

Running Track

Hazard	Who/How effected	Control measures
Loose track surface & loose kerbs.	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – injuries from slips and trips.	<ol style="list-style-type: none"> 1. Ensure athletes wear adequate footwear and kerb railings are fixed correctly in place. 2. Ensure athletes are aware of deposits of loose tartan from the track that may lead to slips and trips. Control measure responsibilities: <ol style="list-style-type: none"> 1. Report to the Vivify 2. Vivify to inspect area of track being used.
Starting Blocks	Athletes – injuries from slipping/tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks.	<ol style="list-style-type: none"> 1. Ensure starting blocks are firmly secured onto the track or other area. 2. Ensure adequate maintenance and regular inspection, with blocks inspected by a coach/athlete before use. Control measure responsibilities 1 & 2. Athletes and Coaches.
Starting Blocks	Athletes – injuries due to collision with other athletes encroaching into other lanes. Officials – injury lifting blocks.	<ol style="list-style-type: none"> 1. Ensure starting blocks are correctly positioned in each lane and firmly secured onto the track. Control measure responsibilities: 1 & 2. Athletes and Coaches
Stray Hurdles	Athletes – injuries from collision.	<ol style="list-style-type: none"> 1. Ensure all hurdles are removed from the track after training. Control measure responsibilities: 1. Athletes and Coaches.
Lighting	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track	Control measure responsibilities: <ol style="list-style-type: none"> 1. Lights are turned on for training sessions or competitions that go on into the evenings / reduce light conditions. 2. Report any broken lights to the Vivify.
Warm up and cool down.	Athletes-reduction of injuries	Control measure responsibilities: All athletes are to warm up and cool down at every training session/competition

Sports injuries Athletes	Athletes	<p>1. Any injuries sustained to be reported to coaches.</p> <p>Control measure responsibilities:</p> <p>1. Athletes and/or coaches to assist injured athlete, and obtain any articles that assist the injured athlete.</p>
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Hurdles

Hazard	Who/How effected	Control measures
Athletes, coaches and officials	Athletes, coaches, and officials – cuts and strains from collisions with other persons.	1. Athletes, coaches, and officials should observe local lane discipline
Hurdles	Athletes – injury from colliding with hurdles. Athletes/ Coaches/ Officials- lifting/ carrying hurdles.	<p>1. Hurdles should be used in the correct direction and in the appropriate manner.</p> <p>2. Where competition hurdles are used the mechanisms for fixing the hurdles(a) at the required height (b) positioning the counter balance weight. Equipment should be fit for the purpose. Damaged hurdles should be reported to the committee.</p> <p>Control measure responsibilities:</p> <p>1 & 2. Athletes, coaches, and officials.</p>

Steeple Chase

Hazard	Who/How effected	Control measures
Water Jump	Athletes	<p>The water jump must not be used in training if empty.</p> <p>1. Steeplechase and water jump to be used in daylight only</p> <p>. 2. Water jump to be cleaned of algae and filled with water pre-competition.</p> <p>Control measure responsibilities: 1 & 2. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track.</p>
Barriers (Portable)	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track.	<p>1. Check barrier top rail for secure fixings and that surfaces are not damaged so as to not cause injury and check uprights of barrier in floor bases for secure fixing. Faults reported to Vivify.</p> <p>2. Minimum of two persons required to move the portable units. This applies to competitions when the barriers need to be moved at particular points in specific races.</p> <p>3. Barriers to be set to correct height at competitions for men and women</p> <p>. Control measure responsibilities: 1, 2 & 3. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track.</p>

High Jump

Hazard	Who/How effected	Control measures
Track (Run Up)	Athletes	<ol style="list-style-type: none"> 1. Ensure athletes wear adequate footwear. 2. If kerbing is removed then it should be stored in a safe place and replaced after training / competition. <p>Control measure responsibilities: 1 & 2. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track</p>
Event	Athletes – injury from incorrect technique, inadequate warm up, or collision with other athletes.	<ol style="list-style-type: none"> 1. Ensure athletes under take adequate warm up /are taught correct technique by coaches. 2. Ensure athletes jump in turn. 3. Ensure that athlete does not wear jewellery or other objects which might cause injury. <p>Control measure responsibilities: 1, 2 & 3. Athletes and coaches.</p>
High Jump Cover	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – injury through moving the high jump metal cover.	<ol style="list-style-type: none"> 1. Minimum of three individuals required to move the metal cover on and off at all times. <p>Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track</p>
Beds and stands	Athletes – injury from bed cover or stands / bar.	<ol style="list-style-type: none"> 1. The high jump bed should be free of holes and covered by a cover. 2. The stands and bar should be in good order as required by the official. <p>Control measure responsibilities: 1 & 2. Officials.</p>

Pole Vault

Hazard	Who/How effected	Control measures
Swings on pole	Athletes – injury caused by falling.	1. Coaches to teach correct technique. Control measure responsibilities: 1. Coaches.
Runs with pole	Athletes-injury caused from falls from slipping, tripping or collisions.	1. Ensure track is free from holes, is swept regularly and is free from any debris. Any faults to be reported to the Vivify. Control measure responsibilities: 1. Coaches and Vivify.
Vaults on mats	Athletes-injury caused by bottoming, mats too small, pole slipping or athlete slipping.	1.Ensure mats are thick and large enough for the size and ability of the athlete. 2.Ensure the pole cannot slip, when planting the pole in the box at takeoff. Control measure responsibilities: 1 & 2. Coaches, officials, volunteers, and other users of Northgate Athletics Track
Poles	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – injury from damage to poles, falling poles or storage of poles.	1.Ensure poles are fit for the purpose. Defective poles to be reported to the committee. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track.
Vaulting	Athletes – injury from falls or collisions.	1.Coaches to teach correct technique. E.g. correct pole (weight and length) for ability. Control measure responsibilities: 1.Coaches.
Landing area	Athletes – injury as a result of an inadequate or poorly maintained landing area.	1.Ensure that the landing area is safe for use e.g. free from tears or holes and landing area sections are fastened together correctly . Control measure responsibilities: 1.Coaches, officials and Vivify.
Elastic bar	Athletes, coaches, officials, volunteers and other users of Northgate Athletics Track – injury from	1.Ensure that stands are very firmly secured, the elastic bar is not placed at too high a height for

	falling stands or inefficient elastic.	the athlete's ability and the bar is sufficiently flexible. 2.For Competitions ensure the uprights are padded and winders are not in place. Control measure responsibilities: 1& 2. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
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Long/Triple Jump

Hazard	Who/How effected	Control measures
Training 1.	Athletes – injury due to lack of knowledge.	Athletes are taught the correct techniques. Control measure responsibilities: 1. Coaches
Runway	Athletes – injury from slipping, tripping due to worn / slippy / damaged surface.	1.Examine the runway to ensure no worn or damaged areas and the runway is not slippery. If you find a fault report to Vivify. Control measure responsibilities: 1. Coaches and Vivify
Take off boards and blanking boards	Athletes – injury due to unstable, ill-fitting take off / blanking boards. Slipping off top of no jump indicator blanking boards. Coaches, officials, volunteers, and other users of Northgate Athletics Track – injury from back strain and hand due to lifting ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements.	1.Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood or wood composite, soft enough so as to absorb the impact of spikes. 2.Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway. Control measure responsibilities: 1,2&3. Coaches, officials, volunteers, and other users of Northgate Athletics Track All faults to be reported to Vivify
Landing area	Athletes – injury due to compacted sand and	1.Check that landing area is free of dangerous

	extraneous material. Collision with edge of landing area.	extraneous material, sand dug over. 2.Edge of sandpits conform with UK athletics guidelines. 3.Ensure that rakes and brushes used for levelling and cleaning are kept away from landing area and that prongs of rakes face the ground. 4.Tarpaulin covers to be replaced after each use. Control measure responsibilities: 1,3&4 Coaches, officials, volunteers, and other users of Northgate Athletics Track
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Discus

Hazard	Who/How effected	Control measures
Sector	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – collision with implement or tripping due to poor condition of infield. Safety sector not established.	1. For competitions the central throwing area safety sector must be roped off in accordance with current UKA rules. 2. All divots are replaced after throws. 3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. 4. For competitions a horn is sounded to ensure the throwing area is clear. 5. Control measure responsibilities: Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Cage	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – discus escaping due to badly maintained or poorly designed cage.	1. Ensure that cage is constructed and erected in accordance with UKA specifications. 2. Netting should be secured or ballasted at ground level as appropriate. 3. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth. Control measure responsibilities:

		1,2 & 3. Athletes, coaches, officials, volunteers and other users of Northgate Athletics Track
Circle	Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle.	1. Make sure the circle surface is in good order, is not cracked or breaking up and that the rim of the circle is not damaged. If faults are evident report to Vivify. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Implements	Athletes – hand injury due to damaged discus.	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. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Training	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – to avoid injury during throwing.	1.All throws shall only take place from the circle and within the cage. 2.For competition and training the discus netting must be in a down position and pegged. 3. Throws must not commence unless the supervisor signals it is safe to begin. It should be borne in mind that the sounding of the warning horn or agreed signal is to warn those in or adjacent to the sector of an impending throw. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track

Hammer

Hazard	Who/How effected	Control measures
Sector	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – collision with implement or tripping due to poor condition of infield. Safety sector not established.	<ol style="list-style-type: none"> 1. For competitions the central throwing area safety sector must be roped off in accordance with current UKA rules. 2. All divots are replaced after throws. 3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. 4. For competitions a horn is sounded to ensure the throwing area is clear. <p>Control measure responsibilities: Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track</p>
Cage	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – hammer escaping due to badly maintained or poorly designed cage.	<ol style="list-style-type: none"> 1. Ensure that cage is constructed and erected in accordance with UKA specifications. 2. Netting should be secured or ballasted at ground level as appropriate. 3. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth. 4. Gates should always be correctly positioned in respect of right/left-handed throwers. <p>Control measure responsibilities: Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track</p>
Circle	Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle.	<ol style="list-style-type: none"> 1. Make sure the circle surface is in good order, is not cracked or breaking up and that the rim of the circle is not damaged. If faults are evident report to Vivify. <p>Control measure responsibilities: Athletes, coaches, officials, volunteers, and other</p>

		users of Northgate Athletics Track
Implements	Athletes – hand injury due to damaged hammer.	1. Ensure that the hammers are in good condition and wire chain securely attached. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Training	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – to avoid injury during throwing.	1.All throws shall only take place from the circle and within the cage. 2.For competition and training the hammer netting must be in a down position and pegged. 3. Throws must not commence unless the supervisor signals it is safe to begin. It should be borne in mind that the sounding of the warning horn or agreed signal is to warn those in or adjacent to the sector of an impending throw. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track

Shot Put

Hazard	Who/How effected	Control measures
Circle	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle, damaged or loose stop board.	1.Ensure that drainage holes are kept clear, that the circle is free of dirt, grit, and any standing water, that the metal rim has no protrusion or shards of metal and that stop board is not damaged and /or infirm and unstable. All defects are to be reported to Vivify. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track

Sector	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – tripping due to uneven surface.	1.Fill in holes in shot area after each training session 2.The safety sector or central throwing area must be roped off in accordance with UKA rules. Control measure responsibilities 1 & 2. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Implements	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – hand injury due to damaged surface of shot.	1.All implements used for training must be checked before use 2.All implements used for competition must be checked. Control measure responsibilities: 1 & 2. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track

Javelin

Hazard	Who/How effected	Control measures
Runway	Athletes, coaches, officials, volunteers and other users of Northgate Athletics Track – slipping, tripping due to wet, worn or damaged surface.	1.Examine surface to ensure no worn or damaged or slippery surfaces. Report faults to Vivify. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track
Sector	Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track – tripping, slipping due to uneven, wet surface.	1.The central throwing area, or other designated throwing area, must be roped off in accordance with current UKA rules. Control measure responsibilities: 1. Coaches, officials, volunteers, and other users of Northgate Athletics Track
Implements	Athletes – loose or damaged grip causing injury. Coaches, officials, volunteers, and other users of Northgate Athletics Track – impact injury caused by abnormal flight characteristics of bent / borrowed javelin.	1.Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile. Control measure responsibilities: 1. Athletes, coaches, officials, volunteers, and

		other users of Northgate Athletics Track
Training	Athletes, coaches, volunteers, and other users of Northgate Athletics Track – injury from slipping on wet or gritty surface. Impact injury from javelin.	<p>1.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.</p> <p>2. When approaching a thrown javelin to mark the point of landing, or retrieve it, coaches or other appointed persons should approach the javelin from the side and not move in towards the pointed tail end of the javelin.</p> <p>3. During competition, the warning horn or agreed signal is to be given to warn that a throw is due to commence, especially for the athletes or coaches within or in proximity of the safety sector and only when the athlete is on the runway. Throws must not commence unless the official signals it is safe to begin.</p> <p>Control measure responsibilities: Athletes, coaches, officials, volunteers, and other users of Northgate Athletics Track.</p>