

# **GENERIC RISK ASSESSMENTS FOR OUTDOOR JUMPS TRAINING**

## GENERIC RISK ASSESSMENTS - OUTDOOR JUMPS TRAINING

In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor jumps training and the suggested steps required to control the risks.

UKA recommends that every club and venue conducts a risk assessment and it is important that the following generic risk assessments are not just copied and pasted with your facility/club name added at the top as this would not satisfy the legal requirement and would not protect participants. Every venue and event is different so you need to think about the hazards and controls relevant to your facility/session and document accordingly. (Click [here](#) for templates and guidance on carrying out a risk assessment).

Even where the hazards are the same, the control measures you adopt may have to be different from those in the examples to meet the particular conditions of your session/ venue

### JUMPS

**Where long, triple or pole vault runways are located on the infield a separate venue risk assessment should be undertaken to ensure that throwing events pose no risk to jumpers during training sessions.**

#### **HAZARD** Track (Run up)

##### **WHO/HOW AFFECTED**

Athletes

##### **CONTROL MEASURES**

1. Athletes should wear adequate footwear.
2. If kerbing is removed then it should be stored in a safe place and replaced after training.
3. Ensure run up area is level, free of holes and swept regularly to remove debris, e.g. stones

<b>Control Measure Responsibilities:</b>	1	Athletes and coaches
	2	Coaches and Facility Staff
	3	Facility Staff

#### **HAZARD** Event

##### **WHO/HOW AFFECTED**

Athletes – Injury from incorrect technique, inadequate warm up, or collision with other athletes.

##### **CONTROL MEASURES**

1. Athletes should be taught correct technique by coaches.
2. Athletes should undertake adequate warm up.
3. Ensure each athlete jumps in turn and does not encroach on other athletes run ups whilst waiting their turn. Athletes whose approach conflict with other events should be aware of potential collisions.
4. Ensure young athletes only jump under the supervision of a coach.
5. Athletes should not wear jewellery or other objects which might cause injury.

<b>Control Measure Responsibilities:</b>	1, 4	Coaches
	2	Athletes
	3	Athletes and coaches
	5	Coaches

**HAZARD**      **Crossbars (High Jump, Pole Vault)****WHO/HOW AFFECTED:**

Athletes, coaches – injuries from falling bar or falling onto bar also loose or damaged end supports.

**CONTROL MEASURES**

1. Bars must be undamaged and free from splints. Only bars as specified are to be used.
2. Ensure adequate maintenance and regular inspection.
3. Be aware of falling bar.

<b>Control measure responsibilities:</b>	1,3	Coaches
	3	Athletes
	1,2	Facility Staff

**HAZARD**      **Weather****WHO/HOW AFFECTED:**

Athletes and coaches – Injuries from slipping on wet/slippery run up area; Athletes – Injuries due to coldness and reduction in body temperature from wet landing beds.

**CONTROL MEASURES**

1. Ensure run up area - particularly the take-off area – is regularly swept and mopped to prevent slipping.
2. Porous surface should be cleaned regularly to allow drainage.
3. 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.
5. Ensure that vaulters are sufficiently competent to deal with adverse weather conditions.
6. Athletes should wear adequate footwear, e.g. spikes.

<b>Control measure responsibilities:</b>	1,2,3	Facility Staff and coaches
	4,5	Coaches
	6	Athletes

**HAZARD**      **Time of Day****WHO/HOW AFFECTED:**

Athletes, Coaches - Injuries as a result of poor visibility.

**CONTROL MEASURES**

1. Ensure adequate floodlighting at night.

<b>Control measure responsibilities:</b>	1	Coaches, Facility Staff
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**HAZARD**      **Landing Area Covers****WHO/How Affected:**

Athletes and Coaches – Injuries as a result of sharp edges.

**CONTROL MEASURES**

1. Ensure covers are stored in a safe locality.
2. Ensure that there are no sharp edges protruding.

<b>Control measure responsibilities:</b>	1,2	Coaches, Facility Staff
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**HAZARD** Elastic Bar (High Jump, Pole Vault)**WHO/HOW AFFECTED**

Athletes, coaches- Injuries from falling stands and insufficiently flexible elastic.

**CONTROL MEASURES**

1. Ensure that stands are very firmly secured.
2. Ensure that elastic bar is not placed at too high a height for the athletes ability.
3. Ensure that the elastic bar is sufficiently flexible.

**Control Measure Responsibilities:** 1, 2, 3 Coach

**HIGH JUMP****HAZARD** Landing Area**WHO/HOW AFFECTED**

Athletes – Injuries from poorly maintained beds

**CONTROL MEASURES**

1. Bed units must be made of foam, securely fastened together and must conform in size to the official specification. The entire area must be covered by an attached spike proof wear sheet.
2. Where beds 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.
3. Ensure adequate maintenance and regular inspection with particular attention to impacted foam.
4. Athletes should not wear jewellery or other objects which might cause injury.

**Control Measure Responsibilities:**

1, 2	Facility Staff , Coaches
3	Facility Staff
4	Coaches, Athletes

**HAZARD** Stands**WHO/HOW AFFECTED**

Athletes and Coaches– Injuries from being struck by stands.

Athletes – Injuries from running into or landing on fallen stands.

**CONTROL MEASURES**

1. Bases must be stable and joined onto the upright.
2. Crossbar supports should face each other and must be easily adjusted with lubricated clamping screws.
3. Ensure adequate maintenance and regular inspection.

**Control Measure Responsibilities:**

1,3	Facility Staff
2	Coaches, Facility Staff

**HAZARD** Surrounds**WHO/HOW AFFECTED**

Athletes – Injuries from falling onto concrete surrounds of bed or striking scoreboards

**CONTROL MEASURES**

1. Any hard surface within 2m of the sides and rear of the bed must be covered with an impact absorbing material with a critical fall height of 1.5m. or suitable additional matting.
2. There should be no objects placed within 1m. of the sides and rear of the bed.

**Control Measure Responsibilities:** 1, 2 Facility Staff, Coaches

**POLE VAULT****HAZARD** Pole vault Drills - Swings on pole**WHO/HOW AFFECTED**

Athletes- Injury caused by falling.

**CONTROL MEASURES**

1. Use correct teaching procedure.
2. Use a low grip
3. Use a non slip floor.
4. Do not use a run up.

**Control Measure Responsibilities:** 1, 2, 3, 4 Coach

**HAZARD** Vaults into sand**WHO/HOW AFFECTED**

Athletes- injury caused by cuts/ grazes from edge of pit or floor.

**CONTROL MEASURES**

1. Check sand as for long jump.
2. Use a low grip.
3. Use correct teaching procedure.
4. Ensure surrounds are free of all objects i.e. rakes etc.
5. Full approach vaults must never be taken into sand

**Control Measure Responsibilities:** 1, 2, 3, 4, 5 Coach

**HAZARD** Runs with pole**WHO/HOW AFFECTED**

Athlete, coach, other athletes- Injury caused from falls from slipping and tripping, or collisions

**CONTROL MEASURES**

1. Ensure track is free from holes, is swept regularly and is free from any debris.
2. Ensure coaches and other athletes are aware of vaulters running.

**Control Measure Responsibilities:** 1 Facility Staff  
2 Coach, Athlete





**HAZARD****Surrounds****WHO/HOW AFFECTED**

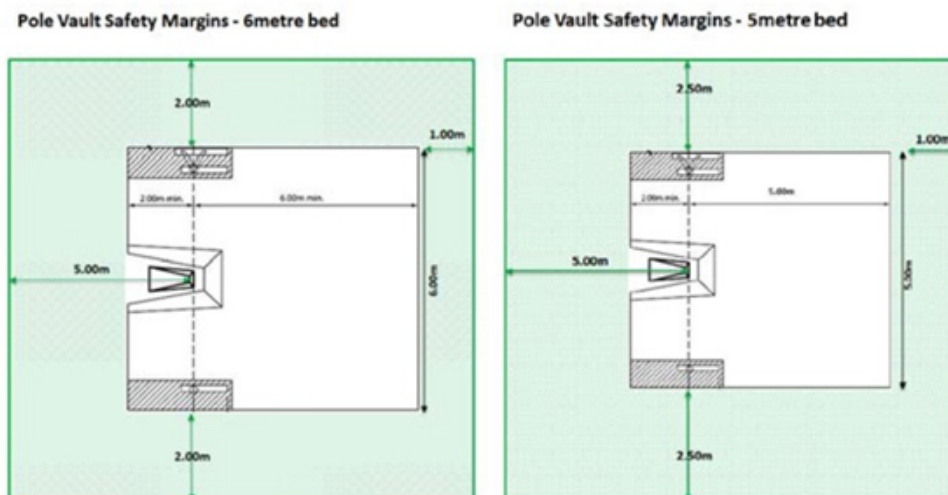
Athletes – injury from falling on to hard surface or objects near landing area

**CONTROL MEASURES**

1. Safety margin: The area within 1m of the pole vault jump landing bed must be kept clear from any obstructions that could cause an injury to either an athlete or bystander.
2. Pole Vault landing bed surround: The area immediately surrounding the pole vault landing mat should adequately protect the athlete should they fall from the bed when dismounting. In most cases synthetic track surface or grass/natural turf will provide a suitable surface without the need for additional protection. When a Pole Vault landing bed mat is situated on a hard surface (e.g. hard packed/frozen turf, macadam, concrete paved flagstones etc) then additional fall protection may be required (e.g. supplementary matting).

**Control Measure Responsibilities:**

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|---|-------------------------|
| 1 | Facility Staff          |
| 2 | Facility Staff, Coaches |

**FIG. 4.0 POLE VAULT LANDING AREA SPECIFICATION AND SAFETY MARGINS**



## LONG/TRIPLE JUMP

**HAZARD** Runway**WHO/HOW AFFECTED**

Athletes - slipping, tripping due to worn damaged surface.

Coaches – injury due to collision with athletes

Athletes – injury due to collision with each other or coaches

**CONTROL MEASURES**

1. Examine the runway to ensure no worn or damaged areas.
2. Regularly clean porous surfaces.
3. Sweep runway regularly to remove any excess water and/or grit.
4. Ensure no obstructive check marks are placed on runway.
5. Control measures must be in place to ensure athletes only use runway under direction of coach and only when runway is clear.
6. If tape measures are used ensure they are removed from runway in between jumps.
7. Any raised surfaces must be clearly identified.

<b>Control Measure Responsibilities:</b>	1,2,3,7	Facility Staff
	1,4,5	Coaches
	6	Athletes, Coaches

**HAZARD** Take off boards and blanking boards**WHO/HOW AFFECTED**

Athletes – Injury due to unstable, ill fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards.

Coaches – back strain and hand injury due to lifting ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements

**CONTROL MEASURES**

1. Clean insert board recesses.
2. Clean and grease adjustable bolts within recesses.
3. Clean and grease adjustable bolts on insert and blanking boards.
4. Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood, wood composite or an alternative material soft enough so as to absorb the impact of spikes.
5. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway.
6. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove.
7. Ensure that board lifting implements are available and suitable for the purpose of lifting the boards.

<b>Control Measure Responsibilities:</b>	1, 2, 3, 4, 5, 6, 7	Facility Staff
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6. Suitable lifting implements are used to lift and replace board inserts and blanking boards and used in accordance with current handling regulations.
7. Rakes and brushes are kept well away from the landing area and that, in particular, rakes are laid with the prongs pointing towards the ground.

<b>Control Measure Responsibilities:</b>	1,2,3,4,5,6,7	Coaches
	3	Athletes