm up.
3. Ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst waiting their turn. Athletes whose approach conflict with other events should be aware of potential collisions.
4. Ensure young athletes only jump under the supervision of a coach.
5. Athletes should not wear jewellery or other objects which might cause injury.

Control Measure Responsibilities:	1, 4	Coaches
	2	Athletes
	3	Athletes and coaches
	5	Coaches

HAZARD Crossbars (High Jump, Pole Vault)

WHO/HOW AFFECTED:

Athletes, coaches – injuries from falling bar or falling onto bar also loose or damaged end supports.

CONTROL MEASURES

1. Bars must be undamaged and free from splints. Only bars as specified are to be used.
2. Ensure adequate maintenance and regular inspection.
3. Be aware of falling bar.

Control measure responsibilities:	1,3	Coaches
	3	Athletes
	1,2	Facility Staff

HAZARD Weather

WHO/HOW AFFECTED:

Athletes and coaches – Injuries from slipping on wet/slippery run up area; Athletes – Injuries due to coldness and reduction in body temperature from wet landing beds.

CONTROL MEASURES

1. Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.
2. Porous surface should be cleaned regularly to allow drainage.
3. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress.
4. In pole vault avoid vaulting into the wind if possible.
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions.
6. Athletes should wear adequate footwear, e.g. spikes.

Control measure responsibilities:	1,2,3	Facility Staff and coaches
	4,5	Coaches
	6	Athletes

HAZARD Time of Day

WHO/HOW AFFECTED:

Athletes, Coaches - Injuries as a result of poor visibility.

CONTROL MEASURES

1. Ensure adequate floodlighting at night.

Control measure responsibilities:	1	Coaches, Facility Staff
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HAZARD Landing Area Covers

WHO/How Affected:

Athletes and Coaches – Injuries as a result of sharp edges.

CONTROL MEASURES

1. Ensure covers are stored in a safe locality.
2. Ensure that there are no sharp edges protruding.

Control measure responsibilities:	1,2	Coaches, Facility Staff
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HAZARD Elastic Bar (High Jump, Pole Vault)

WHO/HOW AFFECTED

Athletes, coaches- Injuries from falling stands and insufficiently flexible elastic.

CONTROL MEASURES

1. Ensure that stands are very firmly secured.
2. Ensure that elastic bar is not placed at too high a height for the athletes ability.
3. Ensure that the elastic bar is sufficiently flexible.

Control Measure Responsibilities: 1, 2, 3 Coach

HIGH JUMP

HAZARD Landing Area

WHO/HOW AFFECTED

Athletes – Injuries from poorly maintained beds

CONTROL MEASURES

1. Bed units must be made of foam, securely fastened together and must conform in size to the official specification. The entire area must be covered by an attached spike proof wear sheet.
2. Where beds are placed on other objects such as timber pallets, these should be not more than 100mm. high and must not protrude beyond the edges of the landing areas. In addition the front surface of the pallets must be blocked off so that there is no possibility of an athlete's foot penetrating underneath.
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam.
4. Athletes should not wear jewellery or other objects which might cause injury.

Control Measure Responsibilities:

1, 2	Facility Staff , Coaches
3	Facility Staff
4	Coaches, Athletes

HAZARD Stands

WHO/HOW AFFECTED

Athletes and Coaches– Injuries from being struck by stands.

Athletes – Injuries from running into or landing on fallen stands.

CONTROL MEASURES

1. Bases must be stable and joined onto the upright.
2. Crossbar supports should face each other and must be easily adjusted with lubricated clamping screws.
3. Ensure adequate maintenance and regular inspection.

Control Measure Responsibilities:

1,3	Facility Staff
2	Coaches, Facility Staff

Surrounds

WHO/HOW AFFECTED

Athletes – Injuries from falling onto concrete surrounds of bed or striking scoreboards

CONTROL MEASURES

1. Any hard surface within 2m of the sides and rear of the bed must be covered with an impact absorbing material with a critical fall height of 1.5m. or suitable additional matting.
2. There should be no objects placed within 1m. of the sides and rear of the bed.

Control Measure Responsibilities:	1, 2	Facility Staff, Coaches
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POLE VAULT

HAZARD

Pole vault Drills - Swings on pole

WHO/HOW AFFECTED

Athletes- Injury caused by falling.

CONTROL MEASURES

1. Use correct teaching procedure.
2. Use a low grip
3. Use a non slip floor.
4. Do not use a run up.

Control Measure Responsibilities: 1, 2, 3, 4 Coach

HAZARD

Vaults into sand

WHO/HOW AFFECTED

Athletes- injury caused by cuts/ grazes from edge of pit or floor.

CONTROL MEASURES

1. Check sand as for long jump.
2. Use a low grip.
3. Use correct teaching procedure.
4. Ensure surrounds are free of all objects i.e. rakes etc.
5. Full approach vaults must never be taken into sand

Control Measure Responsibilities: 1, 2, 3, 4, 5 Coach

HAZARD

Runs with pole

WHO/HOW AFFECTED

Athlete, coach, other athletes- Injury caused from falls from slipping and tripping, or collisions

CONTROL MEASURES

1. Ensure track is free from holes, is swept regularly and is free from any debris.
2. Ensure coaches and other athletes are aware of vaulters running.

Control Measure Responsibilities:	1	Facility Staff
	2	Coach, Athlete

HAZARD

Vaults on mats

WHO/HOW AFFECTED

Athlete- Injury caused by bottoming, mats too small, pole slipping, athlete slipping

CONTROL MEASURES

1. Ensure mats are thick and large enough for the size and ability of the athlete.
2. Ensure the pole cannot slip on the floor at take off.
3. Use a short approach i.e. 2/4 strides.
4. Use a non slip floor.

Control Measure Responsibilities: 1, 2, 3, 4 Coach

HAZARD

Poles

WHO/HOW AFFECTED

Athletes, other athletes- Injuries from damage to poles, falling poles, storage of poles

CONTROL MEASURES

1. Check pole carefully for deep scratches or cracks.
2. Protect bottom of poles with tape.
3. Do not let poles fall onto hard surfaces.
4. Beware of poles falling to side of landing area after a vault.
5. When not in use ensure poles are stored where athletes/coaches cannot trip over them and where they cannot fall onto anyone.

Control Measure Responsibilities: 1, 2, 3, 4, 5 Coach

HAZARD

Vaulting

WHO/HOW AFFECTED

Athletes, – injuries from falls, collisions

CONTROL MEASURES

1. Ensure vaulter's technique is adequate for the poles he/she is using.
2. Ensure that the pole is of correct weight and length.
3. Ensure other athletes and coaches are aware of vaulters on the run up.
4. Athletes should not wear jewellery or other objects which might cause injury.

Control Measure Responsibilities:	1, 2, 3	Coach
	4	Athlete, Coach

HAZARD

Landing area

WHO/HOW AFFECTED

Athletes – injuries from poorly maintained landing area.

CONTROL MEASURES

1. Bed units must be made of foam and securely fastened together. The entire area must be covered by an attached spike proof wear sheet.
2. Where the landing area is placed on other objects , such as pallets, these should not be more than 100mm. high and must not protrude beyond the edges of the landing areas. In addition

- the front surface of the pallets beyond the box must be blocked off so that there is no possibility of the pole or athlete's foot penetrating underneath.
3. Ensure adequate maintenance and regular inspection with particular reference to impacted foam, tears and holes.
 4. Ensure that beds are the correct size.
 5. Ensure that the slope away around the box conforms to the correct specification.
 6. There is sufficient protection for the vaulter as detailed in the Rules.

Control Measure Responsibilities:

1,2,3,4,5	Facility Staff
6	Facility Staff, Coaches

HAZARD **The Box**

WHO/HOW AFFECTED

Athletes – injuries and pole damage – box damaged, not flush with run up, incorrect back plate angle

CONTROL MEASURES

1. Ensure adequate maintenance and regular inspection.
2. Ensure that the box is clearly visible.

Control Measure Responsibilities:

1, 2	Facility Staff
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HAZARD **The Stands**

WHO/HOW AFFECTED

Athletes, coaches – injuries from falling stands, collision into stands

CONTROL MEASURES

1. Winders and lower section of stands should be protected with foam or similar padding.
2. Base must be well secured. In particular ensure that the stands cannot fall backwards away from the landing area in high winds.

Control Measure Responsibilities:

1,2	Facility Staff, Coaches
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HAZARD **Surrounds**

WHO/HOW AFFECTED

Athletes – injury from falling on to hard surface or objects near landing area

CONTROL MEASURES

1. Any hard surface from the centre of the box 5m. to the front and sides and 7m. to the rear must be covered with an impact absorbing material for a critical fall height of 1.5m. or suitable additional matting, and must have no obstructions onto which an athlete might fall. Existing fences within this area should be either re-located or covered in suitable padding.
2. There must be no obstructions within 1m. of any runway or landing area.

Control Measure Responsibilities:

1	Facility Staff
2	Facility Staff, Coaches

LONG/TRIPLE JUMP

HAZARD

Runway

WHO/HOW AFFECTED

Athletes - slipping, tripping due to worn damaged surface.

Coaches – injury due to collision with athletes

Athletes – injury due to collision with each other or coaches

CONTROL MEASURES

1. Examine the runway to ensure no worn or damaged areas.
2. Regularly clean porous surfaces.
3. Sweep runway regularly to remove any excess water and/or grit.
4. Ensure no obstructive check marks are placed on runway.
5. Control measures must be in place to ensure athletes only use runway under direction of coach and only when runway is clear.
6. If tape measures are used ensure they are removed from runway in between jumps.
7. Any raised surfaces must be clearly identified.

Control Measure Responsibilities:	1,2,3,7	Facility Staff
	1,4,5	Coaches
	6	Athletes, Coaches

HAZARD

Take off boards and blanking boards

WHO/HOW AFFECTED

Athletes – Injury due to unstable, ill fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards.

Coaches – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements

CONTROL MEASURES

1. Clean insert board recesses.
2. Clean and grease adjustable bolts within recesses.
3. Clean and grease adjustable bolts on insert and blanking boards.
4. Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood, wood composite or an alternative material soft enough so as to absorb the impact of spikes.
5. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway.
6. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove.
7. Ensure that board lifting implements are available and suitable for the purpose of lifting the boards.

Control Measure Responsibilities:	1, 2, 3, 4, 5, 6, 7	Facility Staff
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HAZARD**Landing area****WHO/HOW AFFECTED**

Athletes – Injury due to compacted sand and extraneous material. Collision with concrete edging of landing area. Collision with fixed barriers too close to end of landing area.

CONTROL MEASURES

1. Ensure that only sand that will not cause injury to an athlete will be used.
2. Dig over sand.
3. Check that landing area is free of dangerous extraneous material and other contaminants.
4. The edges of the landing areas should be covered with an impact absorbing material or rounded off.
5. The area 12m. beyond the take off line or take off line extended and 1m. from the edge of the landing area must have no obstructions.
6. The landing area should be covered when not in use.
7. Ensure that rakes and brushes used for levelling and cleaning are kept away from landing area and that prongs of rakes face the ground or away from the landing area.

Control Measure Responsibilities: 1, 2, 3, 4, 5, 6 Facility Staff
2, 3, 5, 7 Coaches and athletes

HAZARD**Training****WHO/HOW AFFECTED**

Athletes – Injury due to dangerous extraneous material in landing area, collision with rakes, brushes used by coaches. Collision with other athletes or coaches. Tripping on worn, uneven runways, unstable, uneven take-off and blanking boards, check markers on runway.

Coaches – injuries due to collision with athletes. Lifting insert and blanking boards. Use of incorrect lifting implements

CONTROL MEASURES

- (a) Prior to training ensure that:
1. The runway is free from damage and excessive standing water.
 2. Take off and blanking boards are stable and level with runway.
 3. Landing area is free of dangerous extraneous material.
 4. Sand in landing area is not compacted.

Control Measure Responsibilities: 1,2,3,4 Coaches

- (b) During training ensure that:
1. Athletes are taught the correct technique.
 2. Young athletes jump only under supervision.
 3. Athletes are taught to undertake adequate warm up.
 4. Athletes are aware of the appropriate footwear.

Control Measure Responsibilities: 1,2,3,4 Coaches

- (c) During training ensure that:
1. Coaches and athletes are aware of the need for concentration at all times.
 2. The runway is swept regularly to remove excess water and grit.
 3. No obstructive check markers are placed on the runway.
 4. Control measures are in place to ensure that athletes take their jumps in turn and not until the runway and landing area is clear of other athletes, rakes and brushes.
 5. Measuring tapes do not encroach on the runway.

6. Suitable lifting implements are used to lift and replace board inserts and blanking boards and used in accordance with current handling regulations.
7. Rakes and brushes are kept well away from the landing area and that, in particular, rakes are laid with the prongs pointing towards the ground.

Control Measure Responsibilities:	1,2,3,4,5,6,7	Coaches
	3	Athletes