

Warrington AC Risk Assessment: Jumps Training

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| Date: | Assessed by: | Location : |
| 21/03/2025 | Dominic Ellis | Victoria Park Athletics Track, Warrington |

| 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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| Coaches | Athletes, Coaches, injury from unsupervised jumping or lack of hazard perception. | <ul style="list-style-type: none"> Coaches will hold a UKA coaching license. | H | <ul style="list-style-type: none"> Coaches will supervise jumping at all times. | M | Coaches | Ongoing | |
| Runways (Long Jump, Triple Jump, Pole Vault) | Athletes and coaches - 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. All jumps must be supervised and controlled by the coach. Ensure that measuring tapes do not encroach onto runway. | L | <ul style="list-style-type: none"> Nil | L | Coaches | Ongoing | |
| Crossbars (High Jump, Pole Vault) | Athletes, Coaches – injuries from falling bar or falling onto bar also loose or damaged end supports. | <ul style="list-style-type: none"> Bars must be undamaged and free from splints. Only bars as specified are to be used, these will be | L | <ul style="list-style-type: none"> Nil | L | Coaches WBC Parks Team | Ongoing | |

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| | | <div>inspected by coach prior to use in training.</div> <ul style="list-style-type: none">• Ensure adequate maintenance and regular inspection.• Be aware of falling bars. | | | | | | |
| Weather | Athletes and Coaches – 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 coach can use their discretion to postpone or cancel a training session.• If the track/ runway becomes covered in ice then training shall be suspended. | L | <ul style="list-style-type: none">• Nil | L | Coaches WBC Parks Team | Ongoing | |
| Time of Day | Athletes, Coaches - Injuries as a result of poor visibility. Athletes - Injury from not | <ul style="list-style-type: none">• Ensure adequate floodlighting at night.• If adequate lighting isn't | L | <ul style="list-style-type: none">• Nil | L | WBC Parks Team Coaches | Ongoing | |

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| | being able to see training area layout | available then training shall be cancelled. | | | | | | |
| Landing Area Covers | Athletes and Coaches – 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 training area of another event, or restrict the visibility of another training area when approaching from any angle. | L | <ul style="list-style-type: none"> Nil | L | Coaches WBC Parks Team | Ongoing | |
| High Jump fan/ Run up area | Athletes and Coaches – 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 training for high jump/ Coaches | <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 Coaches will be observant of track athletes training and will warn athletes training for the high jump as appropriate. | L | <ul style="list-style-type: none"> Nil | L | WBC Parks Team Coaches Athletes | Ongoing | |
| Check marks | Athletes and Coaches – 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. Coaches will instruct | L | <ul style="list-style-type: none"> Nil | L | Coaches Athletes | Ongoing | |

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| | | athletes to remove their checkmarks at the end of each training session. | | | | | | |
| 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 use, the cover should be so designed as to prevent damage to foam sections due to water saturation. • Athletes should not wear jewellery or other objects which might result in injury. | L | • Nil | L | WBC Parks Team Coaches Athletes | Ongoing | |

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| Uprights | Athletes and Coaches – Injuries from being struck by stands. Athletes – Injuries from running into or landing on fallen stands. | <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 Coaches | Ongoing | |
| Training | Athletes – injury from collision with other athletes | <ul style="list-style-type: none"> Coaches 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 coaches must be aware of the potential hazard and liaise with other coaches as appropriate. | L | <ul style="list-style-type: none"> Nil | L | Coaches Athletes | Ongoing | |
| Take off boards and blanking boards. | Athletes – injury due to unstable, ill-fitting take off /blanking boards; slipping off top of no jump indicator insert blanking boards. Coaches – back strain and hand injury due to lifting ill- fitting, tight fitting insert boards and blanking boards; use of incorrect lifting equipment. | <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 composite, soft enough as to absorb the impact of spikes. Ensure that insert boards and blanking boards are stable and level with the runway. | L | <ul style="list-style-type: none"> Nil | L | WBC Parks Team Coaches | Ongoing | |

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| | | <ul style="list-style-type: none"> • 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 | <p>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.</p> | <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 levelling and cleaning should be kept away from landing area and that prongs of rakes should face the ground. • When distance indicator boards are used these must | L | • Nil | L | WBC Parks Team Coaches | Ongoing |

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| | | be positioned away from the landing area | | | | | | |
| Lack of Concentration | Athletes, Coaches | <ul style="list-style-type: none"> Athletes and Coaches must be aware at all times for the need of concentration on the training in hand and must not be distracted by other training groups.. Coaches will remind athletes of the need to concentrate when training. | L | <ul style="list-style-type: none"> Nil | L | Coaches Athletes | Ongoing | |