



UNITED
KINGDOM
ATHLETICS

GENERIC RISK ASSESSMENTS FOR OUTDOOR THROWS TRAINING

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In the following section you will find generic safety guidance risk assessments which highlight some of the common safety hazards associated with outdoor throws training sessions 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

THROWING

HAZARD

Sector

WHO/HOW AFFECTED

Athletes, coaches – collision with implement and/or tripping due to poor condition of infield. Safety sector not established

CONTROL MEASURES

1. The central throwing area safety sector must be 'roped' off in accordance with current UKA rules.
2. Holes in sector or infield made by landing should be filled level with the ground.
3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence.

Control Measure Responsibilities:

1,2	Facility Staff
3	Coaches

HAZARD

Cages

WHO/HOW AFFECTED

Athletes, coaches, – hammer escaping due to badly maintained or poorly designed cage

CONTROL MEASURES

1. Ensure that cage is constructed and erected in accordance with UKA specifications.
2. Netting must be checked regularly to ensure no damage to the net structure.
3. Netting should be secured or ballasted at ground level as appropriate.
4. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth where the distance should not exceed 6m.
5. Check that netting tension, when erected, has sufficient retardation and minimal bounce.
6. A safe distance from the netting must be maintained.

Control Measure Responsibilities:

1,2,3,4,5	Facility Staff, Coaches
6	Coaches, Athletes

HAZARD Hammer**WHO/HOW AFFECTED**

Athletes, coaches, public – hammer should be serviceable to avoid unforeseen and uncontrolled failures and likelihood of injury.

CONTROL MEASURES

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the handle, the wire and the swivel assembly.
NOTE: Due to different weights and lengths of wire used for training each implement may not conform to UK Rules in terms of specifications
2. Ensure that the ends of hammer wires are taped to minimise damage to the netting.
3. Hammers which are caught in upper sections of the netting should be retrieved by Facility Staff.

Control Measure Responsibilities: 1,2,3 Facility Staff, coaches, athletes

HAZARD Training**WHO/HOW AFFECTED**

Athletes, coaches, public – to avoid injury during throwing

CONTROL MEASURES

1. Ensure both gates are correctly positioned and locked before each throw.
2. All swings and throws shall only take place from the circle, within the cage and be supervised.

Control Measure Responsibilities: 1, 2 Coaches, athletes

HAZARD Gloves**WHO/HOW AFFECTED**

Athletes – injury to hands

CONTROL MEASURES

1. Gloves, if worn, should give adequate protection; alternatively if optional protection is used it should provide sufficient protection and not become a hazard.

Control Measure Responsibilities: 1 Coaches, athletes

DISCUS

HAZARD Implements**WHO/HOW AFFECTED**

Athletes – hand injury due to damaged discus

CONTROL MEASURES

1. Ensure that surface including metal rim of the discus is not damaged in such a way as to cause injury.

Control Measure Responsibilities: 1 Facility Staff, Coaches, Athletes

HAZARD Training**WHO/HOW AFFECTED**

Athletes, Coaches, public – to avoid injury during throwing

CONTROL MEASURES

1. All throws shall only take place from the circle, within the cage and be supervised.
2. Discus must be returned by hand carry only.
3. Only coaches are allowed forward of the throwing circle.
4. Ensure that coaches and athletes are aware of the need for concentration at all times.

Control Measure Responsibilities: 1, 2, 3, 4 Coaches, athletes

JAVELIN

HAZARD Runway**WHO/HOW AFFECTED**

Athletes, coaches – slipping, tripping due to wet, worn, damaged surface

CONTROL MEASURES

1. Examine surface to ensure no worn or damaged areas.
2. Regularly clean drainage ducts around runway.
3. Regularly clean porous surfaces to allow drainage.

Control Measure Responsibilities: 1,2,3 Facility Staff
1 Coaches

HAZARD Implements**WHO/HOW AFFECTED**

Athletes – loose or damaged grip causing injury.

Coaches – impact injury caused by abnormal flight characteristics of bent/bowed javelin.

CONTROL MEASURES

1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile.

Control Measure Responsibilities: 1 Facility Staff, athletes, coaches

HAZARD**Implements****WHO/HOW AFFECTED**

Athletes, coaches - hand injury due to damaged surface of shot

CONTROL MEASURES

1. All implements used for training must be checked before use.

Control Measure Responsibilities: 1 Facility Staff, coaches and athletes

HAZARD**Training****WHO/HOW AFFECTED**

Coaches and athletes - shot impact injury, slipping/tripping on wet, uneven surface.

CONTROL MEASURES**During training ensure that:**

1. The circle is constantly swept free of standing water and grit.
2. Practice trials are not allowed outside the circle.
3. All coaches and athletes are aware of the need for concentration at all times.
4. Only coaches are allowed forward of the stop board.
5. Coaches forward of the stop board should stand outside the sector lines and always face the circle.
6. The shot is returned using appropriate apparatus or by carrying and not throwing or rolling.
7. Athletes are taught the correct technique.
8. Young athletes put only under supervision.
9. Athletes are taught to undertake adequate warm up.
10. Athletes are aware of the appropriate footwear.

Control Measure Responsibilities: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 Coaches
2, 3, 6 Coaches, Athletes