

Warrington AC Risk Assessment: Track & Field Competition

Date:	Assessed by:	Location :	Review :
24/3/2025	Julian Field	Victoria Park Athletics Track, Warrington	As Required

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
Runways (Long Jump, Triple Jump, Pole Vault)	Athletes and officials - Injuries due to slipping/tripping on worn or damaged runway; injuries due to collision with athletes or their poles.	<ul style="list-style-type: none"> Examine runways to ensure there are no worn or damaged areas. Sweep runways regularly to remove any excess water or sand. No obstructions or check marks should be placed on the runway. Any raised surfaces or tripping hazards must be clearly identified. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take-off. Warm up jumps must be supervised and controlled by the officials. Ensure that measuring tapes do not encroach onto runway. 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Field Referees Field Judges	Ongoing	
Crossbars (High Jump, Pole Vault)	Athletes, officials – injuries from falling bar or falling	<ul style="list-style-type: none"> Bars must be undamaged and free from splints. Only 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director	Ongoing	

	onto bar also loose or damaged end supports.	<p>bars as specified are to be used, these will be inspected by the Field Referee or Technical Manager prior to competition.</p> <ul style="list-style-type: none"> • Ensure adequate maintenance and regular inspection. • Be aware of falling bars. 				Field Referees Field Judges		
Weather	Athletes and officials – Injuries from slipping on wet/slippery run up area/ track; Athletes – Injuries due to coldness and reduction in body temperature from wet landing beds.	<ul style="list-style-type: none"> • Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping. • Porous surface should be cleaned regularly to allow drainage. • 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. • Ensure that vaulters are sufficiently competent to deal with adverse weather conditions. • Athletes should wear adequate footwear, e.g. spikes • If poor weather conditions occur the field referee in conjunction with the meeting manager can use their discretion to postpone or cancel a track or field competition. • If the track/ runway 	L	• Nil	L	Competition Director Field Referees Field Judges Athletes WBC Parks Team	Ongoing	

		becomes covered in ice the competition shall be suspended.						
Time of Day	Athletes, Officials - Injuries as a result of poor visibility. Athletes - Injury from not being able to see event layout	<ul style="list-style-type: none"> • Ensure adequate floodlighting at night. • All meetings will take place during daylight hours. 	L	• Nil	L	Competition Director	Ongoing	
Landing Area Covers	Athletes and officials – Injuries as a result of sharp edges.	<ul style="list-style-type: none"> • Ensure covers are stored in a safe locality. • Ensure that there are no sharp edges protruding. • Covers should not be placed in a position where they can restrict the competition area of another event, or restrict the visibility of another competition area when approaching from any angle. 	L	• Nil	L	Field Referee WBC Parks Team	Ongoing	
High Jump fan/, Run up area	Athletes and officials – tripping or slipping due to: 1. Worn out high jump or run up fan. 2. Track kerbing being in the run up line. Collisions between athletes on the track and either athletes competing in high jump/ officials	<ul style="list-style-type: none"> • Ensure run up area is level, free of holes or damage and swept regularly to remove any debris. • Porous surfaces should be cleaned regularly to remove any debris – leaves, sand, etc • Ensure regular inspection. • Any kerbing removed for competition must be stored safely. • Ensure athletes are wearing suitable footwear • Officials will be observant of track events and will warn athletes taking part in the high jump as 	L	• Nil	L	WBC Parks Team Field Referee Field Judges Athletes	Ongoing	

		<ul style="list-style-type: none"> appropriate. 						
Check marks	Athletes and officials – potential injuries caused by tripping/ treading on sharp pins, obstructive check marks, etc	<ul style="list-style-type: none"> Encourage use of adhesive tapes – not shoes, raised objects or other variants held down with pins. Officials will instruct athletes to remove their checkmarks at the end of each event. 	L	<ul style="list-style-type: none"> Nil 	L	Field Judges Athletes	Ongoing	
Vertical Jumps Landing Area	Athletes – Injuries from poorly maintained beds.	<ul style="list-style-type: none"> Bed units must be made of foam securely fastened together and must conform in size to current UKA specifications. The entire area must be covered by an attached spike proof wear sheet. The bed are placed on other objects - such as timber pallets - these should be not more than 100mm. high and must not protrude beyond the edges of the landing areas. In addition the front surface of the pallets must be blocked off so that there is no possibility of an athlete's foot penetrating underneath. Ensure adequate maintenance and regular inspection of the landing area with particular attention to impacted foam. Where landing areas remain outside when not in 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Field Referee Field Judges Athletes	Ongoing	

		<p>use, the cover should be so designed as to prevent damage to foam sections due to water saturation.</p> <ul style="list-style-type: none"> Athletes should not wear jewellery or other objects which might result in injury. 						
Uprights	<p>Athletes and officials – Injuries from being struck by stands. Athletes – Injuries from running into or landing on fallen stands.</p>	<ul style="list-style-type: none"> Bases must be stable and joined onto the upright. Crossbar supports should face each other and must be easily adjusted with clamping screws regularly lubricated. Ensure adequate maintenance and regular inspection. 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Field Referee	Ongoing	
Warm up/Event	<p>Athletes – injury from collision with other athletes</p>	<ul style="list-style-type: none"> Officials will ensure each athlete jumps in turn and does not encroach on other athletes run whilst waiting their turn. Athletes whose approach run conflict with other should be aware of potential collisions. If an athlete commences his/her approach run from the track the athlete and officials must be aware of the potential hazard and liaise with the track officials as appropriate. 	L	<ul style="list-style-type: none"> Nil 	L	Field Judges Athletes	Ongoing	
Take off boards and blanking boards.	<p>Athletes – injury due to unstable, ill-fitting take off /blanking boards; slipping off top of no jump indicator insert blanking boards. Officials – back strain and hand injury due to lifting ill-fitting, tight fitting insert</p>	<ul style="list-style-type: none"> Insert board recesses must be cleaned regularly. All adjustable bolts must be cleaned and lubricated regularly. Ensure that all inserts are made of wood or wood 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Competition Director Field Referee Field Judges		

	boards and blanking boards; use of incorrect lifting equipment.	<p>composite, soft enough as to absorb the impact of spikes.</p> <ul style="list-style-type: none"> • Ensure that insert boards and blanking boards are stable and level with the runway. • Ensure that no jump indicator insert boards and no jump indicator insert blanking boards fit adequately without being too difficult to remove. • Ensure that board lifting implements are available and suitable for purpose. 						
Horizontal Jumps Landing area	Athletes – Injury due to compacted sand and extraneous material. Collision with concrete edging of landing area. Collision with fixed barriers too close to end of landing area. Officials – Tripping over rakes and brooms.	<ul style="list-style-type: none"> • Ensure that only pure quartz sand without any organic content is used that will not cause injury to an athlete. • Ensure that sand is well dug over before use. • Check that landing area is free of extraneous material and other contaminants. • The edges of the landing areas should be covered with an impact absorbing material and rounded off. • The area 12m. beyond the centre of the long and triple jump take-off boards and 1m. from the edge of the sand pit shall have no obstructions. • The landing area should be covered when not in use. • Rakes and brushes used for 	L	• Nil	L	WBC Parks Team Competition Director Field Referee Field Judges	Ongoing	

		<p>levelling and cleaning should be kept away from landing area and that prongs of rakes should face the ground.</p> <ul style="list-style-type: none"> When distance indicator boards are used these must be positioned away from the landing area 						
Throws Sector	Athletes, officials, non-associated persons, implement impact injury and/or tripping due to poor condition of in field.	<ul style="list-style-type: none"> The central throwing area or the specific 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 there are no non-associated persons within or in the vicinity of the throwing sector before throws commence. Ensure that grass is not over-long. Ideally grass should be cut the day prior to competition Shot-put Specific Ash/shale sectors should be raked before and after use. 	M	<ul style="list-style-type: none"> Signage will be attached to the roped off area clearly stating throw events are taking place and no one (except the event officials) should be in that area. 	M	WBC Parks Team Competition Director Field Referee Field Judges	Ongoing	
Throws Circle	Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim	<ul style="list-style-type: none"> Ensure that circle is in good order and not cracking or breaking up. 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Competition	Ongoing	

	of circle; Shotputters - injury due to loose, damaged stop board.	<ul style="list-style-type: none"> Examine circle rim to ensure that it is free from protrusions of shards of metal. Ensure that circle is free of extraneous material, grit, dirt or standing water. Ensure that drainage holes are kept clear. Ensure that mats are provided for wiping shoes if ground is wet. Shot-put Specific Ensure that stop board is firm and stable. Ensure that stop board is not damaged so as to cause a foot injury. Hammer Specific 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. 				Director Field Referee Field Judges		
Throws Cage	Athletes, officials, public, implement impact injury due to implement escaping due to badly maintained or poorly constructed cage.	<ul style="list-style-type: none"> Ensure that cage is constructed and erected in accordance with the UKA rule (cages for hammer and discus). 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) 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Competition Director	Ongoing	

		<ul style="list-style-type: none"> • Check netting regularly to ensure no damage to the net structure. • Ensure that netting is secured or ballasted at ground level. • 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. • Check that netting tension has sufficient retardation and minimal bounce. • During throwing athletes and officials must maintain a safe distance from the cage netting. Hammer Specific • Ensure that the ends of the hammer wires are securely taped to avoid damage to the netting. • A Specific risk assessment and method of work is in place as the cage does not meet the World Athletics safety standards. 						
Throws Cage Gates	Athletes, officials, public, implement, impact injury due to wrongly positions gates or over tensioned netting. Officials – back injury due to poorly maintained gate hinges and wheels.	<ul style="list-style-type: none"> • Check that the gates can move freely and be secured in both their open and closed positions. • Check that gate netting is not holed and appears in good condition. • Check that gate netting tension has sufficient 	L	• Nil	L	WBC Parks Team Competition Director	Ongoing	

		<p>retardation and minimal bounce.</p> <ul style="list-style-type: none"> • Ensure both gates are correctly positioned and locked before each throw in accordance with UKA rules, in particular that the gates are correctly set for right and left handed hammer throws. • Check the ground holes for securing the gates are free from water or debris. 						
Lack of Concentration	Athletes, officials	<ul 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. • Officials will be reminded of the need for concentration during the team briefing. • Officials will remind athletes of the need to concentrate when throwing and waiting to throw. 	L	• Nil	L	Field Referee Field Judges	Ongoing	
Implements	<p>Athletes, officials – hand injury due to damaged surface of implement.</p> <p>Athletes, officials, public – hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury</p> <p>Athletes – injury caused by loose or damaged grip;</p> <p>Officials - implement impact injury caused by abnormal flight</p>	<ul 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 	M	• Nil	M	Field Referee	Ongoing	

	characteristics of bent/bowed javelin.	<p>they are serviceable, particularly the handle, and the wire and swivel assembly.</p> <ul style="list-style-type: none"> Only implements checked by the Field Referee or Technical Manager can be used in warm up or competition. 						
Competition: Shot	Athletes, officials – implement impact injury	<ul 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. During a trial, officials should stand outside the sector lines and face the thrower. Ensure that only officials 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. 	M	<ul style="list-style-type: none"> Nil 	M	Field Referee Field Judges		
Hammer Gloves	Athletes – injury to hand	<ul style="list-style-type: none"> Gloves if worn should give adequate protection, alternatively if optional protection is used it should provide sufficient 	L	<ul style="list-style-type: none"> Nil 	L	Field Judges Athletes	Ongoing	

		protection and not become a hazard.						
Competition: Hammer/ Discus	Athletes, officials, public, implement impact injury	<ul style="list-style-type: none"> • Ensure both gates are correctly positioned and locked before each throw. • Ensure all throws and practice throws only take place from the circle. Within the cage, and under supervision of an official. • During a 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 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 are allowed forward of the 	M	<ul style="list-style-type: none"> • The UKA Long Throws Procedure must be followed at all times. • The Field Referee will brief their team on the long throws procedure being in use prior to the commencement of competition. 	M	Field Referee	Ongoing	

		<p>mouth of the throwing cage, except when athletes are allowed to retrieve under supervision.</p> <ul style="list-style-type: none"> Officials should not run within the throwing sector in wet, slippery conditions. 						
Javelin Runway	Athletes, officials – slipping, tripping, due to wet, worn, damaged surface, or encroaching measuring tape or obstructive check markers	<ul 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. Ensure measuring tapes do not encroach on the runway. Officials will monitor other events going on around them to ensure athletes throwing Javelin do not affect other field event or track events. 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Competition Director Field Referee Field Judges	Ongoing	
Competition: Javelin	Athletes, official, public – implement impact injury; Athletes, officials – implement impact injury caused by athletes using implements for loosening-up exercises; Athletes –	<ul style="list-style-type: none"> 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. Where cones are 	M	<ul style="list-style-type: none"> The UKA Long Throws Procedure must be followed at all times. The Field Referee will brief their team on the long throws procedure being in use prior to 	M	Field Referee Field Judges	Ongoing	

	tripping over track kerbing.	<p>used instead of kerbing the cones will be moved clear of the runway.</p> <ul style="list-style-type: none"> • All throws must only take place from the runway in the direction of the throwing sector. • During a 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 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, officials must approach the javelin from the side and not from the pointed tail end of the implement. • Implement must only be 		the commencement of competition.				
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		<p>returned by hand, held vertically, or by mechanical device.</p> <ul style="list-style-type: none"> • Ensure that only officials are allowed forward of the throwing line except when athletes are allowed to retrieve under supervision. • Officials should not run within the throwing sector in wet, slippery conditions. • The infield will be cordoned off with appropriate signage warning of the danger and instructing people not to enter the infield. 						
Weather: Javelin	Officials and others within proximity of sector – implement impact injury – caused by wind strength effect on implement.	<ul 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. • Ensure that any non-associated persons within proximity of the throwing sector are upwind of the flight path of the implement. • If poor weather conditions occur the field referee in conjunction with the meeting manager can use their discretion to postpone or cancel a throws competition. 	M	•	M	<p>Competition Director</p> <p>Field Referee</p> <p>Field Judges</p>	Ongoing	
Officials and Other Athletes	Athletes & Officials – Cuts, Strains and other possible injuries from collisions with other persons.	<ul style="list-style-type: none"> • An announcement should be made prior to the start of an event that it is about 	L	• Nil	L	<p>Announcer</p> <p>Track Referee</p>	Ongoing	

		<ul style="list-style-type: none"> to take place. Starting officials should be positioned at an adequate distance away from the start. Access to the track will be limited to officials. volunteers and athletes through specific gates. 				Chief Starters Assistant		
Starting Blocks	Athletes – Cuts, Strains and possible injuries from Slipping/ Tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks	<ul style="list-style-type: none"> If used, ensure starting blocks are correctly positioned in each lane and firmly secured onto the track. Ensure adequate maintenance and regular inspection. They should be inspected by an official before use. 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Chief Starters Assistant	Ongoing	
Start: Sprints/ Hurdles	Athletes – Cuts, Strains and other possible injuries due to collision with other athletes encroaching into other lanes.	<ul style="list-style-type: none"> If used ensure starting blocks are correctly positioned in each lane and firmly secured onto the track. 	L	<ul style="list-style-type: none"> Nil 	L	Athletes Chief Starters Assistant	Ongoing	
Hurdles	Athletes – Injury from colliding with hurdles.	<ul style="list-style-type: none"> Weight adjustable hurdles must be correctly set. The mechanism for fixing the hurdles should be lubricated and well maintained: a. at the required height and b. positioning the counter balance weight Damaged hurdles must be replaced. Ensure adequate maintenance and regular inspection. 	L	<ul style="list-style-type: none"> Nil 	L	WBC Parks Team Track Referee	Ongoing	

Start: Middle/ Long distance	Athletes – Cuts, Strains and other possible injuries due to collision with other athletes.	<ul style="list-style-type: none"> Athletes should line up in an orderly fashion so as not to jostle or obstruct other competitors or impede progress. 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Start Referee	Ongoing	
800m Break Line	Athletes – Injuries due to collision with other athletes	<ul style="list-style-type: none"> Ensure that the break line is adequately identified. Small prisms will be used to identify the break line in each lane. 	L	<ul style="list-style-type: none"> Nil 	L	Track Referee	Ongoing	
Track Competition	Athletes – Injuries due to collision with other athletes	<ul style="list-style-type: none"> Guidance on the maximum number of athletes in races shall be observed. Athletes will be briefed as appropriate at the start. 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Track Referee	Ongoing	
Electronic Equipment in the competition area	Athletes & Officials – Injuries due to trips on equipment or cabling.	<ul style="list-style-type: none"> Equipment will be set up in areas where they will not become a trip hazard. Any cabling will be managed to not run across areas where officials or athletes will need to access. Cables will be clearly identified and covered as appropriate. 	L	<ul style="list-style-type: none"> Nil 	L	Competition Director Field Referee Photofinish Technician	Ongoing	