

Warrington AC Risk Assessment: Track Training

Date:	Assessed by:	Location :
23/03/2025	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
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"> Coachers will supervise jumping at all times. 	M	Coaches	Ongoing	
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 the track is regularly swept and mopped to prevent slipping. Porous surface should be cleaned regularly to allow drainage. Athletes should wear adequate footwear, e.g. spikes If poor weather conditions occur the coach can use their discretion to postpone or cancel a track or field competition. If the track becomes covered in ice then training shall be suspended. 	L	<ul style="list-style-type: none"> Nil 	L	Coaches Athletes	Ongoing	
Time of Day	Athletes, Coaches - 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. Where adequate floodlighting is not available training shall be 	L	<ul style="list-style-type: none"> Nil 	L	Coaches	Ongoing	

		suspended.						
Lack of Concentration	Athletes, officials	<ul style="list-style-type: none"> • Athletes and Coaches must be aware at all times for the need of concentration during training and must not be distracted by other training groups. • Coaches will remind athletes of the need to concentrate when training and following their instructions. 	L	<ul style="list-style-type: none"> • Nil 	L	Coaches Athletes	Ongoing	
Coaches and Other Athletes	Athletes & Coaches – Cuts, Strains and other possible injuries from collisions with other persons.	<ul style="list-style-type: none"> • Coaches will be aware of which other groups are training both on the track, field event facilities, and indoor spaces. • The clubs Track etiquette policy shall be followed at all times. • Access to the track will be limited to coaches, volunteers and athletes through specific gates. 	L	<ul style="list-style-type: none"> • Where 2 training groups are using the same space and their athletes may clash, the coaches must come to a clear understanding as to which group will use a particular space and when. E.g middle distance groups sharing lane 1 of the track and starting their groups only when there is sufficient margin between groups already using lane 1. 	L	Coaches	Ongoing	
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 the coach before use. 	L	<ul style="list-style-type: none"> • Nil 	L	Coaches	Ongoing	
Start: Sprints/ Hurdles	Athletes – Cuts, Strains and other possible injuries due to collision with other athletes encroaching into	<ul style="list-style-type: none"> • If used ensure starting blocks are correctly positioned in each lane and 	L	<ul style="list-style-type: none"> • Nil 	L	Coaches	Ongoing	

	other lanes.	firmly secured onto the track.						
Hurdles	Athletes – Injury from colliding with hurdles.	<ul style="list-style-type: none"> Weight adjustable hurdles must be correctly set, or use training hurdles with no toppling weight fitted. 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	• Nil	L	WBC Parks Team Coaches	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 athletes or impede progress. 	L	• Nil	L	Coaches Athletes	Ongoing	
Track Competition	Athletes – Injuries due to collision with other athletes	<ul style="list-style-type: none"> Athletes will follow the clubs track etiquette policy. Coaches shall brief their athletes on the clubs track etiquette policy periodically or where required. 	L	• Nil	L	Coaches Athletes	Ongoing	