



GENERIC RISK ASSESSMENTS FOR OUTDOOR TRACK COMPETITIONS

GENERIC RISK ASSESSMENTS - OUTDOOR TRACK COMPETITIONS

In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor track 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 Weather

WHO/HOW AFFECTED:

Athletes and Officials – Cuts, Strains and other possible injuries from slipping on slippery track.

CONTROL MEASURES

1. Porous surface should be cleaned regularly to allow drainage.
2. Ensure adequate maintenance and regular inspection.
3. Drains on non-porous surfaces should be cleaned regularly to allow drainage.

Control Measure Responsibilities: 1, 2, 3 Ground Staff

Note: Should the track become covered in ice the competition should cease as the risk would increase to HIGH.

HAZARD Time of Day/lighting conditions

WHO/HOW AFFECTED:

Athletes - Injury from not being able to see event layout

CONTROL MEASURES

1. If installed, ensure adequate flood lighting.

Control Measure Responsibilities: 1 Ground Staff, Officials

HAZARD Officials and Other Athletes

WHO/HOW AFFECTED:

Athletes – Cuts, Strains and other possible injuries from collisions with other persons.

CONTROL MEASURES

1. An announcement should be made prior to the start of an event that it is about to take place.
2. Starting officials should be positioned at an adequate distance away from the start.

Control Measure Responsibilities: 1, 2 Officials

HAZARD **Track/kerb**

WHO/HOW AFFECTED:

Athletes and Officials - Injuries from slipping/tripping due to worn out track and loose kerbing

CONTROL MEASURES

1. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.
2. Porous surface should be cleaned regularly to allow drainage.
3. Ensure adequate maintenance and regular inspection.
4. Where removable kerbs are in place, any exposed ends should be covered and where sections join together they should be secured.
5. Athletes should wear adequate footwear.

Control Measure Responsibilities:	1, 2, 3, 4	Ground Staff
	4	Officials
	5	Athletes

100m., 200m., 400m., 100m., 110m. and 400m. Hurdles

HAZARD **Starting Blocks**

WHO/HOW AFFECTED:

Athletes – Cuts, Strains and possible injuries from Slipping/ Tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks

CONTROL MEASURES

1. If used, ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.
2. Ensure adequate maintenance and regular inspection.
3. They should be inspected by an official before use.

Control Measure Responsibilities:	1	Athletes
	2	Ground Staff and/or athletes
	3	Officials

HAZARD **Start**

WHO/HOW AFFECTED: Athletes – Cuts, Strains and other possible injuries due to collision with other athletes encroaching into other lanes

CONTROL MEASURES

1. If used ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.

Control Measure Responsibilities:	1	Athletes and Officials
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HAZARD Hurdles

WHO/HOW AFFECTED:

Athletes – Injury from colliding with hurdles

CONTROL MEASURES

Weight adjustable hurdles must be correctly set.

1. The mechanism for fixing the hurdles should be lubricated and well maintained:
 - a. at the required height and
 - b. positioning the counter balance weight
2. Damaged hurdles must be replaced.
3. Ensure adequate maintenance and regular inspection.

Control measure responsibilities:	1	Officials
	2, 3, 4	Ground staff

800m., 1500m., 3000m., 5000m., 10,000m.

HAZARD Track/Kerb

WHO/HOW AFFECTED:

Athletes and officials – Injuries from slipping/tripping due to incorrect positioning of removed kerbing

CONTROL MEASURES

1. Lengths of kerbing that have been moved to facilitate steeplechase, high jumping or javelin throwing should be placed in a safe area. They should be replaced after steeplechase, high jump and javelin have ceased.

Control Measure Responsibilities:	1	Ground Staff, Clerks of Course, Track Referee, Field Referee
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HAZARD Start

WHO/HOW AFFECTED:

Athletes – Cuts, Strains and other possible injuries due to collision with other athletes.

CONTROL MEASURES

1. Athletes should line up in an orderly fashion so as not to jostle or obstruct other competitors or impede progress.

Control Measure Responsibilities:	1	Athletes and Officials
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HAZARD 800m Break Line

WHO/HOW AFFECTED:

Athletes – Injuries due to collision with other athletes

CONTROL MEASURES

1. Ensure that the break line is adequately identified.

Control measure responsibilities:	1	Officials, Ground staff, Clerk of Course
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STEEPLECHASE EVENTS

HAZARD Track/Kerb

WHO/HOW AFFECTED:

Athletes

CONTROL MEASURES

1. Kerbing. Removable kerbs must be in place, except for the approach to and exit from the water jump, with protruding edges covered and sections securely fixed down. In the vicinity of the water jump cones must be used to provide track edge markings until water jump comes into use in competition. When not in use cones and removable kerbs to be kept safely away from athletes and officials

Control measure responsibilities: 1 Clerk of course, Ground staff

HAZARD Water Jump

WHO/HOW AFFECTED:

Athletes, officials – Injuries from slipping/tripping if landing surface is defective. Injury from loose/defective top rail of barrier and/or loose fixings of barrier uprights.

CONTROL MEASURES

1. Ensure water jump is full, i.e. water is level with track surface and free from debris.
2. Regularly inspect lining material to bottom of water jump for splits, bubbles etc and repair any defects.
3. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury.
4. Check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of adjusting pins).
5. Ensure water supply tap is concealed with a manhole cover to prevent unauthorised use and risk of injury to athletes.
6. The water jump should be kept empty except when in use.
7. Clean and disinfect when necessary.

Control measure responsibilities: 1, 2, 3, 4, 6, 7 Ground staff
1 Clerk of course or officials
5 Ground staff, Officials

HAZARD Start

WHO/HOW AFFECTED:

Athletes – Injury due to collision resulting from overcrowding.

CONTROL MEASURES

1. Marksmen should ensure adequate positioning of athletes on start line and the formation of another row(s) if number of competitors so requires.
2. For the 3000 Metres event where the water jump is on the outside of the track it is recommended that the first barrier be of double standard length.

Control measure responsibilities: 1 Marksmen
2 Ground staff, Clerk of Course

HAZARD**Barriers (Fixed & portable)**

WHO/HOW AFFECTED: Athletes, officials, Ground staff – Injury from defective structures and from incorrect handling/lifting.

CONTROL MEASURES

1. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury and check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of adjusting pins).
2. Carry out manual handling safe practice when placing barriers in position on track and on removing them when event is concluded.

Control measure responsibilities:

1, 2	Ground staff
2	Clerk of course, Track officials, Track personnel

ADDITIONAL POINTS FOR TRACK EVENTS**COMPETITION - GENERAL**

1. Should there be a need for drinks to be provided during an event, the station should be positioned so as not to constitute a hazard.
2. Lengths of kerbing that have been moved to facilitate high jumping or javelin throwing must be placed in a safe area. They must be replaced after the event has ceased. See also steeplechase competition.
3. In 400m. races, starting blocks must be removed from the track before each race finishes.
4. Cones used to mark the edge of the track must be carefully positioned so as not to cause a tripping hazard.