**Risk Assessment: TAC Club Training**

| **Date:**  | **Assessed by:**  | **Location :** | **Review :** |
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|  16/06/2020 | R. Llewellyn-Eaton, TAC Head Coach | The Castle School Track, Taunton |  |

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| **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?** |  | **Action by whom** | **Target date** | **Complete** |
| ***Slips and trips******Spillages/loose cables*** | *Staff may be injured if they slip on spillages or trip on cables or objects left on the floor.* | * *There is general good housekeeping policy in the organisation*
* *Wet floor signs are always used*
* *Staff use electrical sockets nearest to where they are working to reduce the risk of tripping over leads*
 | *L* | * *Introduce a two-mop system for cleaning floors (wet mopping followed by dry mopping)*
* *Remind staff to wear sensible shoes, e.g. flat shoes with a good grip*
 | *L* | *Joe Bloggs* | *25/12/16* | *Yes**14/09/15**Joe Bloggs* |
| **Users of The Castle School** | Athletes.Neglect of areas / lack of basic maintenance e.g. sand on track. | * Inform school regularly – to educate staff
 | L/M | * Centre staff to be vigilant
 | L | TAC |  | Yes |
| **Water jump** | Athletes, coaches, users of The Castle School.Risk of drowning | * Water jump only filled for competition
* Athletes/spectators/judges to be kept away (other than those competing in/judging event)
 | H | * Education – playing in area discouraged.
 | L |  |  |  |
| **Track area** | Athletes.Conflicting uses leading to collisions | * Lane discipline
* Areas allocated for specific uses
* Users reminded to be aware – use of lanes & direction of running
 | M | * Revisit plan for coach & athlete use
 | L | TAC /coaches |  |  Yes – 16/06/20 |
| **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** |
| **Track area** | Athletes/other users of facilities inside track.Conflicting use (e.g. access to football pitch across track) | * Other users – reminded at gate by registrar
* Runners to shout warnings
 | M |  |  |  |  |  |
| **Track area** | Athletes/parents/coaches/other users.Football landing on track | * Footballers reminded of rules – keep ball below netting height
 | M | * Ensure netting is properly attached
 | L | Centre staff to check netting regularly  |  |  |
| **Track area** | Athletes, coaches.Risk of injury from:Sand, silt, plant debris may cause surface water and ice – risk of slipping. Damage to track by delamination, cuts, kerb damage | * Track cleaned of sand after use
* Track swept every month
* Worn areas of track are patched.
 | L/M | * Track surface to be replaced ASAP
* Track to be cleaned every 6 months
* Staff to check track regularly
* Coaches to report any problems
 |  | Centre staff, whilst TAC coaches must make their own judgement  |  |  |
| **Areas of track & path to Centre (for toilets & parking) in shade** | Athletes/parents.If dark, risk of trips / collision. | * Ensure floodlights are turned on at dusk.
* Ensure lights to path are turned on at dusk.
* Coaches inform Centre staff if floodlights not on.
 | M |  |  | Centre staff to check lighting regularly |  |  |
| **Track area** | Athletes & coaches.Foreign objects on track could cause tripping. | * Coaches check track areas before use.
* Regular sweeping of track.
 | L |  |  |  |  |  |
| **Equipment stores** | Athletes/coaches.Falling, unsecured or untidy objects could injure or cause trip hazard | * Coaches supervise storage.
* Stores checked & tidied regularly.
* Flashlight checked regularly.
 | M | * Provide additional storage space.
 | L |  |  |  |
| **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** |
| **Athletes’ personal kit.** | Anyone.Trip hazard. | * Personal kit to be left in clubhouse or by equipment stores.
 | L |  |  |  |  |  |
| **Discus / Hammer****Cage** | Athletes, coaches.Objects leaving cage could cause injury. | * Athletes supervised at all times.
* Athletes check for position of coaches and bystanders.
* Netting checked and pulled tight before use.
* Weight bags in correct place.
* Hammer gates set to prevent hammer deflection off fence.
 | H | Explain use of gates to coaches and athletes.Centre staff to check condition of net and bags & replace when required.Net pulleys & tie backs to be replaced.Coaches to report any problems. |  | Centre staff  |  |  |

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| **Javelin run-up area**  | Athletes, Coaches, parents, passers-by.Risk of injury from javelin.Javelin deflected by fencing. | Throwers taught to check landing area is empty before releasing javelin.Throwers supervised at all times.Athletes check for position of coaches and bystanders.Ensure athletes throw in correct manner.Mobile floodlights used in throws area in winter. | M | Fencing & warning to other athletes/passers-by.Vary scratch line to avoid overuse and wear of surface | L | ? Centre staff |  |  |
| **Shot Area** | Athletes, coaches, parents, passers-by.Condition of stop board - potential trip hazard.Implement could hit others & cause injury. | * Condition of stop board checked by coaches
* Athletes & coaches check area & keep clear.
 | L | * Stop board repaired when necessary.
 | L | TAC |  |  |
| **Circles****(Hammer, Discus & Shot)** | Athletes.Dirt causes slipping | * Circles swept before use.
* Matting available to clean feet before throwers enter circle.
 | L | * 2 extra mats needed.
 |  | Centre staff / TAC |  |  |
| **Shot Area** | Athletes, Coaches, Bystanders.Shot hitting others causing injury | * Coaches supervise athletes with shot.
* Athletes taught to throw in correct manner
* Athletes check for position of coaches and bystanders.
 | L |  |  |  |  |  |
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| **High Jump Area** | Athletes, coaches.Uprights falling over could cause injury.Landing on cross bar causing injuryLanding areas – if loose could cause injuryCuts in jump surface surround | * Athletes taught to jump correctly
* Uprights weighted with sandbags
* Use flexible bar for beginners
* Landing areas checked after each jump & adjusted if moved.
* Warnings and high jump upright on cut off
 | L | Educate coaches & athletes in correct preparation. |  | TAC |  |  |
| **Removing High Jump cover** | Athletes, coaches, bystanders.Risk of getting trapped by cover when it is being moved | * Only coaches to move cover.
* Coaches to check for people in the way.
 | L | Educate coaches in correct use of wheeled covers |  | TAC |  |  |
| **Long Jump (inc. triple jump)** | Athletes.Possible injury from:Practice board deteriorationSand pits – too hard or foreign objectsSlipping on sand on runwayLoose take-off board | * Practice boards replaced when worn.
* Sand dug over every 2 weeks
* Sand checked by coaches before use
* Sand pits covered & weighted down when not in use.
* Sand brushed off run-ups after use, inc. vac-brush
* Athletes stamp feet on sand-pit rubber surrounds after use.
* Fit of take-off boards checked by coaches before use.
 | L/M | * Coaches to report problems.
* Remind coaches to replace weights on sand pit covers.
* Dig out sand-pit rubber channel surrounds when full.
* Triple Jump unit to be replaced
* Remind school / centre that take-off boards should not be changed.
* Paint 5m take-off board
 |  | TACSchool / company |  |  |
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| **Pole Vault area** | Athletes, coaches.Potential injury from:Uprights falling overLanding on metal rails / wooden platformSilting-up of plant trough | * Lightweight uprights lodged / heavy uprights locked into rails
* Use purpose-made covers for uprights & rails
* Landing mats checked after each jump & adjusted if necessary.
* Planting trough cleaned before use
 | L/M | * Educate coaches & athletes in correct preparation of area.
* Educate coaches in correct use of wheeled covers
* Additional chains on pole vault lock to prevent misuse
 |  | TAC |  |  |
| **Hurdles (sprint & steeplechase)** | Athletes, coaches, helpers.Risk of injury from:Incorrect spacing if markers missingHurdles fall into path of other track usersHurdles dropped while moving | * Ensure correct use of hurdles & lane discipline by all users
* Use of hurdles & moves supervised by coaches
 | L/M | * Re-paint markings (extend from surviving marks)
* Fine oiling of hurdles
* Replacement clips on some hurdles
* Steeplechase barriers require screws & release bolts & drill settings for the new site.
 |  | School / companyTAC |  |  |
| **Track stand/steps (for Timekeeper/ track judges & starter)** | Anyone.Risk of injury from climbing / falling / improper use | * Hand rail re-attached.
 | H | * Chain stand to fence when not in use, to prevent use by others.
 | L | Centre staff. |  |  |