



GENERIC RISK ASSESSMENTS FOR OUTDOOR THROWS 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 throws training sessions 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

THROWING

HAZARD

Sector

WHO/HOW AFFECTED

Athletes, coaches – collision with implement and/or tripping due to poor condition of infield. Safety sector not established

CONTROL MEASURES

1. The central throwing area safety sector must be 'roped' off in accordance with current UKA rules.
2. Holes in sector or infield made by landing should be filled level with the ground.
3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence.

Control Measure Responsibilities:

1,2	Facility Staff
3	Coaches

HAZARD

Cages

WHO/HOW AFFECTED

Athletes, coaches, – hammer escaping due to badly maintained or poorly designed cage

CONTROL MEASURES

1. Ensure that cage is constructed and erected in accordance with UKA specifications.
2. Netting must be checked regularly to ensure no damage to the net structure.
3. Netting should be secured or ballasted at ground level as appropriate.
4. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth where the distance should not exceed 6m.
5. Check that netting tension, when erected, has sufficient retardation and minimal bounce.
6. A safe distance from the netting must be maintained.

Control Measure Responsibilities:

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

HAZARD Circles

WHO/HOW AFFECTED

Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle or inserts when used

CONTROL MEASURES

1. Make sure the circle surface is in good order, is not cracked or breaking up.
2. Make sure the rim of the circle is not damaged.
3. Make sure that the hammer circle insert ring (concentric circle), if used, is in good order, fits snugly and has no protrusions, especially where it forms the rim.
4. Check and keep the circle free of foreign matter.
5. Maintain drain holes.

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

HAZARD Training

WHO/HOW AFFECTED

Athletes, Coaches, Facility Staff, Spectators - injuries from thrown implements

CONTROL MEASURES

1. Coaches must ensure that other athletes or coaches within or in proximity of the safety sector are aware that a throw is due to commence. The coach must be satisfied that the safety sector, or other designated throwing area, is clear and that any other persons appointed to mark landings or retrieve implements are fully aware a throw is about to progress.
2. Throws must not commence unless the coach signals it is safe to begin.

Control Measure Responsibilities:	1, 2	Coaches, Athletes
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HAMMER

HAZARD Gates

WHO/HOW AFFECTED

Athletes, coaches, public

CONTROL MEASURES

1. Check that the gates can move freely and can be secured in both their open and closed positions.
2. Make sure that the netting is not holed, and is secure and in good condition.
3. Check that netting tension, when erected, has sufficient retardation and minimal bounce particularly when the gates are bolted in position.
4. The gates must be set for all hammer throws and adjusted for left and right handed throwers in accordance with UKA Rules (reference UK Athletics Handbook "Rules of Competition").
5. Where non-traditional cages without gates are used the netting must be secured in the appropriate manner.

Control Measure Responsibilities:	1,2,3,4,5	Facility Staff, Coaches, Athletes
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HAZARD Hammer

WHO/HOW AFFECTED

Athletes, coaches, public – hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury.

CONTROL MEASURES

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the handle, the wire and the swivel assembly.
NOTE: Due to different weights and lengths of wire used for training each implement may not conform to UK Rules in terms of specifications
2. Ensure that the ends of hammer wires are taped to minimise damage to the netting.
3. Hammers which are caught in upper sections of the netting should be retrieved by Facility Staff.

Control Measure Responsibilities: 1,2,3 Facility Staff, coaches, athletes

HAZARD Training

WHO/HOW AFFECTED

Athletes, coaches, public – to avoid injury during throwing

CONTROL MEASURES

1. Ensure both gates are correctly positioned and locked before each throw.
2. All swings and throws shall only take place from the circle, within the cage and be supervised.

Control Measure Responsibilities: 1, 2 Coaches, athletes

HAZARD Gloves

WHO/HOW AFFECTED

Athletes – injury to hands

CONTROL MEASURES

1. Gloves, if worn, should give adequate protection; alternatively if optional protection is used it should provide sufficient protection and not become a hazard.

Control Measure Responsibilities: 1 Coaches, athletes

DISCUS

HAZARD Implements

WHO/HOW AFFECTED

Athletes – hand injury due to damaged discus

CONTROL MEASURES

1. Ensure that surface including metal rim of the discus is not damaged in such a way as to cause injury.

Control Measure Responsibilities: 1 Facility Staff, Coaches, Athletes

HAZARD Training

WHO/HOW AFFECTED

Athletes, Coaches, public – to avoid injury during throwing

CONTROL MEASURES

1. All throws shall only take place from the circle, within the cage and be supervised.
2. Discus must be returned by hand carry only.
3. Only coaches are allowed forward of the throwing circle.
4. Ensure that coaches and athletes are aware of the need for concentration at all times.

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

JAVELIN

HAZARD Runway

WHO/HOW AFFECTED

Athletes, coaches – slipping, tripping due to wet, worn, damaged surface

CONTROL MEASURES

1. Examine surface to ensure no worn or damaged areas.
2. Regularly clean drainage ducts around runway.
3. Regularly clean porous surfaces to allow drainage.

Control Measure Responsibilities: 1,2,3 Facility Staff
1 Coaches

HAZARD Implements

WHO/HOW AFFECTED

Athletes – loose or damaged grip causing injury.

Coaches – impact injury caused by abnormal flight characteristics of bent/bowed javelin.

CONTROL MEASURES

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile.

Control Measure Responsibilities: 1 Facility Staff, athletes, coaches

HAZARD Training

WHO/HOW AFFECTED

Athletes – Injury from slipping on wet, gritty surfaces.

Coaches – impact injury, slipping, tripping due to wet, uneven surfaces.

Spectators – impact injury.

Athletes, coaches – impact injury caused by athletes using javelins for loosening up exercises

CONTROL MEASURES

1. Ensure that runway is free of standing water, excessive dirt or grit.
2. Where track kerbing is in the run up line, ensure that this is removed whilst training is in progress. It should be placed in a safe area and it should be replaced after training has ceased.
3. Measuring tape (if used) should not encroach on runway
4. All throws must be from the runway and only in the direction of the sector
5. Javelins are to be returned after throwing by carrying vertically and not by throwing
6. Only coaches, or supervised athletes, are to be forward of the throwing line
7. All coaches and athletes are aware of the need for concentration at all times.
8. When approaching a thrown javelin to mark the point of landing, or retrieve it, coaches or other appointed persons should approach the javelin from the side and not move in towards the pointed tail end of the javelin.
9. During a throw, coaches and athletes must stand outside the sector lines or behind the thrower.
10. Throws must not commence unless the coach signals it is safe to begin.

Control Measure Responsibilities:	1,2,3,4,5,6,7,8,9,10	Coaches
	3,4,5,6,7,8,9,10	Athletes

SHOT PUT

HAZARD Circle

WHO/HOW AFFECTED

Athletes, coaches - slipping due to wet, gritty surface. Injury due to damaged metal rim of circle, damaged/loose stop board

CONTROL MEASURES

1. Ensure that drainage holes are kept clear.
2. Ensure that circle is free of dirt, grit and any standing water.
3. Examine metal rim to ensure no protrusion or shards of metal.
4. Ensure that stop board is not damaged so as to cause injury.
5. Ensure that stop board is firm and stable.
6. Matting or cloth should be provided for wiping shoes if ground is wet.

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

HAZARD**Implements****WHO/HOW AFFECTED**

Athletes, coaches - hand injury due to damaged surface of shot

CONTROL MEASURES

1. All implements used for training must be checked before use.

Control Measure Responsibilities: 1 Facility Staff, coaches and athletes

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

Coaches and athletes - shot impact injury, slipping/tripping on wet, uneven surface.

CONTROL MEASURES**During training ensure that:**

1. The circle is constantly swept free of standing water and grit.
2. Practice trials are not allowed outside the circle.
3. All coaches and athletes are aware of the need for concentration at all times.
4. Only coaches are allowed forward of the stop board.
5. Coaches forward of the stop board should stand outside the sector lines and always face the circle.
6. The shot is returned using appropriate apparatus or by carrying and not throwing or rolling.
7. Athletes are taught the correct technique.
8. Young athletes put only under supervision.
9. Athletes are taught to undertake adequate warm up.
10. Athletes are aware of the appropriate footwear.

Control Measure Responsibilities: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 Coaches
2, 3, 6 Coaches, Athletes