



## Risk Assessment: Use of Wentworth Facilities

Date:	Assessed by:	Location :	Review :
17 / 04 /22	Lisa Tang and Andy Green	Wentworth Leisure Centre	April 2023

It should be noted that these risk assessments are not exhaustive and that individual track and field activity risk assessments can be found on the UKA website at this location: <https://www.uka.org.uk/governance/health-safety/risk-assessments/>

What are the Hazards?	Who might be harmed and how?	How to mitigate?
Running	Athletes during warm up, session, events and cool down	<ul style="list-style-type: none"> <li>• Junior athletes should be taught correct technique by coaches including how to warm up and cool down appropriately</li> <li>• Senior athletes should be responsible for their own warm ups and cool downs and taking rest as and when needed.</li> <li>• Senior athletes should consult with a healthcare professional prior to starting a new exercise regime if not previously involved and can request additional information from the club committee.</li> <li>• All athletes to receive a club induction prior to attending sessions. This can be done verbally by a run leader, coach or committee member.</li> </ul>

## Tynedale Harriers & Athletic Club - Risk Assessment: Outdoor Track Activities

Running on the Track	Athletes and Coaches may be injured through slips and trips on worn out, poorly maintained track and loose kerbing	<ul style="list-style-type: none"> <li>• All attending track should wear adequate footwear</li> <li>• All adult users are responsible for identifying damage and reporting to either a committee member or to a member of the Wentworth Staff</li> <li>• Coaches should ensure the track is free from debris prior to sessions</li> <li>• Committee to ensure adequate maintenance and regular inspection</li> </ul>
Using Starting Blocks	Athletes may be injured from slips and trips due to incorrect position of blocks or poorly maintained blocks	<ul style="list-style-type: none"> <li>• Coaches and athletes to ensure that the start blocks are firmly placed on the track</li> <li>• Coaches and athletes to inspect equipment prior to use and report to committee member or member of Wentworth staff in any problems. If identified, equipment will be removed from use.</li> <li>• Other users of the track to be made aware of the presence of the starting blocks if they are using similar areas of the track.</li> </ul>
Low temperatures on the track	Athletes and coaches may be affected by slippery conditions on the track	<ul style="list-style-type: none"> <li>• Wentworth will notify the committee if the track is too icy to be used and/or is closed</li> <li>• If track ices up while in use, coaches can halt training sessions to prevent slips trips and falls</li> <li>• Track surface should be maintained and kept free of debris.</li> </ul>
Use of track in poor lighting	Athletes and coaches may be injured if vision is poor	<ul style="list-style-type: none"> <li>• Coaches and adult athletes to ensure that floodlights are switched on during use of training in non-daylight hours. If floodlights are not switched on, request can be made at the Wentworth reception and track not used until switched on</li> </ul>
Use of hurdles	Athletes may endure injury through collision with hurdles	<ul style="list-style-type: none"> <li>• Hurdles shall be used in the correct direction and in the appropriate manner</li> <li>• Damaged hurdles should be removed from use and replaced.</li> <li>• Height of hurdles should be set at a height appropriate to the age and ability of the athletes</li> <li>• The use of loose canes placed on bricks or cones should be avoided.</li> <li>• Where juniors are training, this must not be unsupervised.</li> <li>• Athletes and coaches using the hurdles to make other track users aware that they are set out.</li> <li>• Hurdles to be stored safely and correctly in the storage cupboard and care taken when moving them about. Appropriate manual handling should be used.</li> </ul>
Multiple track users	Athletes may collide with other users	<ul style="list-style-type: none"> <li>• All users of the track to be aware that there may be other users on the track.</li> <li>• Discussions between coaches and run leaders as to where each group will be training and what they will be doing to ensure minimal interactions.</li> <li>• Recoveries should be done on the outside lanes of the track where possible so efforts can be done on the inside lanes.</li> <li>• Appropriate track etiquette and lane discipline to be followed at all times.</li> </ul>
Jumps	Athletes may be affected by incorrect technique, collision with athletes, or	<ul style="list-style-type: none"> <li>• Athletes should be taught correct technique by coaches</li> <li>• Athletes should undertake adequate warm up</li> <li>• Coaches and athletes to ensure each athlete jumps in turn and does not encroach on other athlete's run ups whilst</li> </ul>

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	inadequate warm up	<p>waiting.</p> <ul style="list-style-type: none"> <li>• Ensure junior athletes only jump under supervision of a coach</li> <li>• Athletes to be appropriately dressed for jumps including restriction of jewellery or other items that may cause injury</li> </ul>
Jumps equipment	Athletes and Coaches using equipment may suffer injury	<ul style="list-style-type: none"> <li>• Ensure cross bars are undamaged and free from splints.</li> <li>• Ensure mats are intact and suitable for purpose.</li> <li>• Inspection to be conducted prior to use at each session.</li> <li>• Any damage or issues should be reported either to a committee member or direct to the Wentworth staff.</li> <li>• Athletes and coaches to be aware of falling bar during use.</li> <li>• Ensure equipment is appropriately stored when not in use.</li> <li>• Assessment to be made prior to use if the weather is suitable for equipment use.</li> </ul>
Landing Area use	Athletes may be injured due to poor landing, compacted sand or extraneous material.	<ul style="list-style-type: none"> <li>• Ensure that the sand will not cause injury to an athlete by regularly digging over sand</li> <li>• Prior to use coaches and athletes to check the landing area is free of extraneous material and other contaminants.</li> <li>• Ensure that rakes and brushes are kept away from landing area when in use.</li> <li>• Ensure proper landing technique has been taught to athletes by coaches.</li> <li>• If a problem with landing area is identified, coaches and athletes should report problem to either a committee member or directly to the Wentworth staff.</li> </ul>
Throwing	Athletes and coaches and other users of the facilities	<ul style="list-style-type: none"> <li>• Throwing area safety sector must be roped off in accordance with current UKA rules.</li> <li>• Holes in the infield should be filled level with the ground</li> <li>• All users should ensure that all non-associated persons are not within the vicinity of the safety sector prior to the throwing commencing</li> <li>• Coach and/or senior athletes to ensure that the cage and it's netting is appropriate and in good condition prior to use.</li> <li>• Ensure throwing surface is in good condition and not damaged prior to use as well as free from any debris.</li> <li>• All throwing equipment to be inspected prior to use for good and safe condition</li> <li>• Any damaged surfaces or equipment should be removed from use and reported to the Wentworth and a committee member.</li> <li>• Athletes should be taught correct and safe technique and etiquette.</li> </ul>
General Use of Facilities	Accident and Injuries	<ul style="list-style-type: none"> <li>• First aiders and first aid equipment to be available in the Wentworth Centre.</li> <li>• Facilities not to be used outside of opening hours.</li> <li>• Coaches and senior athletes to read and understand risk assessments when joining the club.</li> </ul>
General Use of Facilities	Safeguarding and Welfare	<ul style="list-style-type: none"> <li>• All coaches, parents of juniors and seniors to be aware of the Tynedale Harriers &amp; Athletic Club safeguarding policy.</li> <li>• Coaches and persons deemed relevant by UKA to have DBS checks every three years.</li> </ul>

## Tynedale Harriers & Athletic Club - Risk Assessment: Outdoor Track Activities

		<ul style="list-style-type: none"><li>• Any issues arising should be immediately reported to committee or the welfare officers at <a href="mailto:welfare@tynedaleharriers.com">welfare@tynedaleharriers.com</a></li></ul>
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