



GENERIC RISK ASSESSMENTS FOR SPORTSHALL ATHLETICS

GENERIC RISK ASSESSMENTS – SPORTSHALL ATHLETICS

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

HAZARD Sports Hall Surface Track and Field.

WHO/HOW AFFECTED:

Athletes and Officials –Injuries caused by wet floor, dirty or dusty floor. Athlete/official and chalk on floor dirty wet shoes

CONTROL MEASURES

1. Ensure that Sports Hall is surface is dry. The event must stop if the sports hall surface becomes wet/or unsafe.
2. Ensure that the Sports Hall surface is clean of dust and dirt. If young athletes shoes are wet, muddy or unsafe, an official will inform the team managers that the young athlete will not be allowed to carry on competing until their shoes are clean and safe.
3. Ensure that the Sports hall floor is free from chalk.
4. Ensure that the chalk is controlled at the Vertical jump area.
5. Ensure that athletes and officials do not walk into field event areas while the field event is taking place.
6. Ensure that athletes and officials do not walk across track while races are taking place.

Control Measure Responsibilities:	1,2,3	Leisure centre staff and Officials
	4,5,6	Athletes and Officials.

HAZARD **Officials and athletes**

WHO/HOW AFFECTED:

Athletes/Officials. Injury caused by: Cuts and strains from collisions with other persons.

CONTROL MEASURES

1. An announcement should be made prior to when the race starts.
2. Starting officials should be positioned at an adequate distance away from the start.
3. In relays ensure that runners stay on their mat at all times other than when running.
4. Ensure that other persons do not cross the lanes when running is taking place.
5. Ensure that running lanes are clearly designated.

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

HAZARD **Obstacle race and circuit Relay**

WHO/HOW AFFECTED:

Young athlete/official - Injury caused by: Incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment or collision with other athlete or official.

CONTROL MEASURES

1. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.
2. Hi-Stepper: All wedges must be placed correctly on the mat. Mats should be placed together. Boards should be in pockets of the mats. The sports hall surface under the Hi-stepper must be clean of dirt and dust and there should be adequate run off at each end of the high stepper.
3. Speed Bounce Mat: Wedge must be placed on to mat correctly. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
4. PAK Hurdles: Hurdles must be put together correctly and be placed an adequate distance apart.
5. Reversaboards: must be of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
6. Where reversaboards are used ensure that participants know the correct turning technique.

Control Measure Responsibilities: 1,2,3,4,5,6 Officials and organisers

HAZARD Over/Under Relay

WHO/HOW AFFECTED:

Young athletes/official : Injury caused by incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment, collision with other athlete or official.

CONTROL MEASURES

1. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.
2. Hi-Stepper: All wedges must be placed correctly on the mat. Mats should be placed together. Boards should be in pockets of the mats. The sports hall surface under the Hi-stepper must be clean of dirt and dust and there should be adequate run off at each end of the high stepper.
3. Speed Bounce Mat: Wedge must be placed on to mat correctly. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
4. PAK Hurdles: Hurdles must be put together correctly and are placed an adequate distance apart.
5. Reversaboards: Of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
6. Where reversaboards are used ensure that participants know the correct turning technique.

Control Measure Responsibilities: 1,2,3,4,5,6 Track Officials and organisers

HAZARD 4 x 1 Relay, 6 and 8 Lap Paarlauf 2 + 2 Lap pairs, 1 + 1 Lap Pairs

WHO/HOW AFFECTED:

Young athletes/Official : Injury caused by incorrect setting out of equipment, unsafe equipment, tripping over equipment, young athlete slipping on floor or equipment, collision with other athlete or official.

CONTROL MEASURES

1. Reversaboards: Must be of safe and sound condition and facing right way up against the wall. The boards must be placed against a flat surface. Ensure that boards sit correctly to wall and floor (see manual).
2. Where reversaboards are used ensure that participants know the correct turning technique.
3. Tumble/Team Mats: mats must be clean of dirt and dust. The sports hall surface under the mat must be clean of dirt and dust.

Control Measure Responsibilities: 1,2,3 Officials and organisers

HAZARD Standing Long Jump (Intermediate) and Triple Jump

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by athlete slipping on dirty mat, athlete not jumping on mat, athletes twisting ankle on edge of mat, collision with the wall or fixed apparatus, safety mats not placed against the wall, collision with other athlete or official

CONTROL MEASURES

1. Standing Long Jump/Triple Jump mat must be of an approved type.
2. Mat must be clean and of sound condition.
3. Mat must be safely away from the walls or fixed apparatus.
4. If the hall is small then safety measures must be taken to avoid clashes with fixed apparatus or wall.

Control Measure Responsibilities: 1,2,3,4 Officials and organisers.

HAZARD Target throw

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Young athletes misuse of bean bag, tripping or slipping on apparatus, misuse of Target Throw Trays

CONTROL MEASURES

1. Young athlete must be in control of beanbag.
2. Ensure that correct distance between other events.

Control Measure Responsibilities: 1,2 Officials and organisers

HAZARD Chest push

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Young athlete misuse of 1kg ball, tripping/slipping on apparatus.

CONTROL MEASURES

1. Young athlete must be in control of 1kg ball.
2. Ensure that correct distance between other events.
3. Where ever possible throws should take place towards a wall.

Control Measure Responsibilities: 1, 2, 3 Officials and organisers

HAZARD Sitting throw

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Young athlete misuse of size 4 footballs, tripping/slipping on apparatus, or Tripping over bench

CONTROL MEASURES

1. Young athlete must be in control of size 4 footballs.
2. Ensure that correct distance between other events.
3. Where ever possible throws should take place towards a wall.

Control Measure Responsibilities: 1,2,3 Officials and organisers.

HAZARD **Balance test**

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Athlete slipping off Balance Beam, tripping/slipping on apparatus, balance bar too near wall or fixed apparatus

CONTROL MEASURES

1. Safety matting must be placed around the Balance beam.
2. Balance Beam should be secured to the floor (Velcro).

Control Measure Responsibilities: 1,2 Officials and organisers

HAZARD **Speed Bounce**

WHO/HOW AFFECTED:

Young athlete/Official- Injury caused by: Wedge not placed on mat correctly, athlete hitting wedge and falling on to floor due to tiredness, athlete falling on to floor due to tiredness

CONTROL MEASURES

1. Wedge must be placed on to mat correctly.
2. The sports hall surface under the mat must be clean of dirt and dust and helpers should be at hand to ensure speed bounce mats do not slip.
3. Ensure that the mat does not slip.
4. Ensure that competitors wear appropriate footwear and that footwear is correctly fastened.

Control Measure Responsibilities: 1, 2 Officials and organisers

HAZARD **Vertical Jump**

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Vertical Jump board falling off the wall, young athlete falling

CONTROL MEASURES

1. Vertical jump board should be secured to wall by way of fixing screws or Velcro.
2. Due to the use of chalk, the surrounding floor must be checked and cleaned at regular intervals.

Control Measure Responsibilities: 1,2 Officials and organisers

HAZARD **Tossing the caber**

WHO/HOW AFFECTED:

Young athlete/Official- Injury caused by: The caber being misused by young athletes, young athletes in the throwing area, and tripping/slipping on apparatus, officials standing in the throwing area

CONTROL MEASURES

1. The caber must never be left on its own.
2. Young athletes must not stand behind the thrower.
3. The throwing area must be clear when competition is taking place.

Control Measure Responsibilities: 1,2,3 Officials and organisers.

HAZARD Soft Javelin

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Misuse of the javelin and tripping/slipping on apparatus

CONTROL MEASURES

1. The throwing area must be clean at all times.
2. Young athletes must understand the safety rules of throwing a javelin.

Control Measure Responsibilities: 1, 2 Officials and organisers

HAZARD Senior standing Long Jump

WHO/HOW AFFECTED:

Young athlete/Official- Injury caused by: Athlete slipping on dirty mat, athlete not jumping on mat, athletes twisting ankle on edge of mat, mat not placed against wall, collision with other athlete/official, take off board not fixed to mat position

CONTROL MEASURES

1. Senior standing long jump mat must be of an approved type.
2. Mat must be clean and of sound condition.
3. Mat must be safely away from the walls of fixed apparatus.
4. If hall is small then safety measures must be taken to avoid clashes with fixed apparatus or walls.
5. Take off board must be in good condition.

Control Measure Responsibilities: 1, 2, 3, 4, 5 Officials and organisers

HAZARD High Jump Run Up

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Slipping or tripping due to wet or dirty surface, standing falling over

CONTROL MEASURES

1. Ensure the run up area is dry and swept to remove any debris e.g. sand.
2. Ensure athletes wear suitable footwear.

Control Measure Responsibilities: 1,2 Officials and organisers

HAZARD High Jump Landing Bed

WHO/HOW AFFECTED:

Young athlete/Official- Injury caused by: Poor bar, stands in the incorrect position

CONTROL MEASURES

1. Bed must be made of foam and securely fastened together.
2. An attached wear sheet must cover the bed.
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam.
4. Ensure that stands are placed in the correct position.

5. Ensure that bar is sound.
6. Mat must be clean and of sound condition.

Control Measure Responsibilities: 1,2,3,4,5,6 Officials and organisers

HAZARD Portable Shot Circle

WHO/HOW AFFECTED:

Young athlete/Official - Injury caused by: Slipping due to wet or gritty surface, injury due to damaged metal rim of circle, injury due to damaged or loose stop board, chalk on floor

CONTROL MEASURES

1. Check circle is free of wet surface.
2. Sweep circle free of dirt and grit.
3. Examine metal rim to ensure there is no protrusion of shards of metal.
4. Ensure that stop board is not damaged and is stable.

Control Measure Responsibilities: 1,2,3,4 Officials and organisers

HAZARD Shot competition Sector

WHO/HOW AFFECTED:

Young athlete/Official- Injury caused by: Misuse of shots, sector not secure

CONTROL MEASURES

1. Make sure that the area is secure so that athletes and officials cannot walk into shot sector.
2. Spare shots should be placed into a box.
3. Athletes must not use chalk.
4. Athletes should wear the correct footwear.
5. Athletes must use the correct weighted shot.
6. Provision of landing mats to absorb impact of shot.
7. Provision of a protective barrier to prevent the shot encroaching on the track.

Control Measure Responsibilities: 1,2,3,4,5,6,7 Officials and organisers

SPORTSHALL ATHLETICS PROGRAMME NOTES

- All sports hall Athletics equipment shall be of an approved type and in a safe and serviceable condition.
- Any liquid on the sports hall floor is dangerous to all athletes and officials, if a spillage occurs then the event must be stopped immediately. The event must not restart until all liquid has been cleared and the floor is dry.
- At all events practice sessions must only take place under the supervision of a suitable official.
- First aid provision must always be available.
- For more information on sportshall athletics see Track and Field rules manual.