**Risk Assessment**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
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| 18 June 2018 | Emma Jessop(Welfare Officer)  | Newark Athletic ClubLondon Rd, Balderton | November 2018 |

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Throws (Shot Putt, Hammer and Discus)

Evening sessions to be cancelled from Oct-Feb due to poor lighting throughout the winter. Sessions to be run from March-Sept in lighter months

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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?** | **Resultant Risk Rating** | **Action by whom** | **Complete** |
| Throws Circle | Athletes- slipping due to wet or gritty surface Injury due to damaged metal rim of circle | * Make sure circle surface is in good order, is not cracked or breaking up
* Make sure rim of the circle is not damaged- stop board is not damaged, which could cause injury

Ensure drainage holes are kept clear | M | * Before training, check the circle is clean and free of dirt, grit and litter.
 | L | Coaches, athletes |  |
| Training | Coaches and Athletes- shot impact injury, slipping/tripping on wet, uneven surface Non participating spectators or other athletes – impact of stray throw  | * All hammer & discus training is to take place on the field separate from all other facility users.
* The throws circle situated approx. 100m to the left of the club hut is to be used
* Training can only take place during daylight hours in the months of March to September.
* Signs warning of Throws training to be erected prior to training.
* Throwing area to be clearly marked by cones and white posts.
* Inform other coaches of intention to conduct throws training to ensure that all other athletes are briefed that the field to the left of the Club hut will be used for this activity.
* All running training/warm up activity to keep at least 100M clear of throwing area.
* All coaches and athletes participating in the session to be briefed to stand at least 25M away from and behind the throwing athlete.
 | H | * The circle is constantly swept free of standing water and grit
* Practice trials are not allowed outside the circle.
* The shot/hammer/discus is returned using appropriate apparatus or by carrying and not throwing or rolling.
* Athletes are taught the correct technique and taught to complete an adequate warm up.
* Appropriate footwear to be worn.
* All coaches and athletes are aware of the need for concentration at all times
* Young athletes can only throw under full supervision
* Athletes to be constantly reminded and abide by the safety expectations of this event
* **ALL COACHES AND ATHLETES PARTICIPATING IN THE SESSION TO MAINTAIN CONSTANT VIGILANCE REGARDING ANY INDIVIDUALS APPROACHING THE TRAINING AREA. THE TRAINING IS TO BE STOPPED UNTIL SUCH INDIVIDUALS HAVE DEPARTED.**
 | L | Coaches, athletes |  |
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| Implements | Athletes, coaches- hand injury due to damaged surface of shot, discus and hammer | * All implements used for training must be checked before use.
 | M |  | L | Coaches, athletes |  |

Javelin

Evening sessions to be cancelled from Oct-Feb due to poor lighting throughout the winter. Sessions to be run from March-Sept in lighter months

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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?** | **Resultant Risk Rating** | **Action by whom** | **Complete** |
| Runway  | Athletes, coaches- slipping, tripping due to wet, worn or damaged surface | * Examine surface to ensure no worn or damaged areas
* Area to be well lit to carry out a Javelin session
 | L |  Regularly assess the javelin throwing area, in accordance to weather conditions  | L | Coaches, Athletes  |  |
| Implements  | Athletes- loose or damaged grip causing injury | * Implements must be checked before any throwing session can begin
* Before throwing- ensure the equipment is safe to use, especially the grip and material on the javelin
 | L | * Ensuring equipment is checked on a regular basis and always before a training session begins.
 | L | Coaches, athletes |  |
| Training  | Athletes, coaches- slipping, tripping due to an uneven, wet surface  | * The designated throwing area is to be roped off in accordance with current UKA rules
* Signs warning of Throws training to be erected prior to training.
* Ensure that runway is free of standing water, excessive dirt grit
* Measuring tape (if used) should not encroach on runway
* All throws must be from the runway and only in the direction of the sector
* Javelins are to be returned after throwing by carrying vertically and not by throwing
* When approaching a thrown javelin to mark the point of landing, or retrieve it, or coaches or other appointed persons should approach the javelin from the side and not move in towards the pointed tail end of the javelin
* During a throw, coaches and athletes must stand outside the sector lines or behind the thrower
* Throws must not commence unless the coach signals it is safe to begin
 | M | * Ensure athletes are using the correct weight javelin
* All coaches and athletes are aware of the need for concentration at all times
 | L | Coaches, athletes  |  |

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