

Risk Assessment: Jumps (incl. Covid-19 addenda)

This risk assessment cover jumps (long jump, standing long jump, triple jump, high jump, and pole vault) for training, competition, and trials. Controls identified are to be implemented by the facility, officials, coaches, and athletes.

This risk assessment will remain under review. A current copy can be found on the Yate and District Athletics Club website. All club athletes will be notified of updates by the membership secretary and visiting athletes will be directed to the risk assessments as part of any competition notice.

Date:	Assessed by:	Location:	Review:
23.07.2020	YADAC (Vice Chair). Martin Walsh	Yate and District Athletic Club at the Yate Outdoor Sports Complex	In line with UKA, PHE, EA and venue guidance

Revision History

Date	Version	Who	Summary of update
17.07.2020	1.0	Vice Chair	Issued for EA pilot event
23.07.2020	2.0	Vice Chair	Update following EA Covid-19 pilot event 19.07.2020

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Introduction

This risk assessment recognises a separation of accountabilities and responsibilities for different organisations being:

- Yate Outdoor Sports Complex (YOSC) are accountable and responsible for the facility and all fixed equipment and permanent installations. e.g. throws cages, jumps beds.
- Yate and District Athletic Club (YADAC) own and are accountable and responsible for all portable equipment such as hammers, hurdles, gym equipment.

This risk assessment is part of a suite of risk assessments for the sole use of Yate and District Athletic Club venue and in undertaking jumps, throws and track activities.

This risk assessment has been informed by UKA generic risk assessments for outdoor throws training and competition, dated August 2017, in identifying controls already in place and builds on this with local context for facility and club specific content.

Covid-19 Secure

The purpose of the risk assessment is to introduce controls and actions to provide confidence to individuals and other attendees on site that we are 'Covid-19 Secure' so far as is reasonably practicable (SFAIRP) and that risks are as low as reasonably practicable (ALARP). 'Covid-19 Secure' being a private space with controlled entry and for which risk assessment(s) are in place with associated controls and that the venue, coaches, athletes and other visitors take positive steps to encourage appropriate behaviours of each other and **check-in to confirm that they are fit and well and not showing any signs or symptoms of Covid-19 and has no cause to self-isolate**. The additional Covid-19 Controls are informed by:

1. Relevant Public Health England (PHE), NHS, and England Athletics (EA) guidance for Covid-19
2. YADAC Covid-19 policy statement.

This risk assessment assumes no symptomatic person has passed through or contacted surfaces; otherwise PHE guidance for cleaning non-healthcare settings will need to be followed. Any attendees who develop symptoms of Covid-19 and have been at the track within the 14-days prior to onset of those symptoms must inform the club at once. Notification of occurrence together with register of attendees will be provided to UK Government 'Track-and-Trace'. UKA and EA will also be notified of the occurrence.

Approach to Risk

All attendees are expected to adhere to the actions within the risk assessment. Please note:

- **You must bring with you your own hand sanitiser and your own non-chlorine-based surface sanitiser whilst Covid-19 restrictions remain in place.**
- Your personal relationship with safety will be different to others. Consider for example your approach to crossing the road or eating food that is past its best before date.
- Personal Safety should not be your only consideration. The safety of your environment and those around you must also be considered. Be responsible.
- This risk assessment informs you of the steps taken to address our duty of care to you and **all** attendees. Actions herein will necessarily protect those more vulnerable than you.
- Challenge and be challenged on behaviours. Acknowledge and be respectful. One day you might be the one who needs others to be considerate of you.

Ask yourself?

- If I get it wrong who do I harm or make ill?
- If I harm myself or fall ill how will others feel?
- Invincible, Impervious, Invulnerable? – and then it happens; injured, ill or worse – it is now too late!
- **If you are prepared to accept the consequences of getting Covid-19 on the belief you are young, fit, or healthy - be aware that many survivors have permanent lung damage. This could affect your future, your ability as an athlete and the opportunity to compete.**

We have great people at YADAC, including some in or linked to vulnerable and extremely vulnerable groups, who are working hard to provide a great environment you to meet, train and compete. Please be mindful and considerate of your actions on you and everyone around you.

STOP! - THINK! - ACT. - REVIEW.

Risk assessment process

In considering and evaluating risk level due regard must be given to people, assets, the environment, and to societal perspective against the frequency of occurrence.

	Avoid	Do not undertake this activity. Undertaking this activity is likely to be a breach of law and / or lead to certain death
	High	Intolerable. High risk and serious consequences. Emergency Response may necessitate exposure.
	Medium	Undesirable. Evaluate so risk is As Low As Reasonably Practicable (ALARP)
	Low	Acceptable in the context of the activity being performed. Prepare, Proceed carefully, stay alert.
	benign	No specific controls or actions. Safe to proceed

In evaluating a risks a simple Avoid, Evaluate and Control approach is taken which is a derivative of the general principles of prevention as set out in schedule 1 of 'The Management of Health and Safety at Work Regulations as noted in full below.

- a. **avoiding** risks;
- b. **evaluating** the risks which cannot be avoided;
- c. **combating** the risks at source;
- d. **adapting** the work to the individual, especially as regards the design of workplaces, the choice of work equipment and the choice of working and production methods, with a view, in particular, to alleviating monotonous work and work at a predetermined work-rate and to reducing their effect on health;
- e. **adapting** to technical progress;
- f. **replacing** the dangerous by the non-dangerous or the less dangerous;
- g. developing a coherent overall **prevention** policy which covers technology, organisation of work, working conditions, social relationships and the influence of factors relating to the working environment;
- h. giving collective **protective** measures priority over individual protective measures; and
- i. giving appropriate **instructions** to employees.

Notes

You should undertake a personal risk assessment to cater for any challenges unique to you such as a medical condition or disability. As necessary please discuss with YADAC to see if and how we can accommodate your needs.

Due to the outdoor nature of athletics activities preference is given to sanitising hands as opposed to surfaces due to risk to the environment in any chemicals used and concern with the effectiveness of sanitisers in different weather conditions.

Sport or any athletic track and field activities has inherent risk. In undertaking this sport you have accepted personal injury may occur including strains, sprains, ligaments, back pain, shin splints, tears, fractures etc. Through officials, coaches, appropriate equipment and risk assessment risks will have been reduced so far as is reasonably practicable (SFAIRP).

Action for official or coaches. During competition, the action is on 'Officials'. At other times the action will be on the relevant person such as a 'Coach', trainer, teacher, supervisor, guardian, or athlete if training without supervision.

Actions or Controls for the Facility. As Yate and District Athletic Club these controls set out a minimum expectation on Yate Outdoor Sports Complex to provide safe facilities for use. Yate Outdoor Sports Complex will have its own risk assessment and maintenance procedures for the upkeep of the facility.

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What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete / Review
Weather	<p>Athletes and officials</p> <ul style="list-style-type: none"> Injuries from slipping on wet/slippery run up area; <p>Athletes</p> <ul style="list-style-type: none"> Injuries due to coldness and reduction in body temperature from wet landing beds. 	<ol style="list-style-type: none"> Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping. Porous surface should be cleaned regularly to allow drainage. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress. In pole vault avoid vaulting into the wind if possible. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions. Athletes should wear adequate footwear, e.g. spikes. 		<p>Facility</p> <ol style="list-style-type: none"> No further action. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. No action. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No action. No further action. Default set up is with prevailing winds. As required run up can be from opposite directions and mats reconfigured. Intervene as required. Track rule of 6mm spikes maximum. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. No action. Sanitise hands before and after removing covers. To not unnecessarily agitate any moisture on the surface. No action. No action. No action. 		<p>Facility staff and officials</p> <p>1,2,3</p> <p>Officials</p> <p>4,5</p> <p>Athletes</p> <p>6</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Adverse weather	<p>Officials, coaches, athletes</p> <ul style="list-style-type: none"> Injury due to strong consistent winds / gusting damaging 	<ol style="list-style-type: none"> Training, trials and competition to stop and not to take place where weather conditions hazardous. Particularly pole vault in high winds.. 		<p>Facility</p> <ol style="list-style-type: none"> Review weather forecast and advise track users if track to be unavailable. <p>Athletic Club</p>		<p>Facility, officials, coaches.</p> <p>1, 2, 3.</p>	Ongoing	Routine audit Review status prior to competitions /

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	<p>equipment and cause collapse.</p> <ul style="list-style-type: none"> Cuts, Strains and other possible injuries from slipping on wet or icy track / circle. Flight path of equipment may leave sector. 			<p>1. Review weather forecast and advise track users if track to be unavailable. Inspection prior to any track use.</p> <p>COVID-19 additions</p> <p>1. No action.</p>				trials / training
Adverse Weather Heat	<p>Officials and others within the facility</p> <ul style="list-style-type: none"> Dehydration. Sunburn. 	<p>1. Water station should be positioned so as not to constitute a hazard.</p>		<p>Facility</p> <p>1. No action.</p> <p>Athletic Club</p> <p>1. All attendees to bring their own water bottles and sun cream.</p> <p>COVID-19 additions</p> <p>2. Athletes and water station personnel to sanitise hands before and after event and reminded not to touch face. Provide single use cups or athlete to provide own receptacle.</p>		<p>Facility staff, officials, coaches, athletes.</p> <p>1.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
Time of Day	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> Injury from inability to see well enough. 	<p>3. Check that enough daylight/flood lighting to ensure safety.</p>		<p>Facility</p> <p>1. Quarterly inspections.</p> <p>Athletic Club</p> <p>1. Advise facility any malfunction and when required.</p> <p>COVID-19 additions</p> <p>1. No action.</p>		<p>Officials, coaches</p> <p>1.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
Warmup, stretching, and exercise Officials, coaches, athletes and members of the public	<p>Officials, coaches, athletes</p> <p>Cuts, Strains and other possible injuries due to collision with other people.</p>	<p>1. No specific controls during competitions as athletes undertake their own warmup prior to taking part in event. At event location athletes have the opportunity to undertake practice starts.</p>		<p>Facility</p> <p>1. No action.</p> <p>2. No action.</p> <p>Athletic Club</p> <p>1. No specific action.</p>		<p>Facility staff, Officials, coaches, athletes</p> <p>1, 2.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions /</p>

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		<p>2. During coach or self-directed training sessions warmup, stretch and exercise activities are part of structured or routine session.</p>		<p>2. Warm up activities shall not be undertaken in walkways or spectator areas where there is a risk of collision.</p> <p>COVID-19 additions</p> <p>1. Designated warm-up areas to be established and supervised for each event. Athletes will be advised location and time slots in event instructions and on arrival. Athletes to maintain social distancing of 2m at all times and maximum group size of six. Equipment not in possession of an athlete must not be moved. Running drills must be in the anti-clockwise direction on the track (normal competition direction) with walk back on the outside of the track. Deposit kit on the outside of the warmup area next to the perimeter fence to reduce obstructions to others, the hard area next to the Long/Triple jump runway is preferable.</p> <p>2. All warmup, stretch, and exercise activities to take place in reserved training zone. Where athletes wish to undertake activities outside of reserved zone this must be in a location where it does not restrict of limit access to other facility users and social distancing of 2m must be maintainable. Adjacent fields may be available. Undercover areas and walkways are not to be used. Gym and exercise equipment in the 'shed' are not available for use. Parents should not encroach on the warn-up area. Only Coaches and Athletes in warm-up area for training and Officials and Athletes for competition and events.</p>				<p>trials / training</p>
<p>Runways (Long Jump, Triple Jump, Pole Vault)</p>	<p>Athletes and officials</p> <ul style="list-style-type: none"> Injuries due to slipping/tripping on worn or damaged runway; injuries due to 	<p>1. Activities of the jumps runways and long throws area to be deconflicted as required.</p> <p>2. Examine runways to ensure there are no worn or damaged areas.</p> <p>3. Sweep runways regularly to remove any excess water or sand.</p>		<p>Facility</p> <p>1. Long, triple or pole vault runways are not located on the infield for long throwing events and thus pose no risk to jumpers</p> <p>2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA</p>		<p>Facility staff 1,2,4, 6</p> <p>Athletes 3,8</p>	<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competi</p>

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	<p>collision with athletes or their poles.</p>	<ol style="list-style-type: none"> 4. No obstructions or check marks should be placed on the runway. 5. Any raised surfaces or tripping hazards must be clearly identified. 6. 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. 7. 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. 8. Warm up jumps must be supervised and controlled. In line with EA guidance coached session for children (u18's) are limited to 12 children. 9. Ensure that measuring tapes do not encroach onto runway. 		<p>facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas.</p> <ol style="list-style-type: none"> 3. As 1 above. 4. No action. 5. No further action. 6. No further action. 7. No action. 8. No action. 9. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. Be mindful of activities staking place on adjacent runways; i.e. long/triple jump runways. 2. Visual inspection at point of use. 3. No further action. 4. No further action. 5. No further action. 6. No further action. 7. No further action. 8. In line with EA guidance coached session for children (u18's) are limited to 12 children. 9. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Maintain social distancing; particularly when setting up and placing markers. A tape will be laid out to enable athletes to use a known measurement. This shall be to one side of the runway and clear of any run. 2. No action. 3. Sanitise hands before and after using tools. 4. No action. 5. No action. 6. No action. 7. No action. 8. Limit group size to supervisor plus five athletes. In consistent groups for training (agreed and defined cohorts) PHE guidance for out of school settings is relevant and in 		<p>Officials 3,4,5 6,7,8</p>	<p>ons / trials / training</p>
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				<p>this case the group size may be increased to 15 for children (up to age 18). Social distancing shall be maintained to ensure children over 13, where the risk is deemed higher due to insufficient evidence, are also able to participate.</p> <p>9. Ensure touch points on tapes are sanitised and the start and end of a session and that users sanitise hands before and after using.</p>				
Event	<p>Athletes</p> <ul style="list-style-type: none"> Injury from incorrect technique, inadequate warm up, or collision with other athletes. 	<ol style="list-style-type: none"> Athletes should be taught correct technique by coaches. Athletes should undertake adequate warm up. Ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst waiting their turn. Athletes whose approach conflict with other events should be aware of potential collisions. Ensure young athletes only jump under the supervision of a coach. Athletes should not wear jewellery or other objects which might cause injury. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. Limit group size to supervisor plus five athletes. Maintain social distancing. Maintain social distancing. No action. 		<p>Coaches</p> <p>1, 4</p> <p>Athletes</p> <p>2</p> <p>Athletes and coaches</p> <p>3</p> <p>Coaches</p> <p>5</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Elastic Bar (High Jump, Pole Vault)	<p>Athletes, coaches-</p> <ul style="list-style-type: none"> Injuries from falling stands and insufficiently flexible elastic. 	<ol style="list-style-type: none"> Ensure that stands are very firmly secured. Ensure that elastic bar is not placed at too high a height for the athletes ability. Ensure that the elastic bar is sufficiently flexible. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. <p>COVID-19 additions</p>		<p>Coach</p> <p>1, 2, 3</p>	Ongoing	Routine audit Review status prior to competitions / trials / training

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				<ol style="list-style-type: none"> 1. Sanitise hand before and after installation / adjustments. 2. No action. 3. Ensure no chemicals come into contact with elastic bar that could degrade its performance. 				
Crossbars (High Jump, Pole Vault)	<p>Athletes, officials</p> <ul style="list-style-type: none"> • injuries from falling bar or falling onto bar also loose or damaged end supports. 	<ol style="list-style-type: none"> 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. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No action. 2. No action. 3. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Sanitise hand before and after installation / adjustments. 2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. 3. Athlete not to move or handle crossbar. Leave to personnel assigned to handle it. 		<p>Officials 1,3</p> <p>Athletes 3</p> <p>Facility staff 1,2</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Landing Area Covers	<p>Athletes and officials</p> <ul style="list-style-type: none"> • Injuries as a result of sharp edges. 	<ol style="list-style-type: none"> 1. Ensure covers are stored in a safe locality. 2. Ensure that there are no sharp edges protruding. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No further action. 2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. Visual inspection at point of use. <p>COVID-19 additions</p>		<p>Officials, Facility staff 1,2</p>	Ongoing	Routine audit Review status prior to competitions / trials / training

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				<ol style="list-style-type: none"> Sanitise hands before and after removing covers. To not unnecessarily agitate any moisture on the surface. No action. 				
High jump: Officials and coaches	Athletes <ul style="list-style-type: none"> Cuts, Strains and other possible injuries from collisions with other persons. 	<ol style="list-style-type: none"> An announcement should be made prior to the start of an event that it is about to take place. Officials (competition) or coaches (training) should be positioned at an adequate distance away from the event. Athletes should observe local run-up discipline. 		Facility <ol style="list-style-type: none"> No action. No action. No action. Athletic Club <ol style="list-style-type: none"> No further action. In line with EA guidance coached session for children (u18's) are limited to 12 children. No further action. COVID-19 additions <ol style="list-style-type: none"> No action. Officials and support personnel for competitions will be the minimum required for a compliant competition; as below. <ul style="list-style-type: none"> In consistent groups for training (agreed and defined cohorts) PHE guidance for out of school settings is relevant and in this case the group size may be increased to 15 for children (up to age 18). Social distancing shall be maintained to ensure children over 13, where the risk is deemed higher due to insufficient evidence, are also able to participate. Limited to minimum number of officials for a compliant competition of three officials and five athletes per group. Chief official remains near start of run up and orchestrates rotations of the group of five athletes and is control of runway, height progression and recording measurements. Second official will be on right side of the bar, as approaching, and will be adjusting the bar, taking measurements and assessing validity of the tale off. 		Officials, coaches 2, 5. Officials, coaches, athletes 1, 3, 4.	Ongoing	Routine audit Review status prior to competitions / trials / training

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				<ul style="list-style-type: none"> • Third official will be on left side of the bar, as approaching, and will be adjusting the bar, assessing validity of the clearance and controlling flags.. • Any personnel around the event must be briefed and are to remain in a safe position, without causing obstruction and socially distanced by 2m. • There is no limit to the number of groups of five athletes providing space is available to socially distance and rotate groups and 'Covid-19 Secure'. <p>3. Athletes should maintain social distancing of 2m prior to, during and after their event. Athletes are to observe separation requirements during event and rest periods.</p>				
High Jump: High Jump fan / Run up area	<p>Athletes and officials</p> <ul style="list-style-type: none"> • tripping or slipping due to worn out high jump or run up fan. • tripping or slipping due track kerbing being in the run up line. 	<ol style="list-style-type: none"> 1. Ensure run up area is level, free of holes or damage and swept regularly to remove any debris. 2. Porous surfaces should be cleaned regularly to remove any debris – leaves, sand, etc 3. Ensure regular inspection. 4. Any kerbing removed for competition must be stored safely. 5. Ensure athletes are wearing suitable footwear. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No further action. 2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. 3. As 2 above. 4. No action. 5. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. No action. 3. Visual inspection at point of use. 4. No further action. 5. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. N action. 2. No action. 3. No action. 4. Sanitise hands before and after removal and reinstallation. 		<p>Facility staff 1,2,3,4</p> <p>Officials 3, 4, 5,</p> <p>Athletes 5.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

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				5. No action				
High Jump: Check marks	Athletes and officials <ul style="list-style-type: none"> potential injuries caused by tripping/ treading on sharp pins, obstructive check marks, etc 	1. Encourage use of adhesive tapes – not shoes, raised objects or other variants held down with pins.		Facility <ol style="list-style-type: none"> No action. Athletic Club <ol style="list-style-type: none"> No further action. COVID-19 additions <ol style="list-style-type: none"> Athlete shall install and remove their own check marks. 		Athletes, Officials 1	Ongoing	Routine audit Review status prior to competitions / trials / training
High Jump: Landing Area	Athletes <ul style="list-style-type: none"> Injuries from poorly maintained beds. 	<ol style="list-style-type: none"> Bed units must be made of foam securely fastened together and must conform in size to current UKA specifications. The entire area must be covered by an attached spike proof wear sheet. 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. Ensure adequate maintenance and regular inspection of the landing area with particular attention to impacted foam. 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. Athletes should not wear jewellery or other objects which might result in injury. 		Facility <ol style="list-style-type: none"> No action. As installed. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. As 2 above. Rolling cover available to cover beds when not in use. No action. Athletic Club <ol style="list-style-type: none"> No further action. Visual inspection at point of use. As 2 above. When not in use. Either cover with rain protection tarpaulin or the rolling cover. No further action. COVID-19 additions <ol style="list-style-type: none"> No action. No action. The bed is not a frequently contacted surface and has a mesh spike tolerant surface. It is used periodically by a known group of athletes and coaches who will have all confirmed they are symptom free on arrival. In line with PHE guidance cleaning will follow normal approach unless a known 		Facility staff and officials 1, 2 Facility staff 3. Officials, Athletes 4, 5	Ongoing	Routine audit Review status prior to competitions / trials / training

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				<p>symptomatic individual has made contact with or been near the bed. Any cleaning products not compatible with bed materials may lead to premature deterioration of the bed, be an irritant to any athlete landing on the bed, may through moisture on the surface be mobilised and get into eyes or mouth of athlete or adjacent officials/coaches and / or find its way into the environment leading to detrimental damage to vegetation and / or wildlife. Cleaning of the bed is therefore not recommended unless a positive Covid-19 case identified and even then it may be preferable to leave fallow for at least 72 hours and exposed to sunlight.</p> <p>4. No action. 5. No action.</p>				
High Jump: Uprights / Stands	<p>Athletes and officials</p> <ul style="list-style-type: none"> Injuries from being struck by stands. <p>Athletes</p> <ul style="list-style-type: none"> Injuries from running into or landing on fallen stands. 	<ol style="list-style-type: none"> Bases must be stable and joined onto the upright. Crossbar supports should face each other and must be easily adjusted with clamping screws regularly lubricated. Ensure adequate maintenance and regular inspection. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. Visual inspection at point of use. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Sanitise hands before and after installing and adjusting uprights. Sanitise hands when making adjustments and limit the number of people using. Only use cleaning products on the stand when necessary and that are compatible with materials so as not to remove any 		<p>Facility staff 1, 3, Officials, Facility staff 2.</p>	Ongoing	<p>Routine audit Review status prior to competitions / trials / training</p>

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				<p>protective paints or measurement markings.</p> <p>3. Sanitise hands before and after any maintenance and inspection. Only use products for cleaning compatible with materials.</p>				
High Jump: Warm up/Event	<p>Athletes</p> <ul style="list-style-type: none"> injury from collision with other athletes 	<ol style="list-style-type: none"> 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. If an athlete commences his/her approach run from the track the athlete and officials must be aware of the potential hazard. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Maintain social distancing. Maintain social distancing. 		<p>Officials, Athletes</p> <p>1,2</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
High Jump: Surrounds and scoreboards	<p>Athletes</p> <ul style="list-style-type: none"> Injuries from falling onto surrounds of bed or striking scoreboards. <p>Officials</p> <ul style="list-style-type: none"> injuries from revolving scoreboards 	<ol style="list-style-type: none"> 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. There should be no objects such as scoreboards placed within 2m. of the sides and rear of the landing area. 		<p>Facility</p> <ol style="list-style-type: none"> Review concrete kerb detail at boundary of track and grass. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> Ensure appropriate impact mats installed at point of use. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Sanitise hands before and after installing and removing matting. Sanitise hands before and after moving any objects. 		<p>Facility staff, officials</p> <p>1, 2</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
Pole Vault: Pole	<p>Athletes, other athletes</p> <ul style="list-style-type: none"> Injuries from damage to poles, falling poles, storage of poles 	<ol style="list-style-type: none"> Check pole carefully for deep scratches or cracks. Protect bottom of poles with tape. Do not let poles fall onto hard surfaces. Beware of poles falling to side of landing area after a vault. If 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No action. No action. 		<p>Officials, Coach</p> <p>1, 2, 3, 4, 5, 6</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions /</p>

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		<p>possible poles should be caught after each vault</p> <ol style="list-style-type: none"> When not in use ensure poles are stored where athletes/coaches cannot trip over them and where they cannot fall onto anyone. Implements must be checked before commencement of vaulting to ensure they conform to UKA rules (reference UK Athletics Handbook "Rules of Competition") in particular that they have a serviceable grip and profile. 		<p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. Poles to be inspected after any fall onto a hard surface. No action. Portable (ish) pole stand to be used. No action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Sanitise hands before and after inspection. Sanitise hands before and after application of tape. Particularly when undertaking with a club or another persons pole. No action. Sanitise hands before and after each pole caught. Sanitise hands before and after locating portable pole stands. Athletes have no reason to touch pole stand. Athletes poles should be located on discrete branches of the pole stand. Assign equipment to individuals where possible. One official will be stationed at weigh-in. At weigh in maintain 2m social distancing at all times. Official and athlete to sanitise hands and equipment touch points first. Official steps way Athlete places equipment down when instructed. Athlete must then give way to maintain social distancing to allow official to inspect equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker or equipment relocated to rack for officials control. Sanitise hands after contact. 			<p>trials / training</p>	
<p>Pole Vault: Runway</p>	<p>Athletes and officials</p> <ul style="list-style-type: none"> Injuries due to slipping/tripping on worn or damaged runway. 	<ol style="list-style-type: none"> Examine runways to ensure there are no worn or damaged areas. Sweep runways regularly to remove any excess water or sand. 		<p>Facility</p> <ol style="list-style-type: none"> Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and 		<p>Facility staff 1,2,6 Athletes</p>	<p>Ongoing</p>	<p>Routine audit Review status prior to</p>

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	Injuries due to collision with athletes or their poles.	<ol style="list-style-type: none"> No obstructions or checkmarks should be placed on the runway. All vaults, whether in warm up or competition, should be controlled. Ensure runway is kept clear when vaulters are about to start their approach. Any raised surfaces or tripping hazards must be clearly identified. 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. 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. 		<p>manufacturers or installers instructions as appropriate and in other areas.</p> <ol style="list-style-type: none"> As 1 above. No action. No action. No action. As 1 above. No further action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> Visual inspection at point of use. As 1 above. Checkmarks to identify start of run up shall not be constructed from hard or sharp materials. Water bottle, rubber duck, soft soled trainer. No further action. No further action. As 1 above. As 1 above. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. Sanitise hands before and after using tools. Do not move or adjust another athletes mark. Maintain social distancing. Maintain social distancing. No action. No action. No action. 		3,4,5 Officials, 4,5,7,8		competitions / trials / training
Pole Vault: Swing on pole drills	<p>Athletes</p> <ul style="list-style-type: none"> Injury caused by falling. 	<ol style="list-style-type: none"> Use correct teaching procedure. Use a low grip Use a non slip floor. Do not use a run up. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. 		Coach 1, 2, 3, 4	Ongoing	Routine audit Review status prior to competitions /

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				<ol style="list-style-type: none"> 3. No further action. 4. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Maintain social distancing. 2. One athlete – one pole. Unless cleaned at contact areas with compatible cleaning products between uses. Some cleaning products may cause premature aging or embrittlement of the pole. 3. No action. 4. No action. 				trials / training
Pole Vault: Vaults into sand	<p>Athletes</p> <ul style="list-style-type: none"> • injury caused by cuts/ grazes from edge of pit or floor. 	<ol style="list-style-type: none"> 1. Check sand as for long jump. 2. Use a low grip. 3. Use correct teaching procedure. 4. Ensure surrounds are free of all objects i.e. rakes etc. 5. Full approach vaults must never be taken into sand 		<p>Facility</p> <ol style="list-style-type: none"> 1. See long jump. 2. No action. 3. No action. 4. No action. 5. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. 4. No further action. 5. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. See long jump. 2. One athlete – one pole. Sanitise hands before and after using. Sanitise pole contact points between uses if a club pole. 3. Sanitise hand before and after moving any objects. 4. No action. 		<p>Coach</p> <p>1, 2, 3, 4, 5</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Pole Vault: Runs with pole	<p>Athlete, coach, other athletes</p> <ul style="list-style-type: none"> • Injury caused from falls from slipping and 	<ol style="list-style-type: none"> 1. Ensure track is free from holes, is swept regularly and is free from any debris. 2. Ensure coaches and other athletes are aware of vaulters running. 		<p>Facility</p> <ol style="list-style-type: none"> 1. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. 		<p>Facility Staff</p> <p>1</p> <p>Coach, Athlete</p> <p>2</p>	Ongoing	Routine audit Review status prior to competitions /

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	tripping, or collisions			<p>2. No action</p> <p>Athletic Club</p> <p>1. No further action. 2. No further actions.</p> <p>COVID-19 additions</p> <p>1. Sanitise hand before and after using tools. 2. Maintain social distancing.</p>				trials / training
Pole Vault: Vaults on mats	<p>Athlete</p> <ul style="list-style-type: none"> Injury caused by bottoming, mats too small, pole slipping, athlete slipping 	<p>1. Ensure mats are thick and large enough for the size and ability of the athlete.</p> <p>2. Ensure the pole cannot slip on the floor at take off.</p> <p>3. Use a short approach i.e. 2/4 strides.</p> <p>4. Use a non slip floor.</p>		<p>Facility</p> <p>1. No action.. 2. No action. 3. No action. 4. No action.</p> <p>Athletic Club</p> <p>1. No further action. 2. No further action. 3. No further action. 4. No further action.</p> <p>COVID-19 additions</p> <p>1. Sanitise hand before and after moving mats. 2. No action. 3. No action. 4. No action.</p>		Coach 1, 2, 3, 4	Ongoing	Routine audit Review status prior to competitions / trials / training
Pole Vault: Officials and Coaches	<p>Athletes</p> <p>Cuts, Strains and other possible injuries from collisions with other persons.</p>	<p>1. An announcement should be made prior to the start of an event that it is about to take place.</p> <p>2. Officials (competition) or coaches (training) should be positioned at an adequate distance away from the event.</p> <p>1. Athletes should observe local runway discipline.</p>		<p>Facility</p> <p>1. No action. 2. No action. 3. No action.</p> <p>Athletic Club</p> <p>1. No further action. 2. In line with EA guidance coached session for children (u18's) are limited to 12 children. 3. No further action.</p> <p>COVID-19 additions</p> <p>1. No action.</p>		<p>Officials, coaches 2, 5.</p> <p>Officials, coaches, athletes 1, 3, 4.</p>	Ongoing	Routine audit Review status prior to competitions / trials / training

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				<p>2. Officials and support personnel for competitions will be the minimum required for a compliant competition; as below.</p> <ul style="list-style-type: none"> • In consistent groups for training (agreed and defined cohorts) PHE guidance for out of school settings is relevant and in this case the group size may be increased to 15 for children (up to age 18). Social distancing shall be maintained to ensure children over 13, where the risk is deemed higher due to insufficient evidence, are also able to participate. • Limited to minimum number of officials for a compliant competition of three officials and five athletes per group. • Chief official remains near run up and orchestrates rotations of the group of five athletes and is control of runway, height progression, communicates position of uprights and recording measurements. • Second official will be on right side of the bar, as approaching, and will be adjusting the bar and assessing the pole plant and adjusting the box as necessary. • Third official will be on left side of the bar, as approaching, and will be adjusting the bar, assessing validity of the clearance and controlling flags. • Any personnel around the event must be briefed and are to remain in a safe position, without causing obstruction and socially distanced by 2m. • There is no limit to the number of groups of five athletes providing space is available to socially distance and rotate groups and 'Covid-19 Secure'. <p>3. Athletes should maintain social distancing of 2m prior to, during and after their event. Athletes are to observe separation requirements during event and rest periods.</p>				
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<p>Pole Vault: Vaulting poles – Warm up; Vaulting poles - competition</p>	<p>Athletes/officials</p> <ul style="list-style-type: none"> Tripping hazards, athlete’s equipment etc; <p>Stadium staff</p> <ul style="list-style-type: none"> Suitable racking for poles; <p>Athletes/officials</p> <ul style="list-style-type: none"> injuries sustained from poles breaking or falling on to officials. 	<ol style="list-style-type: none"> Care must be taken to ensure vaulting poles do not constitute a tripping hazard during warm up and competition. If a dedicated pole rack is not available poles should be located in a safe area and suitably identified. Regularly check poles for damage. Prevent poles dropping on to hard surfaces. If possible poles should be caught after each vault. Beware of falling poles. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No action No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. Sanitise hands before and after locating portable pole stands. Athletes have no reason to touch pole stand. Athletes poles should be located on discrete branches of the pole stand. Sanitise hands before and after inspection. No action. Sanitise hands before and after each pole caught. Assign equipment to individuals where possible. One official will be stationed at weigh-in. At weigh in maintain 2m social distancing at all times. Official and athlete to sanitise hands and equipment touch points first. Official steps way Athlete places equipment down when instructed. Athlete must then give way to maintain social distancing to allow official to inspect equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker. 	<p>Facility staff</p> <p>1,2</p> <p>Officials</p> <p>1,2,4,5,6</p> <p>Athletes</p> <p>3</p>	<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
<p>Pole Vault: Landing areas</p>	<p>Athletes</p> <ul style="list-style-type: none"> injuries from poorly maintained landing area and surrounds. 	<ol style="list-style-type: none"> Bed units must be made of foam and securely fastened together. The entire area must be covered by an attached spike proof wear sheet. Where the landing area is placed on other objects , such as pallets, these should not be more than 		<p>Facility</p> <ol style="list-style-type: none"> No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. <p>COVID-19 additions</p>	<p>Officials, Facility staff</p> <p>1,2,3,4,5,6,7,8</p> <p>Athletes</p>	<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competitions /</p>

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		<p>100mm. high and must not protrude beyond the edges of the landing areas.</p> <p>3. The front surface of the pallets beyond the box must be blocked off so that there is no possibility of the pole or athlete's foot penetrating underneath.</p> <p>4. Ensure adequate maintenance and regular inspection with particular reference to impacted foam, tears and holes.</p> <p>5. Ensure that beds are the correct size conforming to current UKA Rules.</p> <p>6. Ensure that the slope away around the box conforms to the correct specification.</p> <p>7. Ensure that the extension pads in front of the box conform to the current specifications.</p> <p>8. There is sufficient protection for the vaulter as detailed in the Rules.</p> <p>9. Ensure adequate maintenance and regular inspection of the landing area with particular attention to impacted foam.</p> <p>10. 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.</p> <p>11. Athletes should not wear jewellery or other objects which might result in injury.</p>		<p>1. Limit scoreboard users. Scoreboard users to sanitise hands before and after using.</p> <p>Facility</p> <p>1. No action. As installed.</p> <p>2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas.</p> <p>3. As 2 above.</p> <p>4. As 2 above.</p> <p>5. No action. As installed.</p> <p>6. No action. As installed.</p> <p>7. No action. As installed.</p> <p>8. Additional impact mats available in shed.</p> <p>9. As 2 above.</p> <p>10. No action. Covers available.</p> <p>11. No action.</p> <p>Athletic Club</p> <p>1. No action.</p> <p>2. Visual inspection at point of use.</p> <p>3. As 2 above.</p> <p>4. As 2 above.</p> <p>5. No action.</p> <p>6. No action.</p> <p>7. No action.</p> <p>8. Visual inspection and install additional mats as is necessary paying particular attention to covering adjacent concrete surfaces.</p> <p>9. Visual inspection at point of use.</p> <p>10. When not in use. Either cover with rain protection tarpaulin or the rolling cover.</p> <p>11. No further action.</p> <p>COVID-19 additions</p> <p>1. The bed is not a frequently contacted surface and has a mesh spike tolerant surface. It is used periodically by a known group of athletes and coaches who will have all confirmed they are symptom free on</p>	3,5,6,7		trials / training
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				<p>arrival. In line with PHE guidance cleaning will follow normal approach unless a known symptomatic individual has made contact with or been near the bed. Any cleaning products not compatible with bed materials may lead to premature deterioration of the bed, be an irritant to any athlete landing on the bed, may through moisture on the surface be mobilised and get into eyes or mouth of athlete or adjacent officials/coaches and / or find its way into the environment leading to detrimental damage to vegetation and / or wildlife. Cleaning of the bed is therefore not recommended unless a positive Covid-19 case identified and even then it may be preferable to leave fallow for at least 72 hours and exposed to sunlight.</p> <ol style="list-style-type: none"> 2. No action. 3. No action. 4. Sanitise hands before and after any inspections. 5. No action. 6. No action. 7. No action. 8. Sanitise hands before and after installing additional mats. Due to weight of mats ensure sufficient people available to move without excessive exertion and maintain 1m+ social distancing. 9. As 4 above. 10. Sanitise hands before and after installing rain / weather protection. 11. No action. 				
Pole Vault: The Box	<p>Athletes/officials/Facility staff</p> <ul style="list-style-type: none"> • Injuries and pole damage due to box damage (not flush with run up), incorrect 	<ol style="list-style-type: none"> 1. Ensure adequate maintenance and regular inspection. 2. Ensure box meets correct specification. 3. Ensure that the box is clearly visible. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No further action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. <p>COVID-19 additions</p>		<p>Facility staff 1,2,3,4,5,6</p> <p>Officials 2,3</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions /</p>

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	back plate angle, weather damage (no cover when not in use)	<ol style="list-style-type: none"> Good drainage to prevent box filling with water. Cover when not in use. Correct lifter available 		<ol style="list-style-type: none"> Limit scoreboard users. Scoreboard users to sanitise hands before and after using. 			trials / training	
Pole Vault: The Stands	<p>Athletes, officials</p> <ul style="list-style-type: none"> injuries from falling stands, collision into stands; Facility staff - check stands are fully operational. 	<ol style="list-style-type: none"> Check stands are fully operational before use. Winders and lower section of stands should be protected with foam or similar padding. Base must be well secured. In particular ensure that the stands cannot fall backwards away from the landing area in high winds. Runners are greased and stands are easy to move. When used droppers must be rigid and firmly fixed. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Sanitise hands before and after use. Sanitise hands before and after installing or removing any protection mats. No action. Sanitise hands before and after using any tools. Sanitise hands before and after installing or removing droppers. 		<p>Facility staff, officials</p> <p>1,2,3,4,5</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
Pole Vault: Vaulting	<p>Athletes,</p> <ul style="list-style-type: none"> injuries from falls, collisions 	<ol style="list-style-type: none"> Ensure vaulter`s technique is adequate for the poles he/she is using. Ensure that the pole is of correct weight and length. Ensure other athletes and coaches are aware of vaulters on the run up. Athletes should not wear jewellery or other objects which might cause injury. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. <p>COVID-19 additions</p>		<p>Coach</p> <p>1, 2, 3</p> <p>Athlete, Coach</p> <p>4</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

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				<ol style="list-style-type: none"> 1. No action. 2. No action. 3. Maintain social distancing. 4. No action. 				
Pole Vault: Event	Athletes <ul style="list-style-type: none"> • injuries from unorthodox technique, inadequate warm up or collision with other athletes. 	<ol style="list-style-type: none"> 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. 		Facility <ol style="list-style-type: none"> 1. No action. 2. No action. 3. No action. 4. No action. Athletic Club <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. 4. No further action. COVID-19 additions <ol style="list-style-type: none"> 1. Athlete groups are limited to five plus one supervisor (official or coach) and must maintain social distancing. 2. Maintain social distancing. 3. No action. 4. No action. 		Officials 1 Athletes, Officials 2,3 Athletes, Team officials, Coaches 4	Ongoing	Routine audit Review status prior to competitions / trials / training
Pole Vault: Surrounds	Athletes <ul style="list-style-type: none"> • injury from falling on to hard surface or objects near landing area. 	<ol style="list-style-type: none"> 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. 		Facility <ol style="list-style-type: none"> 1. No further action. Additional mats available in shed. 2. No further action. Athletic Club <ol style="list-style-type: none"> 1. Install additional mats as required. 2. No further action. COVID-19 additions <ol style="list-style-type: none"> 1. Sanitise hands before and after installing additional mats. Due to weight of mats ensure sufficient people available to move without excessive exertion and maintain 1m+ social distancing. 2. Sanitise hands before and after moving any obstructions. 		Officials, Facility staff 1,2	Ongoing	Routine audit Review status prior to competitions / trials / training

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<p>Long / Triple / Standing jump into sand: Officials</p>	<p>Athletes Cuts, Strains and other possible injuries from collisions with other persons.</p>	<ol style="list-style-type: none"> 1. An announcement should be made prior to the start of an event that it is about to take place. 2. Officials (competition) or coaches (training) should be positioned at an adequate distance away from the event. 1. Athletes should observe local run-up discipline. 	<p>Facility</p> <ol style="list-style-type: none"> 1. No action. 2. No action. 3. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. In line with EA guidance coached session for children (u18's) are limited to 12 children. 3. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. No action. 2. Officials and support personnel for competitions will be the minimum required for a compliant competition; as below. <ul style="list-style-type: none"> • In consistent groups for training (agreed and defined cohorts) PHE guidance for out of school settings is relevant and in this case the group size may be increased to 15 for children (up to age 18). Social distancing shall be maintained to ensure children over 13, where the risk is deemed higher due to insufficient evidence, are also able to participate. • Limited to minimum number of officials for a compliant competition of three officials and five athletes per group. • Chief official assesses the take-off board and exit from the pit. They also pull the tape through to take and record measurements. At point of take off the chief judge should maintain 2m social distancing if practicable and if necessary may be 1m+ from take off point. • Second official remains near end of the run up but 2m back, and orchestrates rotations of the group of five athletes and is control of runway, and takes wind gauge readings. • Third official will be mid-point or further from the take off point. The official will 	<p>Officials, coaches 2, 5.</p> <p>Officials, coaches, athletes 1, 3, 4.</p>	<p>Ongoing</p>	<p>Routine audit Review status prior to competitions / trials / training</p>
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				<p>allow the athlete to get up and move away before spiking the landing point to zero the tape for a measurement.</p> <ul style="list-style-type: none"> The third official and / or predetermined volunteers may dig over and rake the pit as necessary. They shall ensure hands are sanitised prior to using equipment and ideally have dedicated tools for the duration of the event. Any personnel around the event must be briefed and are to remain in a safe position, without causing obstruction and socially distanced by 2m. There is no limit to the number of groups of five athletes providing space is available to socially distance and rotate groups and 'Covid-19 Secure'. <p>Athletes should maintain social distancing of 2m prior to, during and after their event. Athletes are to observe separation requirements during event and rest periods.</p>				
Long / Triple / Standing jump into sand: Take off boards and blanking boards	<p>Athletes</p> <ul style="list-style-type: none"> injury due to unstable, ill-fitting take off /blanking boards; slipping off top of no jump indicator insert blanking boards. <p>Officials</p> <ul style="list-style-type: none"> back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards; use of incorrect lifting equipment. 	<ol style="list-style-type: none"> Insert board recesses must be cleaned regularly. All adjustable bolts must be cleaned and lubricated regularly. Ensure that all inserts are made of wood or wood composite, soft enough as to absorb the impact of spikes. Ensure that insert boards and blanking boards are stable and capable of being adjusted so as to be stable and level with the runway. Ensure that no jump indicator insert boards and no jump indicator insert blanking boards fit adequately without being too difficult to remove. 		<p>Facility</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. No further action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Sanitise hands before and after handling boards and any associated tools. As 1 above. 		<p>Facility staff 1,2,3,4,5,6</p> <p>Clerk of Course or Referee 4,5,6,</p>		

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		8. Ensure that board lifting implements are available and suitable for purpose		3. As 1 above. 4. As 1 above. 5. As 1 above. 6. As 1 above.				
Long / Triple / Standing jump into sand: Landing area	<p>Athletes</p> <ul style="list-style-type: none"> 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. <p>Officials</p> <ul style="list-style-type: none"> Tripping over rakes and brooms. 	<ol style="list-style-type: none"> Ensure that only pure quartz sand without any organic content is used that will not cause injury to an athlete. Ensure that sand is well dug over before use. Check that landing area is free of extraneous material and other contaminants. The edges of the landing areas should be covered with an impact absorbing material and rounded off. 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. The landing area should be covered when not in use. Rakes and brushes used for levelling and cleaning and shovel for turning should be kept away from landing area and that prongs of rakes should face the ground. When distance indicator boards are used these must be positioned away from the landing area. 		<p>Facility</p> <ol style="list-style-type: none"> No inorganic additives or agents to be used due to be used due to surface water discharging to environment. No action. No further action. No action. Installation meets standards. No further action. Tarpaulin covers with weights available. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. No further action. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> The landing area is not a frequently contacted surface and in total is some 15m³ of sand. It is used periodically by a known group of athletes and coaches who will have all confirmed they are symptom free on arrival. In line with PHE guidance cleaning will follow normal approach, periodically filtered to remove any foreign bodies, unless a known symptomatic individual has made contact with or been near the landing area. Any cleaning products may be an irritant to any athlete landing, may through moisture in the sand be mobilised and get into eyes or mouth of athlete or adjacent officials/coaches and / or find its way into 	<p>Facility staff 1,2,3,4,5,6</p> <p>Clerk of Course ,Referee, Officials 2,3,5,7,8</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>	

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				<p>the environment leading to detrimental damage to vegetation and / or wildlife. Cleaning of the landing area is therefore not recommended unless a positive Covid-19 case identified and even then it may be preferable to leave fallow for at least 72 hours and exposed to sunlight.</p> <ol style="list-style-type: none"> Sanitise hands before and after using any tools. As 1 above. No action. Sanitise hands before and after moving any obstructions. Sanitise hands before and after installing or removing covers. Sanitise hands before and after using any tools or equipment. No action. 				
<p>Long / Triple / Standing jump into sand: Training (before)</p>	<p>Athletes</p> <ul style="list-style-type: none"> Injury due to dangerous extraneous material in landing area, collision with rakes, brushes used by coaches. Collision with other athletes or coaches. Tripping on worn, uneven runways, unstable, uneven take-off and blanking boards, check markers on runway. <p>Coaches</p> <ul style="list-style-type: none"> injuries due to collision with 	<ol style="list-style-type: none"> The runway is free from damage and excessive standing water. Take off and blanking boards are stable and level with runway. Landing area is free of dangerous extraneous material. Sand in landing area is not compacted. 		<p>Facility</p> <ol style="list-style-type: none"> Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. As 1 above. As 1 above. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. Dig over and rake as required. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. Sanitise hands before and after handling equipment and tools. 		<p>Coaches 1,2,3,4</p>	<p>Ongoing</p>	<p>Routine audit Review status prior to competitions / trials / training</p>

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	athletes. Lifting insert and blanking boards. Use of incorrect lifting implements			<ol style="list-style-type: none"> 3. No agents to be added to the sand that could be harmful to an athlete, coaches, officials or the environment. 4. Sanitise hands before and after handling equipment and tools. 				
Long / Triple / Standing jump into sand: Training (preparation)		<ol style="list-style-type: none"> 1. Athletes are taught the correct technique. 2. Young athletes jump only under supervision. 3. Athletes are taught to undertake adequate warm up. 4. Athletes are aware of the appropriate footwear. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No action. 2. No action. 3. No action. 4. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. 4. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. No action. 2. No action. 3. Maintain social distancing. 4. No action. 		Coaches 1,2,3,4	Ongoing	Routine audit Review status prior to competitions / trials / training
Long / Triple / Standing jump into sand: Training (During)		<ol style="list-style-type: none"> 1. Coaches and athletes are aware of the need for concentration at all times. 2. The runway is swept regularly to remove excess water and grit. 3. No obstructive check markers are placed on the runway. 4. Control measures are in place to ensure that athletes take their jumps in turn and not until the runway and landing area is clear of other athletes, rakes and brushes. 5. Measuring tapes do not encroach on the runway. 6. Suitable lifting implements are used to lift and replace board inserts and blanking boards and 		<p>Facility</p> <ol style="list-style-type: none"> 1. No action. 2. Operation, Maintenance and Inspection in accordance with Trackmark and the EA facilities management recommendations for athletics track and field areas and manufacturers or installers instructions as appropriate and in other areas. 3. No action. 4. No action. 5. No action. 6. No action. 7. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. 4. No further action. 		Coaches 1,2,3,4,5,6,7 Athletes 3	Ongoing	Routine audit Review status prior to competitions / trials / training

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		<p>used in accordance with current handling regulations.</p> <p>7. Rakes and brushes are kept well away from the landing area and that, in particular, rakes are laid with the prongs pointing towards the ground.</p>		<p>5. No further action.</p> <p>6. No further action.</p> <p>7. No further action.</p> <p>COVID-19 additions</p> <p>1. Reminders for social distancing.</p> <p>2. Sanitise hands before and after handling equipment and tools.</p> <p>3. Do not move another athletes marker.</p> <p>4. Maintain social distancing and sanitise hands before and after handling equipment and tools.</p> <p>5. Sanitise hands before and after handling equipment and tools.</p> <p>6. Sanitise hands before and after handling equipment and tools.</p> <p>7. No action.</p>				
Scoreboard revolving	<p>Athletes</p> <ul style="list-style-type: none"> Impact injury from scoreboard revolving in wind 	<p>1. When revolving scoreboards are used, ensure they do not revolve over or are sited close to the runway, and are well ballasted or secured at ground level.</p>		<p>Facility</p> <p>1. No further action.</p> <p>Athletic Club</p> <p>1. No further action.</p> <p>COVID-19 additions</p> <p>1. No action.</p>		<p>Facility staff, officials</p> <p>1.</p>	-	-
Measuring equipment	<p>Officials, coaches, athletes</p> <ul style="list-style-type: none"> Obstruction / trip hazard Surface contamination 	<p>1. When using tape measures, official (competition) or coach/athlete (training) to look at point or origin and warn anyone crossing the tape of the trip hazard.</p> <p>2. Both ends of the tape held.</p> <p>3. Electronic distance measurement equipment supervised and used by trained personnel.</p>		<p>Facility</p> <p>1. No action.</p> <p>2. No action.</p> <p>3. No action.</p> <p>Athletic Club</p> <p>1. No further action.</p> <p>2. No further action.</p> <p>3. No further action.</p> <p>COVID-19 additions</p> <p>1. No action.</p> <p>2. Limit to one person at each end of the tape. Sanitise tape touch points at collection and return. Avoid contact with tape. Maintain social distancing of 2m.</p>		<p>Officials</p> <p>1, 2, 3.</p> <p>Coaches, athletes</p> <p>1, 2.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials</p>

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				3. Limit to one user for electronic distance measurer and one user for staff. Due to sensitive nature of equipment sanitise hands prior to contact and avoid contact for at least one minute to allow alcohol to evaporate as otherwise any print on buttons may be inadvertently removed. Maintain social distancing.				
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Track Zones

Yate and District Athletic Club | Track and Field Training Zones

