



GENERIC RISK ASSESSMENTS FOR OUTDOOR JUMPS COMPETITION

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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 competition and the suggested steps required 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

HAZARD Runways (Long Jump, Triple Jump, Pole Vault)

Where long, triple or pole vault runways are located on the infield long throwing events must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.

WHO/HOW AFFECTED:

Athletes and officials - Injuries due to slipping/tripping on worn or damaged runway; injuries due to collision with athletes or their poles.

CONTROL MEASURES

1. Examine runways to ensure there are no worn or damaged areas.
2. Sweep runways regularly to remove any excess water or sand.
3. No obstructions or check marks should be placed on the runway.
4. Any raised surfaces or tripping hazards must be clearly identified.
5. When revolving scoreboards are used ensure they do not revolve over or are sited close to the runway. They must also be firmly anchored down.
6. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take-off.
7. Warm up jumps must be supervised and controlled.
8. Ensure that measuring tapes do not encroach onto runway.

Control measure responsibilities:	1,2,4, 6 Facility staff
	3,8 Athletes
	3,4,5 6,7,8 Officials

HAZARD **Crossbars (High Jump, Pole Vault)**

WHO/HOW AFFECTED:

Athletes, officials – 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	Officials
	3	Athletes
	1,2	Facility staff

HAZARD **Weather**

WHO/HOW AFFECTED:

Athletes and officials – 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 officials
	4,5	Officials
	6	Athletes

HAZARD **Time of Day**

WHO/HOW AFFECTED:

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

CONTROL MEASURES

1. Ensure adequate floodlighting at night.

Control measure responsibilities:	1	Officials
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3. 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.
4. Ensure adequate maintenance and regular inspection of the landing area with particular attention to impacted foam.
5. Where landing areas remain outside when not in use, the cover should be so designed as to prevent damage to foam sections due to water saturation.
6. Athletes should not wear jewellery or other objects which might result in injury.

Control measure responsibilities:	1, 2	Facility staff and officials
	3.	Facility staff
	4, 5	Officials, Athletes

HAZARD Uprights

WHO/HOW AFFECTED:

Athletes and officials – 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 clamping screws regularly lubricated.
3. Ensure adequate maintenance and regular inspection.

Control measure responsibilities:	1, 3,	Facility staff
	2.	Officials, Facility staff

HAZARD Warm up/Event

WHO/HOW AFFECTED:

Athletes – injury from collision with other athletes

CONTROL MEASURES

1. Ensure each athlete jumps in turn and does not encroach on other athletes run whilst waiting their turn. Athletes whose approach run conflict with other should be aware of potential collisions.
2. If an athlete commences his/her approach run from the track the athlete and officials must be aware of the potential hazard.

Control measure responsibilities:	1,2	Officials, Athletes
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HAZARD Surrounds and scoreboards

WHO/HOW AFFECTED:

Athletes – Injuries from falling onto surrounds of bed or striking scoreboards. Officials – injuries from revolving scoreboards

CONTROL MEASURES

1. Any hard surface within 2m of the sides and rear of the landing area 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 such as scoreboards placed within 2m. of the sides and rear of the landing area.

Control measure responsibilities: 1, 2 Facility staff, officials

POLE VAULT

HAZARD Runway

WHO/HOW AFFECTED:

Athletes and officials - Injuries due to slipping/tripping on worn or damaged runway. Injuries due to collision with athletes or their poles.

CONTROL MEASURES

1. Examine runways to ensure there are no worn or damaged areas.
2. Sweep runways regularly to remove any excess water or sand.
3. No obstructions or checkmarks should be placed on the runway.
4. All vaults, whether in warm up or competition, should be controlled.
5. Ensure runway is kept clear when vaulters are about to start their approach.
6. Any raised surfaces or tripping hazards must be clearly identified.
7. When revolving scoreboards are used ensure they do not revolve over or are sited close to the runway. They must also be firmly anchored down.
8. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take-off.

Control measure responsibilities: 1,2,6 Facility staff
3,4,5 Athletes
4,5,7,8 Officials,

HAZARD Vaulting poles –Warm up; Vaulting poles - competition

WHO/HOW AFFECTED:

Athletes/officials - Tripping hazards, athlete's equipment etc;
Stadium staff - Suitable racking for poles;
Athletes/officials - injuries sustained from poles breaking or falling on to officials.

CONTROL MEASURES

1. Care must be taken to ensure vaulting poles do not constitute a tripping hazard during warm up and competition.
2. If a dedicated pole rack is not available poles should be located in a safe area and suitably identified.
3. Regularly check poles for damage.
4. Prevent poles dropping on to hard surfaces.
5. If possible poles should be caught after each vault.
6. Beware of falling poles.

Control measure responsibilities 1,2 Facility staff
1,2,4,5,6 Officials
3 Athletes

HAZARD Event

WHO/HOW AFFECTED:

Athletes – injuries from unorthodox technique, inadequate warm up or collision with other athletes.

CONTROL MEASURES

1. Ensure supervision of athletes during warm up.
2. Ensure run up is kept clear when athletes are waiting.
3. Athletes should not wear jewellery or other objects which might cause injury.
4. Ensure vaulters are sufficiently competent to avoid injury to themselves and others.

Control measure responsibilities	1	Officials
	2,3	Athletes, Officials
	4	Athletes, Team officials, Coaches

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:	1,2	Officials, Facility staff
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LONG/TRIPLE JUMP

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 insert blanking boards.

Officials – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards; use of incorrect lifting equipment.

CONTROL MEASURES

1. Insert board recesses must be cleaned regularly.
2. All adjustable bolts must be cleaned and lubricated regularly.
3. Ensure that all inserts are made of wood or wood composite, soft enough as to absorb the impact of spikes.
4. Ensure that insert boards and blanking boards are stable and level with the runway.
5. Ensure that no jump indicator insert boards and no jump indicator insert blanking boards fit adequately without being too difficult to remove.
6. Ensure that board lifting implements are available and suitable for purpose

Control measure responsibilities:	1,2,3,4,5,6	Facility staff
	4,5,6,	Clerk of Course or Referee

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.

Officials – Tripping over rakes and brooms.

CONTROL MEASURES

1. Ensure that only pure quartz sand without any organic content is used that will not cause injury to an athlete.
2. Ensure that sand is well dug over before use.
3. Check that landing area is free of extraneous material and other contaminants.
4. The edges of the landing areas should be covered with an impact absorbing material and rounded off.
5. The area 12m. beyond the centre of the long and triple jump take-off boards and 1m. from the edge of the sand pit shall have no obstructions.
6. The landing area should be covered when not in use.
7. Rakes and brushes used for levelling and cleaning should be kept away from landing area and that prongs of rakes should face the ground.
8. When distance indicator boards are used these must be positioned away from the landing area.

Control measure responsibilities:

1,2,3,4,5,6	Facility staff
2,3,5,7,8	Clerk of Course ,Referee, Officials