



GENERIC RISK ASSESSMENTS FOR OUTDOOR JUMPS TRAINING

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In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor jumps training and the suggested steps required to control the risks.

UKA recommends that every club and venue conducts a risk assessment and it is important that the following generic risk assessments are not just copied and pasted with your facility/club name added at the top as this would not satisfy the legal requirement and would not protect participants. Every venue and event is different so you need to think about the hazards and controls relevant to your facility/session and document accordingly. (Click [here](#) for templates and guidance on carrying out a risk assessment).

Even where the hazards are the same, the control measures you adopt may have to be different from those in the examples to meet the particular conditions of your session/ venue

JUMPS

Where long, triple or pole vault runways are located on the infield a separate venue risk assessment should be undertaken to ensure that throwing events pose no risk to jumpers during training sessions.

HAZARD Track (Run up)

WHO/HOW AFFECTED

Athletes

CONTROL MEASURES

1. Athletes should wear adequate footwear.
2. If kerbing is removed then it should be stored in a safe place and replaced after training.
3. Ensure run up area is level, free of holes and swept regularly to remove debris, e.g. stones

Control Measure Responsibilities:	1	Athletes and coaches
	2	Coaches and Facility Staff
	3	Facility Staff

HAZARD Event

WHO/HOW AFFECTED

Athletes – Injury from incorrect technique, inadequate warm up, or collision with other athletes.

CONTROL MEASURES

1. Athletes should be taught correct technique by coaches.
2. Athletes should undertake adequate warm up.
3. 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.
4. Ensure young athletes only jump under the supervision of a coach.
5. Athletes should not wear jewellery or other objects which might cause injury.

Control Measure Responsibilities:	1, 4	Coaches
	2	Athletes
	3	Athletes and coaches
	5	Coaches

HAZARD **Crossbars (High Jump, Pole Vault)**

WHO/HOW AFFECTED:

Athletes, coaches – injuries from falling bar or falling onto bar also loose or damaged end supports.

CONTROL MEASURES

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.

Control measure responsibilities:	1,3	Coaches
	3	Athletes
	1,2	Facility Staff

HAZARD **Weather**

WHO/HOW AFFECTED:

Athletes and coaches – Injuries from slipping on wet/slippery run up area; Athletes – Injuries due to coldness and reduction in body temperature from wet landing beds.

CONTROL MEASURES

1. Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.
2. Porous surface should be cleaned regularly to allow drainage.
3. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress.
4. In pole vault avoid vaulting into the wind if possible.
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions.
6. Athletes should wear adequate footwear, e.g. spikes.

Control measure responsibilities:	1,2,3	Facility Staff and coaches
	4,5	Coaches
	6	Athletes

HAZARD **Time of Day**

WHO/HOW AFFECTED:

Athletes, Coaches - Injuries as a result of poor visibility.

CONTROL MEASURES

1. Ensure adequate floodlighting at night.

Control measure responsibilities:	1	Coaches, Facility Staff
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HAZARD **Landing Area Covers**

WHO/How Affected:

Athletes and Coaches – Injuries as a result of sharp edges.

CONTROL MEASURES

1. Ensure covers are stored in a safe locality.
2. Ensure that there are no sharp edges protruding.

Control measure responsibilities:	1,2	Coaches, Facility Staff
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LONG/TRIPLE JUMP

HAZARD

Runway

WHO/HOW AFFECTED

Athletes - slipping, tripping due to worn damaged surface.

Coaches – injury due to collision with athletes

Athletes – injury due to collision with each other or coaches

CONTROL MEASURES

1. Examine the runway to ensure no worn or damaged areas.
2. Regularly clean porous surfaces.
3. Sweep runway regularly to remove any excess water and/or grit.
4. Ensure no obstructive check marks are placed on runway.
5. Control measures must be in place to ensure athletes only use runway under direction of coach and only when runway is clear.
6. If tape measures are used ensure they are removed from runway in between jumps.
7. Any raised surfaces must be clearly identified.

Control Measure Responsibilities:	1,2,3,7	Facility Staff
	1,4,5	Coaches
	6	Athletes, Coaches

HAZARD

Take off boards and blanking boards

WHO/HOW AFFECTED

Athletes –Injury due to unstable, ill fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards.

Coaches – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements

CONTROL MEASURES

1. Clean insert board recesses.
2. Clean and grease adjustable bolts within recesses.
3. Clean and grease adjustable bolts on insert and blanking boards.
4. Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood, wood composite or an alternative material soft enough so as to absorb the impact of spikes.
5. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway.
6. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove.
7. Ensure that board lifting implements are available and suitable for the purpose of lifting the boards.

Control Measure Responsibilities:	1, 2, 3, 4, 5, 6, 7	Facility Staff
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