

# Risk Assessment: Outdoor Jumps Competition Applicable to a Masters' Athletics Meeting

Date:	Assessed by:	Location :	Review :
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## Outdoor Jumps Competitions

### Weather

1. Ensure the run up area, particularly take off, is regularly swept and mopped to prevent slipping
2. Athletes should wear adequate footwear – eg spikes
3. Ensure jumpers/vaulters are sufficiently competent to deal with adverse weather
4. In pole vault, avoid vaulting into the wind wherever possible
5. Ensure high jump and pole vault beds are covered with a waterproof cover to prevent rain ingress
6. Ensure adequate floodlighting when light levels low

### How/who affected

Athletes and officials – slip injuries; athletes due to cold and reduction in body temperature, visibility.

### Responsibility

Officials, facility staff and athletes

### Runways (LJ, TJ and PV)

Location: Where runways are located in the infield, long throwing events must not take place unless a separate risk assessment indicates the standard of throwers will pose no risk to jumpers.

1. Examine runways to ensure there are no worn or damaged areas
2. Sweep runways regularly to remove any excess water or sand
3. No obstructions or checkmarks to be placed on the runway
4. Any raised surfaces or trip hazards must be clearly identified
5. Warm up jumps/vaults must be supervised and controlled
6. Ensure measuring tapes do not encroach upon runway
7. Ensure the runway is kept clear when jumpers/vaulters start their approach

### How/who affected

Athletes and officials – injuries due to slipping/tripping, and collision with other athletes and their poles

### Responsibility

Officials, facility staff, athletes

### **HJ fan and run up area**

1. Examine the fan/run up area to ensure there are no worn or damaged areas
2. Sweep area regularly to remove any excess water
3. Ensure athletes are wearing suitable footwear
4. Any kerbing removed for competition must be stored safely
5. Ensure checkmarks are flush with the surface and do not create a hazard
6. Warm up jumps must be supervised and controlled

### How/who affected

Athletes and officials – injuries due to slipping/tripping

### Responsibility

Officials, facility staff, athletes

### **Cross Bars & Uprights (HJ and PV)**

1. Bars must be undamaged and free from splints; only specified bars to be used
2. Ensure adequate maintenance and inspection
3. Be aware of falling bars
4. Uprights must be affixed to stable bases.
5. Crossbar supports must face each other, and easily adjusted with clamping screws which need to be lubricated
6. PV stands should be fully operational, and runners greased for easy movement
7. PV winders and lower sections of stands should be protected with foam or similar padding to prevent undue injury
8. Ensure adequate maintenance and inspection

### How/who affected

Officials and athletes; injuries from falling bar, or falling onto bar, also loose and damaged supports

### Responsibility

Officials, facility staff and athletes

### **Landing Area Covers (HJ and PV)**

1. Ensure there are no sharp edges or points protruding
2. Ensure covers are stored safely and securely

#### How/who affected

Athletes and officials – injuries as a result of sharp edges, etc.

#### Responsibility

Officials, facility staff

#### **Landing Area (HJ & PV)**

1. Bed units must be made from foam securely fastened together and must conform in overall size to current UKA specifications. The entire area must be covered by an attached spike proof wear sheet.
2. Where beds are placed on other objects (eg pallets) these should be no more than 100mm high and must not protrude beyond the landing area. In addition the front of the pallets or similar must be blocked to stop an athlete's foot penetrating beneath.
3. Ensure regular inspection and adequate maintenance of the landing area with particular attention to impacted foam.
4. Where landing areas remain outside when not in use, the cover should be designed to prevent damage to the foam sections due to water saturation.

#### How/who affected

Athletes; injuries from poorly maintained and positioned beds

#### Responsibility

Officials, facility staff

#### **Vaulting Poles**

1. Care must be taken to ensure vaulting poles do not become a trip hazard during both warm up and competition.
2. If a dedicated pole rack is not available, then they should be located in a safe area
3. Poles should be regularly checked for damage
4. Poles should not be dropped onto hard surfaces, and should preferably be caught after each vault
5. Athletes and officials should beware of falling poles

#### How/who affected

Athletes and officials; trip hazards, injuries from poles breaking or falling on officials; facility staff, suitable racking.

## Responsibility

Officials, facility staff, athletes

## **Vaulting box**

1. Ensure regular maintenance and inspection
2. Ensure box meets correct specification
3. Ensure the box is clearly visible
4. Cover for box when not in use
5. Correct lifter available
6. Ensure drainage clear so box does not fill with water
7. Ensure the extension pads in front of the box conform to current specifications

## How/who affected

Athletes, officials, facility staff; injuries can be caused by box damage (not flush), incorrect back plate angle, weather damage, being left uncovered (trip hazard), etc.

## Responsibility

Officials, facility staff

## **Take Off boards and blanking boards (LJ, TJ)**

1. Insert board recesses must be cleaned regularly
2. All adjustable bolts must be cleaned and lubricated regularly
3. Ensure that board lifting implements are available, suitable for purpose and always used
4. Ensure that all wooden inserts are soft enough to absorb the impact of spikes
5. Ensure that insert boards and blanking boards are stable and level with the runway
6. Ensure that insert boards and blanking boards fit adequately and are not difficult to move/remove.

## How/who affected

Athletes - due to unstable or ill fitting boards; officials – due to back strain, hand injury due to use of incorrect lifting equipment and/or ill fitting equipment, etc.

## Responsibility

Officials, facility staff

## **Sand Pit (LJ, TJ)**

1. Ensure that only sand with no organic content is used and will cause no injury to athletes

2. Ensure the sand is well dug over before use, and watered
3. Check that the sand is free of extraneous material and contaminants
4. The sand pit should be covered when not in use
5. Sand pit edges should be covered with an impact absorbing material and rounded off
6. There are no obstructions within 1 metre of the edge of the sandpit and 12m beyond the take off boards
7. Rakes, brushes, and other implements used for levelling and cleaning should be kept away from the landing area, and rake prongs face the ground

#### Who/how affected

Athletes – injury due to compacted sand and extraneous material, hitting concrete edge of sand pit, collision with barriers too close to landing area; officials – tripping over rakes, brooms, etc.

#### Responsibility

Officials, facilities staff