

# **GENERIC RISK ASSESSMENTS FOR OUTDOOR TRACK TRAINING**

## GENERIC RISK ASSESSMENTS - OUTDOOR TRACK TRAINING

In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor track training sessions 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

### TRACK

#### **HAZARD** Track/Kerb

##### **WHO/HOW AFFECTED**

Athletes and coaches – Injuries from slipping/tripping due to worn out track and loose kerbing.

##### **CONTROL MEASURES**

1. Athletes should wear adequate footwear.
2. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.
3. Porous surface should be cleaned regularly to allow drainage.
4. Ensure adequate maintenance and regular inspection.
5. Where removable kerbs are in place, any exposed ends should be covered and where sections join together they should be secured.
6. Lengths of kerbing that have been moved to facilitate steeplechase, high jumping or javelin throwing should be placed in a safe area. They should be replaced after steeplechase, high jump and javelin have ceased

**Control Measure Responsibilities:**

1,6	Athletes and coaches
2,3,4,5	Facility Staff

#### **HAZARD** Starting Blocks

##### **WHO/HOW AFFECTED**

Athletes – Injuries from slipping/tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks.

##### **CONTROL MEASURES**

1. If used ensure starting blocks are firmly secured onto the track or other area.
2. Ensure adequate maintenance and regular inspection.
3. Blocks should be inspected by a coach before use.

**Control Measure Responsibilities:**

1	Athletes and coaches
2	Facility Staff, athletes
3	Coaches

**HAZARD** Starting**WHO/HOW AFFECTED**

Athletes – Injuries due to collision with other athletes encroaching into other lanes

**CONTROL MEASURES**

1. Ensure starting blocks are correctly positioned in each lane and firmly secured onto the track.
2. Ensure athletes line up in an orderly manner.

**Control Measure Responsibilities:** 1, 2 Athletes and coaches.

**HAZARD** Weather**WHO/HOW AFFECTED**

Athletes and Coaches - Cuts and Strains from slipping on slippery track

**CONTROL MEASURES**

1. Porous surface should be cleaned regularly to allow drainage.
2. Ensure adequate maintenance and regular inspection.
3. Drains on non-porous surfaces should be cleaned regularly to allow drainage.

**Control Measure Responsibilities:** 1, 2, 3 Facility Staff

**HAZARD** Time of Day/lighting conditions**WHO/HOW AFFECTED**

Athletes - Injury from not being able to see event layout

**CONTROL MEASURES**

1. If installed ensure adequate flood lighting.

**Control Measure Responsibilities:** 1 Facility Staff

**800m., 1500m., 3000m., 5000m., 10000m.**

**HAZARD** Coaches and Other Athletes**WHO/HOW AFFECTED**

Athletes - Cuts and Strains from collisions with other persons

**CONTROL MEASURES**

1. When a training run is about to start ensure that there is no risk of collisions with others using the track.
2. Athletes and Coaches should observe local lane discipline.

**Control Measure Responsibilities:** 1 Coaches  
2 Athletes and Coaches

## HURDLES

**HAZARD** Hurdles

**WHO/HOW AFFECTED**

Athletes– injury from colliding with hurdles

**CONTROL MEASURES**

1. Hurdles shall be used in the correct direction and in the appropriate manner.
2. Where competition hurdles are used the mechanisms for fixing the hurdles (a) at the required height (b) and for positioning the counter balance weight, should be lubricated and well maintained.
3. Damaged hurdles must be replaced.
4. Ensure adequate maintenance and regular inspection.
5. They must be set at a height appropriate to the age and ability of the athletes.
6. The use of loose canes placed on bricks or cones should be avoided.

<b>Control Measure Responsibilities:</b>	1	Athletes, Coaches
	2,3,4	Facility Staff
	5, 6	Coaches

## STEEPLECHASE

**HAZARD** Water Jump

**WHO/HOW AFFECTED**

Athletes - Injuries from slipping/ tripping

**CONTROL MEASURES**

1. Ensure water jump is full, i.e. water is level with track surface and free from debris.
2. Must not be used in training if empty.
3. Regularly inspect lining material to bottom of water jump for splits, bubbles etc and repair any defects.
4. Check barrier top rail for secure fixings and that surfaces are not damaged so as not to cause injury.
5. Check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of pins)

<b>Control Measure Responsibilities:</b>	2	Athletes, Coaches
	1,3,4,5	Facility Staff

**HAZARD** Barriers (Fixed & portable)

**WHO/HOW AFFECTED**

Athletes, coaches, Facility Staff – Injury from defective structures and from incorrect handling/lifting

**CONTROL MEASURES**

1. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury and check uprights of barrier in ground for secure fixing (particularly check adjustable barriers for correct and secure fixing of adjusting pins).
2. Carry out manual handling safe practice when placing barriers in position on track and on removing them when event is concluded.

<b>Control Measure Responsibilities:</b>	1, 2	Facility Staff
--	------	----------------