

Risk Assessment: Rowley Park Stadium- Athletics

| Date: | Assessed by: | Location : | Review : |
|--------|--------------|-------------|--------------------------------|
| 6/8/20 | Shaun Ainge | Rowley Park | March 2021 Covid-19 Ongoing |

TRACK

| 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 |
|-----------------------|---|---|-------------|---|-----------------------|--------------------------|-------------|----------|
| Other athletes | Athletes – injury through collisions | <ul style="list-style-type: none"> Track etiquette distributed to all athletes and coaches and available on website (athletes to warm up in outside lanes clockwise round track. Shout “track” to warn other athletes if they are unaware you are approaching) Coaches to liaise with each other regarding sessions to avoid clashes. | L | <ul style="list-style-type: none"> New athletes to be briefed on track etiquette before and during first session | L | All coaches and athletes | Ongoing | Ongoing |
| Footballers | Athletes / coaches – injury through being struck by footballs clearing netting around artificial pitches in centre of track | <ul style="list-style-type: none"> Speak to footballers to advise of possible injury to athletes | M | <ul style="list-style-type: none"> Ask footballers to warm up at opposite end of pitches to where the majority of training is taking place | L | Coaches / Park Rangers | Ongoing | Ongoing |

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| | | <ul style="list-style-type: none"> Report ball strikes, near misses to Park Rangers to speak to teams | | <ul style="list-style-type: none"> Increase height of netting around pitches (unlikely though due to cost to facility providers) | | | | |
| Track condition | Athletes / coaches – injuries through slips / trips due to damaged or worn out track | <ul style="list-style-type: none"> Walk track to review condition before each session | L | <ul style="list-style-type: none"> Report any adverse findings to Park Rangers | L | Coaches | Before each session | Ongoing |
| Debris from overhanging trees | Athletes – injuries through slips / trips due to debris (branches / twigs etc) from trees near to outside of track near 300m start | <ul style="list-style-type: none"> Walk track to review condition before each session Park Rangers clearing debris following high winds | L | <ul style="list-style-type: none"> Report any adverse findings to Park Rangers | L | Coaches / Park Rangers | Before each session / Following high winds | Ongoing |
| Slippery track | Athletes – injuries through slipping on track in icy or snow conditions | <ul style="list-style-type: none"> Advise athletes to wear suitable footwear for conditions | M | <ul style="list-style-type: none"> Prevent athletes from training if they haven't got suitable footwear Cancel session if conditions are too dangerous | L | Coaches | Before each session | Ongoing |
| Lighting conditions | Athletes / coaches – injuries due to not being able to see clearly | <ul style="list-style-type: none"> Maintain floodlighting. Repair lamps as necessary | L | <ul style="list-style-type: none"> | L | Facility provider | As required for evening training sessions | Ongoing |

JUMPING AREAS

| 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 |
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| Compacted sand in long jump pits | Athletes – impact injuries through landing on compacted sand | <ul style="list-style-type: none"> Raking sand before each session Facility staff occasionally deep digging pits to loosen sand | L | <ul style="list-style-type: none"> Facility staff to introduce regular deep digging of pits into maintenance regime Refill sand to level of pit as required | L | Coaches to rake before each session Facility staff / Facility provider | Before each session for raking Other items as required | Ongoing |

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| Other athletes / coaches | Athletes / coaches – injuries caused by collisions between athletes using runways and others crossing runways | <ul style="list-style-type: none"> Advise athletes of possible hazard | M | <ul style="list-style-type: none"> Place cones alongside runway near gated entrance to track to discourage people from walking across | L | Coaches of athletes using runway | 10/12/18 | Ongoing |
| Runway / jumps area condition | Athletes / coaches – injuries through slips / trips due to damaged or worn out surface | <ul style="list-style-type: none"> Walk jumps areas to review condition before each session | L | <ul style="list-style-type: none"> Report any adverse findings to Park Rangers | L | Coaches | Before each session | Ongoing |
| High jump / pole vault beds | Athletes – injury through landing on damaged beds or beds not fastened or positioned correctly | <ul style="list-style-type: none"> Check conditions and positions of beds before use Replace bed covers after use | L | <ul style="list-style-type: none"> Report any damage to Park Rangers | L | Coaches | Before each session | Ongoing |

OUTSIDE THROWS AREA

| 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 |
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| Implements | General Public / athletes / coaches – significant injury if struck by implement | <ul style="list-style-type: none"> Throws area cordoned off by facility staff prior to sessions Athletes supervised Throws not commencing until instructed by coach Throws coaches to liaise to ensure recovery of implements is not carried out whilst other athletes throwing | L | <ul style="list-style-type: none"> | L | Facility staff Coaches | Before and during each session | Ongoing |
| Throws cage | General Public / athletes / coaches and damage to property due to implements travelling outside safety sector due to damaged netting / incorrectly positioned gates | <ul style="list-style-type: none"> Inspect netting prior to each session Adjust gates as required | L | <ul style="list-style-type: none"> Facility providers to introduce inspection and maintenance regime on netting | L | Facility provider Coaches | Before each session | Ongoing |
| Javelin runway condition | Athletes / coaches – injuries through slips / trips due to damaged or worn out surface | <ul style="list-style-type: none"> Walk javelin runway to review condition before each session | L | <ul style="list-style-type: none"> Report any adverse findings to Park Rangers | L | Coaches | Before each session | Ongoing |
| Throws circle | Athletes – injuries through slips due to debris / water / ice in circle | <ul style="list-style-type: none"> Clear circle to remove debris before use if necessary | L | <ul style="list-style-type: none"> | L | Athletes / coaches | Before each session | Ongoing |

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| Hammers | Athletes – possible injury in retrieving hammers stuck high up in netting | • | M | • Ask Park Rangers to recover hammer as they will have correct equipment | L | Facility staff | If required | Ongoing |

COVID-19 (NOTE:- CURRENT GUIDANCE FROM GOVERNMENT AND ENGLAND ATHLETICS TO BE ADHERED TO)

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| Spread of Covid-19 Coronavirus | General Public / athletes / coaches / anyone else who comes into contact with infected person | | H | <ul style="list-style-type: none"> • Athletes and coaches to be reminded of Government guidance in relation to washing hands, catching coughs and sneezes and avoiding touching face with unclean hands. Athletes and coaches to bring hand sanitiser to avoid entering buildings where possible. • Athletes to clean hands with hand sanitiser on arrival at track • Maintain social distancing by liaising with other coaches that may be working on track and advising athletes of requirements. Coaches to produce sessions that encourage social distancing to be maintained and the Club's Training Organisation plan to be followed • Avoid entering buildings at track wherever possible. • Any person showing Covid-19 symptoms should not attend the track and should isolate in accordance with Government guidelines | M | Athletes / coaches | Before and after each session and during if required | Ongoing |

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| | | | | <ul style="list-style-type: none"> Athletes should avoid spitting on the floor within the area of fencing surrounding the track or the throws area. Wherever possible, tissues should be used to catch spit. | | | | |
| Spread of Covid-19 Coronavirus | General Public / athletes / coaches / anyone else who comes into contact with infected equipment surface | | H | <ul style="list-style-type: none"> Any equipment to be used is to be cleaned before and after each session. Use of each throwing implement should be restricted to one athlete and cleaned before and after each training session by the athlete or coach. Hurdles and other equipment should be cleaned before and after each session by the hurdles coach and should only be handled by the coach. The named coaches who can use the equipment are Gary Myles, Paul Edwards, Shaun Ainge and Bob Hughes. Other individuals pre-authorised by Shaun Ainge may also handle the hurdles as long as this is pre-agreed with Freedom Leisure. Hands should be cleaned immediately after handling using hand sanitiser, where possible, to avoid entering buildings | M | Athletes / coaches | Before and after each session and during if required | Ongoing |
| Spread of Covid-19 Coronavirus | General Public / athletes / coaches / anyone else who comes into contact with infected person or surface in changing facilities or clubroom | | H | <ul style="list-style-type: none"> Training fees to be collected in well ventilated area (preferably outside) with social distancing maintained Collection of fees from the larger training groups to be taken by the coaches of those | M | Club committee / Facility provider | Before session | Ongoing |

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| | | | H | <ul style="list-style-type: none"> groups to avoid risk of queues forming to pay • Contactless card payment facility to be used where possible | | | | |
| | | | | <ul style="list-style-type: none"> • Changing rooms only to be used for toilet facilities. Athletes to be changed ready on arrival at track | M | Athletes | Before session | Ongoing |
| | | | | <ul style="list-style-type: none"> • Toilets and building surfaces to be regularly inspected and cleaned using appropriate cleaning products, methods and equipment • Athletes, coaches and anyone else who comes into contact with any surfaces within the building to wash hands in accordance with Government guidance | M | Facility provider / all users | When using facilities | Ongoing |
| Spread of Covid-19 Coronavirus | General Public / athletes / coaches / anyone else who comes into contact with infected person or surface of equipment used for high jump, long jump or pole vault | | H | <ul style="list-style-type: none"> • Athletes / coaches and anyone else involved in touching equipment involved in high jump, long jump and pole vault to clean hands in accordance with Government Guidance prior to handling equipment. • Athletes are not allowed to use jumps equipment without a coach supervising the session • All high jump / pole vault equipment to be cleaned by the coach prior to training session by spraying with a disinfectant in accordance with Government Guidance | M | | | |

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| | | | | <p>and the COSHH assessment for the disinfectant product.</p> <ul style="list-style-type: none"> • The high jump / pole vault bed and equipment is also to be spray cleaned by the coach on completion of each session with a group of athletes. • Throughout the session, other high jump equipment (eg bar, uprights) is to be cleaned before being handled by each different user. • The sand in the long jump pit is to be raked / turned over prior to each session and the sand and other long jump equipment is to be sprayed, by the coach, with disinfectant in accordance with Government Guidance and the COSHH assessment for the disinfectant product.. • The sand is to be raked prior to each different athlete jumping. • At the end of each training session, all long jump equipment is to be cleaned by the coach in accordance with Government Guidance. • Throughout the session, long jump equipment (eg rakes, brushes, tapes) is to be cleaned before being handled by each different user. • All people involved in a jumps training session to clean hands prior to leaving the training session | | Athletes / Coaches / Helpers | When training for jumps | Ongoing |