

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

This risk assessment cover throwing (shot put, hammer, discus and javelin) 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:
04/07/2020	YADAC (Vice Chair).	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
04.07.2020	0.1	Vice Chair	For review
04.07.2020	0.2	Vice Chair	Comments addressed. Additional content included.
08.07.2020	0.3	Vice Chair	Hammer gloves amendment to see fingertips
11.07.2020	0.4	Vice chair	Additional information on officials for all events and update on athlete collection on implements.
13.07.2020	0.5	Vice chair	Minor comments incorporated following internal review. Copy to EA ahead of Covid-19 pilot 19.07.2020.

Yate and District Athletic Club | Risk Assessment | Throws

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 Yate and District Athletic Club for venue, 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.

Yate and District Athletic Club | Risk Assessment | Throws

	SAFETY PROCEDURES FOR LONG THROWING EVENTS COMPETITIONS (from UKA)	Covid-19 addenda
	GENERAL CONSIDERATIONS	
1	Event organisers, meeting managers, referees should ensure that the long throwing events are programmed so as not to present a hazard to other events. Where horizontal (e.g. long, triple or standing) or pole vault runways are located on the infield long throwing events must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.	
2	The meeting manager or organiser should ensure that all personnel who are liable to enter the infield are made aware of all safety considerations.	
3	At least one of the event judges should be suitably qualified and competent.	
4	If persons who are not suitably qualified are used they must be instructed in the safety procedures by a competent official before the start of their duties.	
	EVENT PROCEDURE	
1	Prior to the competition all competitors should be made aware of the safety procedures.	
2	Competitors should be called up in 2s or 3s i.e. Number 15 to throw, 27 to get ready, nine to follow etc.	Subject to social distancing of 2m and group size limitation of 5 athletes.
3	The event leader must first check that the circle or runway is clear.	
4	The event leader must stand with the athlete at the entrance to the cage for hammer and discus; and for javelin the official must stand on the runway while the athlete takes up his/her starting position.	Subject to social distancing of 2m
5	The event leader must sound a warning horn to alert the officials on that event a throw is imminent.	
6	When all officials and other personnel in the danger zone have acknowledged the sounding of the horn the athlete should be permitted to take up position in the circle or on the runway to commence their throw and the time will begin at this point.	
7	Once the throw has been taken and the measurement recorded the procedure is repeated for each athlete throughout the competition.	
8	All safety procedures must also be followed during warm up.	
	IMPLEMENT RETRIEVAL	
1	During warm up and competition, the retrieval of implements will be undertaken by event officials. If there are insufficient officials the athletes will be directed by the event leader to retrieve implements at the end of a round or as appropriate. Any system of implement retrieval must take place under the control of the event leader.	Athletes to collect own implements under guidance and control of event leader.

Yate and District Athletic Club | Risk Assessment | Throws

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
Adverse weather	<p>Officials, coaches, athletes</p> <ul style="list-style-type: none"> Injury due to strong consistent winds / gusting damaging equipment and cause collapse. Cuts, Strains and other possible injuries from slipping on wet or icy track / circle. Flight path of equipment may leave sector. 	<ol style="list-style-type: none"> As per cage manufacturer's instructions the cage netting is lowered and cage gates locked off when not in use for extended periods or weather forecast predicts mean wind speeds over 55mph. Training, trials and competition to stop and not to take place. 		<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> <ol style="list-style-type: none"> Review weather forecast and advise track users if track to be unavailable. Inspection prior to any track use. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No action. 		<p>Facility, officials, coaches.</p> <p>1, 2, 3.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>
<p>Warmup, stretching, and exercise</p> <p>Officials, coaches, athletes and members of the public</p>	<p>Officials, coaches, athletes</p> <p>Cuts, Strains and other possible injuries due to collision with other people.</p>	<ol style="list-style-type: none"> 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 throws. During coach or self-directed training sessions warmup, stretch and exercise activities are part of structured or routine session. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> No specific action. Warm up activities shall not be undertaken in walkways or spectator areas where there is a risk of collision. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 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. 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 		<p>Facility staff, Officials, coaches, athletes</p> <p>1, 2.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<p>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.</p>			
Sector	<p>Athletes, coaches.</p> <ul style="list-style-type: none"> Collision with implement and/or tripping due to poor condition of infield. Safety sector not established 	<ol style="list-style-type: none"> The central throwing area safety sector must be 'roped' off in accordance with current UKA rules. The sector should be smooth and level, in particular ensure that holes in the sector arising from hammer throws or shot puts are filled in to ground level. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. Ensure that grass is not over-long. Ideally grass should be cut the day prior to competition <p>Shot-put specific</p> <ol style="list-style-type: none"> Ash/shale sectors should be raked before and after use. 		<p>Facility</p> <ol style="list-style-type: none"> The entire grassed infield area to be roped off from the track straights to limit access to officials, coaches, and athletes. Roping to have signage attached to warn or throwing area. Inspection and maintenance of roping. Periodic inspections of the infield and remedial works as required. Inspect and maintain. Cut grass as required when area not in use. Cut grass the prior before competition. n/a, Grass at venue. <p>Athletic Club</p> <ol style="list-style-type: none"> Visual inspection of roping at time of use for throws. The roped off area is much larger than the sector and thus with appropriate briefing personnel must be within the roped off zone and must observe safety warnings. Periodic inspections of the infield and remedial works as required. No further action. Advise YOSC if too long. Agree length. Advise competition dates. n/a. <p>COVID-19 additions</p>		<p>Facility staff, officials or coaches</p> <p>1, 2, 4, 6.</p> <p>Officials or coaches</p> <p>3.</p> <p>Facility staff</p> <p>5.</p>	<p>Ongoing</p> <p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<ol style="list-style-type: none"> 1. Roping is not a touch surface therefore no routine actions. If moving or relocating sanitise hands and any touch points on tools. 2. Periodic inspections of the infield and remedial works as required. 3. No further action. 4. Limit users of equipment to one and if not possible sanitise touch points. 5. As item 4 above. 6. n/a. 			
Circle	<p>Athletes</p> <ul style="list-style-type: none"> • slipping due to wet, gritty surface. • Injury due to damaged metal rim of circle. <p>Shot-putters</p> <ul style="list-style-type: none"> • Injury due to loose, damaged stop board. 	<ol style="list-style-type: none"> 1. Ensure that circle is in good order and not cracking or breaking up. 2. Examine circle rim to ensure that it is free from protrusions of shards of metal and is not damaged. 3. Ensure that circle is free of extraneous material, grit, dirt or standing water. 4. Ensure that drainage holes are kept clear. 5. Ensure that mats are provided for wiping shoes if ground is wet. <p>Shot-put Specific</p> <ol style="list-style-type: none"> 6. Ensure that stop board is firm and stable. 7. Ensure that stop board is not damaged so as to cause a foot injury. <p>Hammer specific</p> <ol style="list-style-type: none"> 8. Ensure that the insert ring for concentric hammer and discus circle is in good order, fits snugly and has no protrusions, especially at the joins where the insert ring is sectional. 		<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. 2. As 1 and prior to competitions. 3. No action. 4. As 1. 5. Provide mats in store for use by clubs 6. As 1 and prior to competitions . 7. As 1 and prior to competitions . 8. As 1 and prior to competitions . <p>Athletic Club</p> <ol style="list-style-type: none"> 1. No action. 2. Visual check prior to use. 3. Clear detritus or STOP 4. Visual check at prior to use. 5. Collect from store when required. 6. Visual check prior to use. 7. Visual check prior to use. 8. Visual check prior to use. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. Sanitise touch points on tools (brush). Do not sanitise circle and create a slip hazard or risk pollutants into environment. 	<p>Facility staff, officials or coaches</p> <p>1, 2, 5, 6, 7, 8.</p> <p>Facility staff</p> <p>4.</p> <p>Officials or coaches</p> <p>3.</p>	Ongoing	Routine audit Review status prior to competitions / trials / training

Yate and District Athletic Club | Risk Assessment | Throws

				<ol style="list-style-type: none"> 4. No further action. 5. No further action. 6. No further action. 7. No further action. 8. No further action. 			
Cage	<p>Athletes, officials, public</p> <ul style="list-style-type: none"> • Implement impact injury due to implement escaping due to badly maintained or poorly constructed cage. 	<ol style="list-style-type: none"> 1. Ensure that cage is constructed and erected in accordance with the UKA rule (cages for hammer and discus). 2. Non-traditional cages – ensure that the cage is constructed and erected in accordance with the appropriate parts of the UKA rule (cages for hammer and discus) 3. Check netting regularly to ensure no damage to the net structure. 4. Ensure that netting is secured or ballasted at ground level. 5. Ensure that netting hangs vertically from the gallows arms and is not tied to the uprights, particularly at the mouth of the cage where the width should not exceed 6m. 6. Check that netting tension has sufficient retardation and minimal bounce. 7. During throwing a safe distance from the cage netting must be maintained. <p>Hammer specific</p> <ol style="list-style-type: none"> 8. Ensure that the ends of the hammer wires are securely taped to avoid damage to the netting. 		<p>Facility</p> <ol style="list-style-type: none"> 1. Cages comply with World Athletics and UKA Technical Rules 2020 Edition Rule 37 Hammer Cage. One being a two-circle combined hammer and discuss cage and the other a combined hammer and discuss cage with circle insert. 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. 2. n/a. Fully UKA compliant cage. 3. As 1. 4. n/a. Ballast integral to netting 5. No further action. 6. As 1. 7. Signage installed 8. No action <p>Athletic Club</p> <ol style="list-style-type: none"> 1. Ensure winches are only used by able individuals. If netting gets caught specific risk assessment required if using ladders or poles to release. 2. No action. 3. Visual check prior to use. 4. Visual check prior to use. 5. Visual check prior to use. When wind conditions require local ties can be applied so as not to narrow the exit whilst ensuring the performance requirement of the netting is not compromised. 6. Visual check prior to use. 7. No further action. 	<p>Facility staff 1, 2.</p> <p>Facility staff, officials, coaches 3, 4, 5, 6.</p> <p>Officials, coaches, athletes 7, 8.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<p>8. Quarterly inspections of club equipment and visual inspection at point of use.</p> <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Leave cage netting in place providing wind conditions allow. Sanitise winch contact points before and after use. Limit users. 2. No action. 3. No further action. 4. No further action. 5. No further action. 6. No further action. 7. Maintain social distancing of 2m. 8. No further action. 				
Cage Gates	<p>Athletes, officials, public</p> <ul style="list-style-type: none"> • Implement, impact injury due to wrongly positions gates or over tensioned netting. <p>Officials, coaches, athletes</p> <ul style="list-style-type: none"> • Back injury due to poorly maintained gate hinges and wheels. 	<ol style="list-style-type: none"> 1. Check that the gates can move freely and be secured in both their open and closed positions. 2. Check that gate netting is not holed and appears in good condition. 3. Check that gate netting tension has sufficient retardation and minimal bounce. 4. Ensure both gates are correctly positioned and locked before each hammer or discus throw in accordance with UKA rules, in particular that the gates are correctly set for right and left hammer throwers. 		<p>Facility</p> <ol style="list-style-type: none"> 1. Quarterly inspection. 2. Quarterly inspection. 3. Quarterly inspection. 4. No action <p>Athletic Club</p> <ol style="list-style-type: none"> 1. Ensure gates and securing rail are only used by able individuals. Note securing rail is at high level. If netting gets caught specific risk assessment required if using ladders or poles to release. 2. Visual check prior to use. 3. Visual check prior to use. 4. Locate and position gates prior to use for the appropriate event, hammer or discus, and for right/left-handed hammer throwers as appropriate. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Limit users. Sanitise hands before and after use. 2. No action. 3. No further action. 4. Limit users. Sanitise hands before and after use. Where feasible group left and right 		<p>Facility staff, officials, coaches</p> <p>1, 2, 3.</p> <p>Officials, coaches</p> <p>4.</p>	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				handed throwers to reduce gate movements.				
Time of Day	Athletes, officials, coaches <ul style="list-style-type: none"> Injury from inability to see well enough. 	<ol style="list-style-type: none"> Check that enough daylight/flood lighting to ensure safety. 		Facility <ol style="list-style-type: none"> Quarterly inspections. Athletic Club <ol style="list-style-type: none"> Advise facility any malfunction and when required. COVID-19 additions <ol style="list-style-type: none"> No action. 		Officials, coaches <ol style="list-style-type: none"> 	Ongoing	Routine audit Review status prior to competitions / trials / training
Scoreboards	Athletes, officials, coaches <ul style="list-style-type: none"> Injury from falling scoreboard. 	<ol style="list-style-type: none"> Ensure that scoreboards are not less than 2m from officials' judging positions, or from athletes waiting to throw. Ensure that scoreboards are well ballasted or secured at ground level. Decide whether or not the wind strength has increased to such a degree that scoreboards are no longer safe to use. 		Facility <ol style="list-style-type: none"> No further action. Athletic Club <ol style="list-style-type: none"> No further action. COVID-19 additions <ol style="list-style-type: none"> Limit scoreboard users. Scoreboard users to sanitise hands before and after using. 		Facility staff, officials 2, 4, Officials, coaches 1, 3,	n/a	n/a
Lack of Concentration	Athletes, officials, coaches	<ol style="list-style-type: none"> Athletes and officials must be aware at all times for the need of concentration on the event in hand and must not be distracted by other events. 		Facility <ol style="list-style-type: none"> No further action. Athletic Club <ol style="list-style-type: none"> Mobile phones not to be used save for an emergency. In-ear, on-ear or over ear headphones not to be used where they impede the ability of the user to hear warning signals and any announcements. No communications or media playing devices to be used whilst competing COVID-19 additions <ol style="list-style-type: none"> No action. 		Athletes, officials, coaches <ol style="list-style-type: none"> 	Ongoing	Ongoing
Implements Training aids	Athletes, officials, coaches	<ol style="list-style-type: none"> All implements must be checked for surface damage that may cause injury. 		Facility <ol style="list-style-type: none"> No action. No action. 		Facility staff, officials,	Ongoing	Routine audit

Yate and District Athletic Club | Risk Assessment | Throws

	<ul style="list-style-type: none"> Hand injury due to damaged surface of shot. Surface contamination 	<ol style="list-style-type: none"> Implements must be checked before commencement of to ensure that they are serviceable. 		<p>Athletic Club</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 and visual inspection at point of use. Ensure equipment returned clean and dry. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Assign equipment to individuals where possible else ensure athletes / coaches sanitise hands before and after use. e.g, broom handles. Sanitise hands before and after use. 		<p>coaches, athletes</p> <ol style="list-style-type: none"> 		<p>Review status prior to competitions / trials / training</p>
<p>Implements Shot Put</p>	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> Hand injury due to damaged surface of shot. Surface contamination 	<ol style="list-style-type: none"> All implements must be checked for surface damage that may cause injury. Implements must be checked before commencement of throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) and that they are serviceable. 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. <p>Athletic Club</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 and visual inspection at point of use. Ensure equipment returned clean and dry. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Assign equipment to individuals. Sanitise hands before and after use. For competitions sanitise club shots prior to event and handing to athlete. Arrangements for weigh-in: <ul style="list-style-type: none"> Assign equipment to individuals where possible. One official will be stationed at weigh-in. 		<p>Facility staff, officials, coaches, athletes</p> <ol style="list-style-type: none"> 	<p>Ongoing</p>	<p>Routine audit Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<ul style="list-style-type: none"> 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 on scales when instructed. Athlete must then give way to maintain social distancing to allow official to weigh equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker. 			
<p>Competition / training</p> <p>Shot Put</p>	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> Implement impact injury. 	<ol style="list-style-type: none"> Ensure all throws and practice throws only take place from within the circle and in the direction of the sector. Officials (competition or trial) or any person nominated to mark landings and retrieve implements (training), should stand outside the sector lines and face the thrower. Ensure that only officials (competition) coaches (training) are allowed forward of the throwing circle, except when athletes are allowed to retrieve under supervision. Implements must only be returned by hand or mechanical device. When rotational throwers or those using non-traditional techniques are competing ensure all officials are within a safe distance from the potential flight of the implement. Throws must not commence unless the Supervising Official (competition) or Coach (training) has confirmed officials or any 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No mechanical device installed. 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. Athletes must hand carry implements and must not throw, drag, or roll implements on hard surfaces. Treat implements with respect. No further action. No further action. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No further action. Official and athletes must maintain 2m social distancing. Arrangements for personnel are as follows: 		<p>Officials, coaches</p> <p>2, 5.</p> <p>Officials, coaches, athletes</p> <p>1, 3, 4.</p>	<p>Ongoing</p> <p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

		<p>person appointed to mark landings and retrieve equipment is aware the throw is about to progress, and has signalled it is safe to begin.</p> <p>7. All throws shall only take place from the circle in the direction of the sector and be supervised.</p> <p>8. Implements must be checked before commencement of throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) and that they are serviceable.</p>		<ul style="list-style-type: none"> • Athletes to retrieve their own shot. During competition this must be under supervision and whilst maintaining social distancing of 2m. • Limited to minimum number of officials for a compliant competition of three officials, four if using EDM, and five athletes per group. • Chief official remains near circle in proximity to five athletes and orchestrates rotation of the group of five athletes and is control of warnings, flags and recording measurements. • Second official will be on opposite side of circle and will be assessing arm action and will pull tape through and sweep the circle between athletes if required. • Sector official (Spotter and prism/tape) will mark landing location and ensure sector is clear for throws. • EDM operator, if used, will set up in a viable location away from the cage and outside the sector. • Any personnel in the field must be briefed and are to remain in a safe position 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’. • If athlete is using chalk it must be personal and must not be shared. <p>4. Only athletes to retrieve equipment unless hands sanitised before and after contact.</p> <p>5. No further action.</p> <p>6. No further action.</p> <p>7. No further action.</p> <p>8. 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</p>				
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Yate and District Athletic Club | Risk Assessment | Throws

				places equipment on scales when instructed. Athlete must then give way to maintain social distancing to allow official to weigh equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker.				
Implements Hammer	<p>Athletes, officials, coaches, public</p> <ul style="list-style-type: none"> • Hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury. • Surface contamination 	<ol style="list-style-type: none"> 1. Implements must be checked before commencement of throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) and that they are serviceable, particularly the handle, and the wire and swivel assembly. NOTE: Due to different weights and lengths of wire used for training each implement may not conform to UK Rules in terms of specifications. 2. Ensure that the ends of hammer wires are taped to minimise damage to the netting. 3. Hammers which are caught in upper sections of the netting should be retrieved by Facility Staff or delegate from the Athletic Club. 		<p>Facility</p> <ol style="list-style-type: none"> 1. No action. 2. No action. 3. Establish a safe system of work for retrieval of hammers stuck in upper sections of netting <p>Athletic Club</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 and visual inspection at point of use to ensure conformance with UKA rules for competition and in all other cases appropriate for training. Ensure equipment returned clean and dry. 2. Visual inspection at point of use. 3. Follow facility safe system of work for implement retrieval by lowering netting with winch. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. Arrangements for weigh-in: <ul style="list-style-type: none"> • 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 on scales when instructed. 		<p>Facility staff, officials, coaches, athletes</p> <ol style="list-style-type: none"> 1. 	Ongoing	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<ul style="list-style-type: none"> Athlete must then give way to maintain social distancing to allow official to weigh equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker. <ol style="list-style-type: none"> No further action. Ensure touch points with any retrieval equipment, hammer and hands are sanitised. 				
Gloves Hammer	Athletes <ul style="list-style-type: none"> Injury to hand. 	<ol style="list-style-type: none"> Gloves, if worn, should give adequate protection, alternatively if optional protection is used it should provide sufficient protection and not become a hazard. Gloves conform to UKA requirements in that they shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open. 		Facility <ol style="list-style-type: none"> No action. Athletic Club <ol style="list-style-type: none"> An individual's equipment. At point of use undertake visual inspection to confirm protection does not become a hazard. COVID-19 additions <ol style="list-style-type: none"> Gloves are an individual's equipment or are assigned to an individual. Gloves must not be shared. 		Officials, coaches, athletes <ol style="list-style-type: none"> 	Ongoing	Routine audit Review status prior to competitions / trials / training
Competition / training Hammer	Athletes, officials, coaches implement impact injury	<ol style="list-style-type: none"> Ensure both gates are correctly positioned and locked before each throw. Ensure all swings, throws and practice throws only take place from the hammer circle within the cage, with the objective to throw in the direction of the sector, and under supervision of an official (competition) or coach (training). During a competition or trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence especially for the officials within or in the proximity of the throwing sector. 		Facility <ol style="list-style-type: none"> No action. No action. No action. No action. No action. No mechanical device installed. No action. No action. No action. Athletic Club <ol style="list-style-type: none"> No further action. No further action. No further action. No further action. No further action. Athletes must hand carry implements and must not throw, drag, or roll implements on 		Officials <ol style="list-style-type: none"> 2, 3, 4, 5, 6, 8. Officials, athletes <ol style="list-style-type: none"> 2, 4, 6, 7. 	Ongoing	Routine audit Review status prior to competitions / trials / training

Yate and District Athletic Club | Risk Assessment | Throws

		<ol style="list-style-type: none"> 4. Throws must not commence until the supervising official (competition) or coach (training) signals to the athlete that it is safe to throw. 5. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing. 6. Implements must only be returned by hand, or mechanical device. 7. Ensure that only officials (competition) or coaches (training) are allowed forward of the mouth of the throwing cage, except when athletes are allowed to retrieve under supervision. 8. Do not run within the throwing sector in wet, slippery conditions. 		<p>hard surfaces. Treat implements with respect.</p> <ol style="list-style-type: none"> 7. No further action. 8. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> 1. No further action. 2. Officials and athletes must maintain 2m social distancing. 3. Arrangements for personnel are as follows: <ul style="list-style-type: none"> • Limited to minimum number of officials for a compliant competition of five officials, four if using tape, and five athletes per group. • Chief official remains near cage in proximity to five athletes and orchestrates rotation of the group of five athletes and is control of warnings, flags and recording measurement. • Second official (Foot spotter) will be at rear of cage and will assess feet, exit from circle and landing of the implement. When not using the EDM the second official will pull the tape through. The second official will adjust the gates for left/right handed throwers as necessary and sweep the circle between athletes if required. • EDM operator will set up in a viable location away from the cage and outside the sector. • Sector official (Spotter and prism/tape) will mark landing location and ensure sector is clear for throws. • Any personnel in the field must be briefed and are to remain in a safe position 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 'Covid-19 Secure'. • If athlete is using chalk it must be personal and must not be shared. 4. Warning horn for sole use of either the supervising official or their delegate and 				
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Yate and District Athletic Club | Risk Assessment | Throws

				<p>contact points must be sanitised at acquisition and return / change in user.</p> <ol style="list-style-type: none"> No further action. Only athletes to retrieve equipment unless hands sanitised before and after contact. Athletes to retrieve their own hammer. During competition this must be under supervision and whilst maintaining social distancing of 2m. Any athlete in the field having collected their implement must leave the sector and proving safety briefed may remain in the field in a safe location during another athletes throw and must follow any instructions from the officials. No further action. 				
<p>Implements Discus</p>	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> Hand injury due to damaged discus. Surface contamination 	<ol style="list-style-type: none"> Ensure that surface, including metal rim is not damaged in such a way as to cause injury. Implements must be checked before commencement of throwing to ensure they conform to UKA rules (reference UK Athletics Handbook “Rules of Competition”) and that they are serviceable 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> Quarterly inspections of club equipment and visual inspection at point of use. Ensure equipment returned clean and dry. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> Visual inspection at weigh-in. Arrangements for weigh-in: <ul style="list-style-type: none"> 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 on scales when instructed. Athlete must then give way to maintain social distancing to allow official to weigh equipment. 		<p>Facility staff, officials, coaches, athletes</p> <ol style="list-style-type: none"> 	<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

				<ul style="list-style-type: none"> Official then steps away and athlete to retrieve equipment and affix approved sticker. 				
<p>Competition / training</p> <p>Discus</p>	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> Implement impact injury. 	<ol style="list-style-type: none"> Ensure both gates are correctly positioned and locked in accordance with UK Athletics rules. Ensure all throws and practice throws only take place from the discus circle, within the cage, in the direction of the sector, and under supervision of an official (competition) or coach (training). During a competition or trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence especially for the officials within or in the proximity of the throwing sector. Throws must not commence until the supervising official (competition) or coach (training) signals to the athlete that it is safe to throw. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing. Implements must only be returned by hand, or mechanical device. Ensure that only officials (competition) or coaches (training) are allowed forward of the mouth of the throwing cage, 		<p>Facility</p> <ol style="list-style-type: none"> No action. No action. No action. No action. No action. No action. No mechanical device installed. 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. Athletes must hand carry implements and must not throw, drag, or roll implements within the sector, cage, circle, or facility. Or anywhere else! Treat implements with respect. No further action. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No further action. No further action. Arrangements for personnel are as follows: <ul style="list-style-type: none"> Limited to minimum number of officials for a compliant competition of five officials and five athletes per group. Four officials if not using EDM Chief official remains near cage in proximity to five athletes and orchestrates rotation of the group of five athletes and is control of warnings, flags and recording measurement. Second official (Foot spotter) will be at rear of cage and will assess feet, exit from circle 		<p>Officials, coaches</p> <p>1, 2, 3, 4, 5, 6, 8.</p> <p>Officials, coaches athletes</p> <p>2, 4, 6, 7.</p>	<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

		<p>except when athletes are allowed to retrieve under supervision.</p> <p>8. Do not run within the throwing sector in wet, slippery conditions</p>		<p>and landing of the implement. When not using the EDM the second official will pull the tape through and sweep the circle between athletes if required.</p> <ul style="list-style-type: none"> EDM operator, when used, will set up in a viable location away from the cage and outside the sector. Sector official (Spotter and prism/tape) will mark landing location and ensure sector is clear for throws. Any personnel in the field must be briefed and are to remain in a safe position 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 'Covid-19 Secure'. If athlete is using chalk it must be personal and must not be shared. <p>4. No further action.</p> <p>5. No further action.</p> <p>6. Only athletes to retrieve equipment unless hands sanitised before and after contact.</p> <p>7. Athletes to retrieve their own discus. During competition this must be under supervision and whilst maintaining social distancing of 2m.</p> <p>8. No further action.</p>			
Runway Javelin	<p>Athletes, officials</p> <ul style="list-style-type: none"> slipping, tripping, due to wet, worn, damaged surface, or encroaching measuring tape or obstructive check markers 	<ol style="list-style-type: none"> Examine runway to ensure no worn or damaged areas. Regularly clean any drainage ducts around runway. Regularly clean porous surfaces to allow drainage. Sweep runway to remove excess water and/or grit, dirt. Ensure that no obstructive check marks are placed on the runway. Ensure that throws are supervised to ensure athletes throw only when the runway is clear. 		<p>Facility</p> <ol style="list-style-type: none"> Quarterly inspection. n/a Quarterly inspection. Cleaning per installers instructions. Inspect weekly and sweep as required. No action. No action. No action. <p>Athletic Club</p> <ol style="list-style-type: none"> Visual inspection at point of use. No action. No action. 		<p>Ongoing</p>	<p>Routine audit</p> <p>Review status prior to competitions / trials / training</p>

Yate and District Athletic Club | Risk Assessment | Throws

		7. Ensure measuring tapes do not encroach on the runway.		4. No further action. 5. No further action. 6. No further action. 7. No further action. COVID-19 additions 1. No further action. 2. No further action. 3. No further action. 4. No further action. 5. No further action. 6. No further action. 7. No further action.				
Implements Javelin	<p>Athletes</p> <ul style="list-style-type: none"> Injury caused by loose or damaged grip; <p>Officials</p> <ul style="list-style-type: none"> implement impact injury caused by abnormal flight characteristics of bent/bowed javelin. <p>Athletes and Officials</p> <ul style="list-style-type: none"> Surface contamination 	1. Implements must be checked before commencement of throwing 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>Facility</p> <p>1. No action.</p> <p>Athletic Club</p> <p>1. No further action.</p> <p>COVID-19 additions</p> <p>1. 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 on scales when instructed. Athlete must then give way to maintain social distancing to allow official to weigh equipment. Official then steps away and athlete to retrieve equipment and affix approved sticker.</p>		<p>Facility staff, officials, coaches, athletes</p> <p>1.</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Competition / training Javelin	<p>Athletes, officials, coaches</p> <ul style="list-style-type: none"> implement impact injury; <p>Athletes, officials</p>	<p>1. Where track kerbing is in the run up line, ensure that it is removed before the event, placed in a safe area, and replaced after the event.</p> <p>2. All throws must only take place from the runway in the direction of the throwing sector.</p>		<p>Facility</p> <p>1. No further action. 2. No action. 3. No action. 4. No action. 5. No action. 6. No action. 7. No action. No mechanical device installed.</p>		<p>Officials, coaches</p> <p>1, 2, 3, 4, 5, 6, 8.</p> <p>Officials, coaches</p>	Ongoing	Routine audit Review status prior to competitions /

Yate and District Athletic Club | Risk Assessment | Throws

	<ul style="list-style-type: none"> implement impact injury caused by athletes using implements for loosening-up exercises; <p>Athletes</p> <ul style="list-style-type: none"> tripping over track kerbing. 	<ol style="list-style-type: none"> During a competition or trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a throw is due to commence, especially for the officials within, or in the proximity of the throwing sector. Throws must not commence until the supervising official (competition) or coach (training) signals to the athlete that it is safe to throw. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the sector that a throw is about to commence, and is not a signal for them to commence throwing. When approaching a thrown javelin to mark the point of landing, or retrieve it, approach the javelin from the side and not from the pointed tail end of the implement. Implement must only be returned by hand, held vertically, or by mechanical device. Ensure that only officials (competition) or coaches (training) are allowed forward of the throwing line except when athletes are allowed to retrieve under supervision. Do not run within the throwing sector in wet, slippery conditions. 		<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. No further action. No further action. No further action. No further action. Athletes must hand carry implements and must not throw, drag, or roll implements. Treat implements with respect. No further action. <p>COVID-19 additions</p> <ol style="list-style-type: none"> No further action. No further action. Arrangements for personnel are as follows: <ul style="list-style-type: none"> Limited to minimum number of officials for a compliant competition of five officials and five athletes per group. Four officials if not using EDM Chief official remains near throwing line at end of runway in proximity to five athletes and orchestrates rotation of the group of five athletes and is control of warnings, flags and recording measurement. Second official controls runway, assessed arm action, implement landing and exit from runway and sweep the circle between athletes if required. They will be located on the opposite side of runway to chief official and athletes. EDM operator, when used, will set up in a viable location away from the runway and outside the sector. Sector official (Spotter and prism/tape) will mark landing location and ensure sector is clear for throws. 		<p>athletes 2, 4, 6, 7.</p>	<p>trials / training</p>
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Yate and District Athletic Club | Risk Assessment | Throws

				<ul style="list-style-type: none"> Any personnel in the field must be briefed and are to remain in a safe position 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 'Covid-19 Secure'. If athlete is using chalk it must be personal and must not be shared. <ol style="list-style-type: none"> No further action. No further action. Only athletes to retrieve equipment unless hands sanitised before and after contact. No further action. Athletes to retrieve their own javelin. During competition this must be under supervision and whilst maintaining social distancing of 2m. No further action. 				
Weather	<p>Officials and others within proximity of sector</p> <ul style="list-style-type: none"> implement impact injury – caused by wind strength effect on implement 	<ol style="list-style-type: none"> Be aware of the effect of strong winds on the flight characteristics of a javelin in flight. Be positioned upwind of flight during trials, competitions or training. Ensure that any non-associated persons within proximity of the throwing sector are upwind of the flight path of the implement. 		<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> <ol style="list-style-type: none"> No action. No action. No action. 		<p>Officials, coaches</p> <p>1, 2, 3.</p>	Ongoing	Routine audit Review status prior to competitions / trials / training
Scoreboard revolving	<p>Athletes</p> <ul style="list-style-type: none"> Impact injury from scoreboard revolving in wind 	<ol style="list-style-type: none"> 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>Facility</p> <ol style="list-style-type: none"> No further 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. 		<p>Facility staff, officials</p> <p>1.</p>	-	-

Yate and District Athletic Club | Risk Assessment | Throws

Measuring equipment	Officials, coaches, athletes <ul style="list-style-type: none"> • Obstruction / trip hazard • Surface contamination 	<ol style="list-style-type: none"> 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. 2. Both ends of the tape held. 3. Electronic distance measurement equipment supervised and used by trained personnel. 		Facility <ol style="list-style-type: none"> 1. No action. 2. No action. 3. No action. Athletic Club <ol style="list-style-type: none"> 1. No further action. 2. No further action. 3. No further action. COVID-19 additions <ol style="list-style-type: none"> 1. No action. 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. 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. 		Officials 1, 2, 3. Coaches, athletes 1, 2.	Ongoing	Routine audit Review status prior to competitions / trials / training
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Yate and District Athletic Club | Risk Assessment | Throws

Track Zones

