

Risk Assessments

See separate Risk Assessments for discrete parts of the club

Risk level	Action and Timescale
Low	No action is required to deal with trivial risks, and no documentary records need be kept (insignificant risk).
Moderate	No further preventative action is necessary, but consideration should be given to cost-effective improvements. Monitoring is required to ensure, so far as reasonably practicable, that the controls are maintained.
High	Activity should not be started until the risk has been reduced. Significant resources may have to be allocated to reduce the risk. Where the risk involves work in progress, the problem should be remedied as quickly as possible.

Risk Assessment : Throws

Note this RA includes Covid protocols

01 February 2022

Date		Assessed by	Location	Review
01-Feb-22		Paul Bearman	Jubilee Track Stratford upon Avon School	Annually
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		
Potential Hazard	Hazard Effect	Control Measures	Risk Rating	Action by whom
Preparation				
1	Incorrect/unsuitable warm up.	Damage to soft tissue e.g.muscles and ligaments.	Ensure appropriate and adequate warm up.	Low Coaches
2	Unsuitable footwear.	Tripping, sprained ankles.	Check correct footwear is worn	Low Coaches
3	Uneven/slippery or worn Javelin runway	Falling, tripping, strained muscles or ligaments.	Ensure the runway is suitable for throwing e.g clear and the weather is appropriate for safe throwing	Low Coaches
4	Discus/Hammer/Shot circles	Athletes injuring themselves due to slipping in the circle	Ensure circle surface is clean and dry	Low Coaches
			Monitor circle to ensure foreign objects are cleared	
5	Throws cage not properly maintained or in good, safe condition	Athletes injuring themselves due to slipping in the circle	Ensure that athlete throwing discus is aware to only throw when told it is safe to do so	Low Coaches
			Coach to check the track and surrounding area is clear before letting athlete throw	
			Ensure the cage is in a good, safe condition by Stratford School	
			Ensure all non-associated persons are outside of the vicinity of the cage before throws commence	
6	Throwing sectors	Athletes and coaches may be injured due to collision with implement or tripping due to poor condition of infield.	Ensure weather conditions are good and athlete is unlikely to slip in the circle causing the discus to be thrown outside of the sector	Med Coaches
			Regularly remind athletes of good throws etiquette	
			Ensure next athletes isn't ready to throw whilst implements are being collected	
			The grass sector is well maintained and marked out by Stratford School .	
Equipment				
9	Using throwing implements and ancillary equipment e.g. cones, plyo boxes, SAQ	Damage to body.	Ensure the equipment is in good condition and appropriate use for the activity and age of the athlete	Low Coaches
General				
10	Inappropriate technique for throwing.	Damage to body.	Correct teaching for the technique needed in all throws.	Low Coaches
11	Athletes standing around throwing area	Damage to body	Only allow athletes to begin their throw when non throwers are in a safe position/place	Low Coaches & Athletes
12	Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low Coaches
13	Jewellery or other objects which might cause injury and mobile phones causing a distraction.	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low Coaches
14	Inclement weather.; athletes may injure themselves due to slippery surface or being unable to see event layout due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low Coaches
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		

Risk Assessment: Jumps

Note this RA includes Covid protocols

01 February 2022

Date	Assessed by	Location	Review	
01-Feb-22	Paul Bearman	Jubilee Track Stratford upon Avon School	Annually	
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		
Potential Hazard	Hazard Effect	Control Measures	Risk Rating	Action by whom
Preparation				
1 Incorrect/unsuitable warm up.	Damage to soft tissue e.g.muscles and ligaments.	Ensure appropriate and adequate warm up.	Low	Coaches
2 Unsuitable footwear.	Tripping, sprained ankles.	Check correct footwear is worn i.e. spikes in wet weather.	Low	Coaches
3 Uneven/slippery or worn LJ/TJ runways or HJ runup.	Falling, tripping, strained muscles or ligaments.	Checking runways/runup clear of obstructions and correctly maintained by Stratford School.	Low	Coaches
Long Jump/Triple Jump take off board – not level with ground, not marked clearly, not suitable distance from landing area.		Check take off board is level/safe/secure to avoid trip hazard by Stratford School. Extra marking at the take off board with cones	Med	Coaches
Landing area				
4 Long/Triple/High Sand Pits – not dug, not level, hard objects/glass not removed.	Injury to athlete – cuts, grazes, broken bones.	Pits to have correct soft silver sand. Prepare pit by digging and raking. Check for dangerous objects.	Med	Coaches
5 High Jump Landing bed, – not wheeled and locked into position correctly.	Injury to athlete – back, shoulders head. Bruising to limbs and body.	Ensure the bed is wheeled and locked into position correctly.	Low	Coaches
High Jump Landing bed, – to be in good condition not old and worn.		Continually check condition of bed. Replace old and worn equipment by Stratford School		
Equipment				
6 High Jump stand improperly positioned.	Bruising to limbs and body.	Ensure equipment is correctly set up.	Low	Coaches
Support stand collapsing on athlete.		Check support stands are on an even surface and secure. Use weights to secure the stands.		
Landing on a fibre glass bar		Use elastic bar. Fibre glass bar to be used with experienced athletes or in competition only.		
7 Rake, fork or spade left near the LJ/TJ landing area with teeth/prongs pointing upwards.	Damage to body.	Always place rake (prongs down) and spade and fork a safe distance from the landing area.	Low	Coaches
8 Inappropriate technique for jumping/landing.	Damage to body.	Correct teaching for the technique needed in LJ/TJ/HJ. Strictly only scissor technique to be used for High Jump when using sand pits and athletes must be instructed to land on their feet.	Low	Coaches
General				
9 Athletes landing before previous athlete has cleared the area.	Damage to body.	Coach to ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst waiting their turn. Athletes should be aware of potential collisions. Use a whistle or call for the next jumper	Low	Coaches
10 Sand in eyes.	Sore eyes.	Ensure no sand is thrown. Suggestion; encourage athletes to shut their eyes briefly when landing in LJ/TJ to avoid sand flicking up.	Low	Coaches
11 Athletes standing around landing area	Damage to body	Only allow athletes to begin their run up once athletes are walking away from the pit/bed and are out of the way of the run up.	Low	Coaches & Athletes
12 Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low	Coaches
13 Jewellery or other objects which might cause injury and mobile phones causing a distraction.	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low	Coaches
14 Inclement weather.; athletes may injure themselves due to slippery surface or being unable to see event layout due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low	Coaches
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		

Risk Assessment : Sprints and Hurdles

01 February 2022

Note this RA includes Covid protocols

Date	Assessed by	Location	Review	
01-Feb-22	Paul Bearman	Jubilee Track Stratford upon Avon School	Annually	
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		
Potential Hazard	Hazard Effect	Control Measures	Risk Rating	Action by whom
Preparation				
1	Incorrect/unsuitable warm up.	Damage to soft tissue e.g. muscles and ligaments.	Ensure appropriate and adequate warm up.	Low Coaches
2	Unsuitable footwear.	Tripping, sprained ankles.	Check correct footwear is worn i.e. spikes in wet weather.	Low Coaches
3	Uneven/slippery or damaged/worn track	Falling, tripping, strained muscles or ligaments.	Checking track weekly and keeping it clean, clear of obstructions and correctly maintained by Stratford School.	Low Stratford School. Coaches
			Track to be checked prior to use by coaches and report any issues to Head Coach for reference back to Stratford School	
4	Not adhering to Track Rules	Damage to the athlete and others using the track	Communication to everyone regarding Track Rules and regular reminding Coaches and athletes to observe local lane discipline	Low Coaches
5	Coaches and other athletes	Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track	Athletes to check the track when entering or exiting across the lanes	Low Coaches
			More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline	
6	Hurdles - Athlete not being adequately trained in technique and etiquette	Athletes may injure themselves due to collision with hurdles	Hurdles to be limited to one lane and used in the correct direction	Low Coaches
			Only athletes who have been coached in hurdles to use the hurdles on the track	
			Hurdle drills to be done away from the track if it is busy e.g. in the high jump sector or on grass	
			Hurdles to be set at the appropriate height and distance for the respective age groups	
7	Starting blocks- Athlete not being adequately trained in technique and use	Athletes may be injured from slipping or tripping due to incorrect positioning of blocks or poorly maintained blocks	Ensure athletes set up blocks correctly and they are firmly secured onto the track or other area.	Low Coaches
			Blocks to be visually inspected by coach before use for suitability	
8	Starting - Athlete not being adequately trained in technique	Athletes may injure themselves or others due to collision with other athletes encroaching	Ensure starting blocks are correctly positioned in lane	Low Coaches
			Ensure athletes line up ready to start and are aware of other athletes in the area	
			Athletes to move starting blocks off track after the session finishes	
Equipment				
9	Using ancillary equipment e.g. cones, plyo boxes, SAQ	Damage to body.	Ensure the equipment is in good condition and appropriate use for the activity and age of the athlete	Low Coaches
General				
10	Athletes standing around I and not concentrating what's going on around them and not listening to instructions	Damage to body	Remind athletes to be aware of their surroundings and other people and listen to instructions	Low Coaches & Athletes
11	Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low Coaches
12	Jewellery or other objects which might cause injury and mobile phones causing a distraction.	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low Coaches
13	Inclement weather.; athletes may injure themselves due to slippery surface or being unable to see adequately due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low Coaches
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		

Risk Assessment : Track Endurance

01 February 2022

Note this RA includes Covid protocols

Date		Assessed by	Location	Review
01-Feb-22		Paul Bearman	Jubilee Track Stratford upon Avon School	Annually
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		
Potential Hazard	Hazard Effect	Control Measures	Risk Rating	Action by whom
Preparation				
1	Incorrect/unsuitable warm up.	Damage to soft tissue e.g. muscles and ligaments.	Ensure appropriate and adequate warm up.	Low Coaches
2	Unsuitable footwear.	Tripping, sprained ankles.	Check correct footwear is worn i.e. spikes in wet weather.	Low Coaches
3	Uneven/slippery or damaged/worn track	Falling, tripping, strained muscles or ligaments.	Checking track weekly and keeping it clean, clear of obstructions and correctly maintained by Stratford School.	Low Stratford School. Coaches
			Track to be checked prior to use by coaches and report any issues to Head Coach for reference back to Stratford School	
4	Not adhering to Track Rules	Damage to the athlete and others using the track	Communication to everyone regarding Track Rules and regular reminding	Low Coaches
5	Coaches and other athletes	Athletes may injure themselves due to collisions with other persons on the track or entering or exiting the track	Coaches and athletes to observe local lane discipline	Low Coaches
			Athletes to check the track when entering or exiting across the lanes	
			More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline	
Equipment				
9	Using ancillary equipment e.g. cones, plyo boxes, SAQ	Damage to body.	Ensure the equipment is in good condition and appropriate use for the activity and age of the athlete	Low Coaches
General				
10	Athletes standing around I and not concentrating what's going on around them and not listening to instructions	Damage to body	Remind athletes to be aware of their surroundings and other people and listen to instructions	Low Coaches & Athletes
11	Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low Coaches
12	Jewellery or other objects which might cause injury and mobile phones causing a distraction.	Damage to body	Athletes should not wear jewellery or other objects which might cause injury or use phones while actively training	Low Coaches
13	Inclement weather.; athletes may injure themselves due to slippery surface or being unable to see adequately due to fading light	Damage to body	Continually check the areas being used and weather to ensure it is safe to continue with the activity and adapt or stop the session as appropriate	Low Coaches
Overall Assessment		Low risk activity		
		Correct procedures must be adhered to and athletes must follow instructions		

Risk Assessment : Road Running & Off Road

Updated 01/08/2022

Note this RA includes Covid protocols

Date	Assessed by	Location	Review	
01-Feb-22	Paul Bearman	Jubilee Track Stratford upon Avon School	Annually	
Overall Assessment		Low to Medium assuming.....Correct procedures are adhered to and athletes must follow instructions		
Potential Hazard	Hazard Effect	Control Measures	Risk Rating	Action by whom
Preparation				
1 Inappropriate running kit/equipment	Trips, falls, and being hit. Unseen by cyclists, runners and other road users.	Runners responsibility to wear appropriate clothing and footwear for the conditions Participants advised to wear high vis/bright clothing and this is compulsory for club runs when running in the dark	Medium	All athletes to be reminded at the start of organised runs
2 Ground conditions – uneven/changing ground conditions	Falling, tripping, strained muscles or ligaments.	The more experienced runners to ensure that the route and pace is suitable for all in the group.	Medium	All experienced runners
3 Inclement weather – heat, rain, storms or icy roads.	Slips, falls, trees falling, lightning	Official club decision made and publicised in the event of organised training as to safety in extreme weather conditions	Low	Senior coach or Exec member
4 Traffic/road crossings on route	Being hit by cars, cyclists and other road users. Running into other members of the public, pedestrians	It is the individual responsibility of all runners to make sure that they cross roads at safe places and be aware of other road users. Regular reminders given at pre-run briefings	Low	All athletes to be reminded at the start of organised runs
5 Injuries through participation/medical conditions	Soft tissue injury, stress fractures, fainting, collapse	It is the individual responsibility of all runners to make sure that if they have a medical condition that may put them or other runners at risk that they inform those that are running with them.	Low	
		Experienced runners to set a pace suitable for warm up at the start of training runs At least two members of the group to carry a mobile phone in case of emergencies		
6 Participants getting lost	Potential upset, panic, trauma for participants at session	It is the responsibility of all runners to make sure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.	Low	All athletes to be reminded at the start of organised runs
7 Runners crashing into other members of the public	Participants and members of public	Experienced runners should take appropriate routes for the group	Medium	Individuals
8 Junior XC training	Participants and members of public	It is the responsibility of coaches/leaders to make sure that the course is safe (see all above) and no runner is left running alone. This is especially important when running off road, wood, hills etc, in the dark or poor visibility conditions.	Medium	Head Endurance coach
9 Adherence to prevailing Covid protocols	Passing on infection	Communication to everyone regarding protocols and regular reminding	Low	Leaders & participants