

Tavistock AC Assessment Number 01/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics –within Sports Centre &amp; to/from Track &amp; Use of Track</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:		002/2019

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

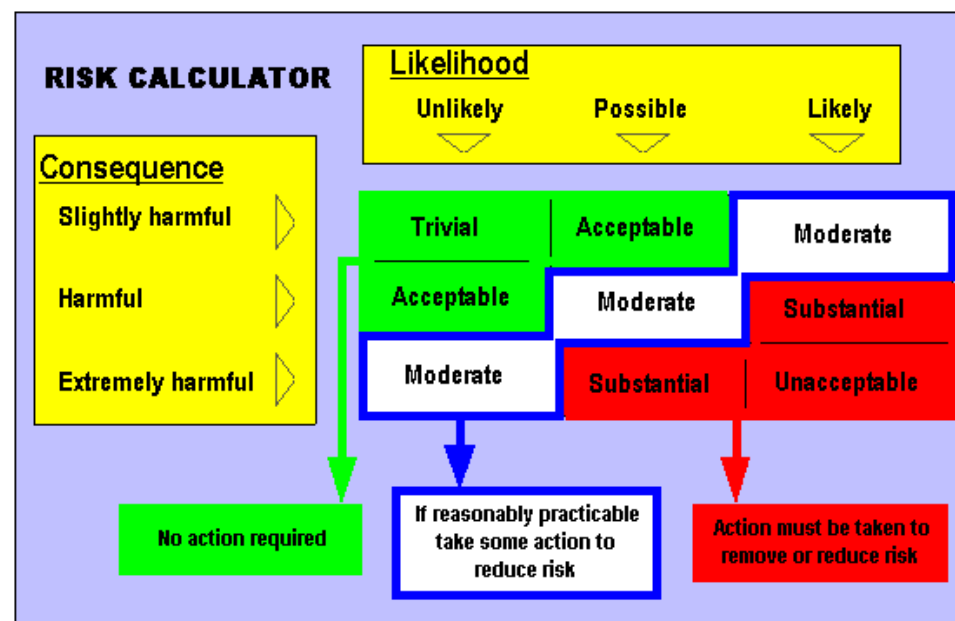
Assessor Signature: 

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021**           

Signed and accepted by Coach:

Signed and Accepted by Chair of TAC Committee:



Hazard observed	Who may be harmed?	Risk rating before controls <small>Consequence x Likelihood =</small>	Control measures	Risk rating after controls <small>Consequence x Likelihood =</small>	Control measures by: <small>Date &amp; Sign</small>
Slip, Trip, Fall & Collisions	Athletes Other Members of public	Moderate	No Sliding and jumping the Sports Centre stairs. No running along corridor. Care of wet floors when using toilets and changing rooms. Do not block fire exits with equipment or athletes. Juniors to sign registers for emergency / first aid. Always use footpath and road crossing to and from track. Coach to inform parent not to drop off and pick up at risk points i.e near track entrance. Also to inform parents of pick up at finish of session. No parent at time then coach to inform parent that the athlete has gone back to classroom for safety. All coaches to communicate to each other so that track and	Acceptable only when all control measures are implemented.	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.

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		field training sessions can be established and to avoid over use of inside lane between each group. Coaches to be made aware by the athlete their whereabouts if they want to get water or go to the toilet. Any accident or near miss or incidents to be reported to TAC Chairman or Vice Chair person.	
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Tavistock AC Assessment Number 02/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – Running/Track &amp; Sports-Hall Events</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:	002/2019	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

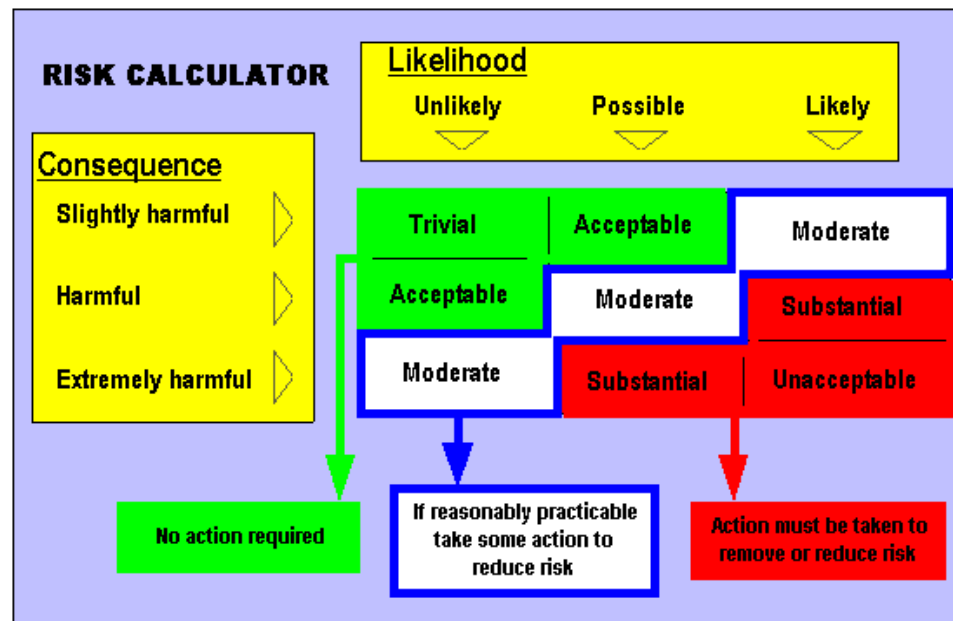
Assessor Signature: *M J Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021**

Signed and accepted by Coach:

Signed and Accepted by Chair of TAC Committee:



Hazard observed	Who may be harmed?	Risk rating before controls Consequence x Likelihood =	Control measures	Risk rating after controls Consequence x Likelihood =	Control measures by: Date & Sign
Weather Lighting	- Athletes /Coach & Parents	Possible Substantial	If using metal objects such as batons, Shot Putt, Hammer, Discuss, Javelin and weather is lighting then all metals to be covered, stored and all events stopped. If before sessions begins the weather forecast is lighting or there is already lighting then session to be cancelled.	Unacceptable	Chair & Vice Chair TAC to make decision or coaches
Outdoor running	Athletes / Coach	Moderate	Essential to do dynamic warm up drills and specific warm down drills for all events to reduce injury and aid recovery. All races/runs on footpaths/roads should be run with Qualified	Acceptable only when all control measures are implemented.	N.B. Any coach who is coaching for the first time should

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Coach & all to wear yellow bibs. Mobile phone and touches to be carried. See further below for more detail.

Starting blocks and any other materials must be removed from the track immediately after use.

Hurdles should be rigid, smooth and free from sharp or protruding edges. Weight & resistance should conform to UKA standard requirements.

Hurdle legs and feet must be at right angles to the top bar.

Hurdles must be positioned to allow them to fall forward if hit while running.

Plastic hurdles should be placed so that they are in line.

Do not allow any horseplay with the hurdles.

YEAR 5 & 6 : 55 METRES - HEIGHT 59-61CM - 5 FLIGHTS - SPACING TO SUIT THE INDIVIDUAL

Finishing tapes should be made from worsted – or a similar material that breaks easily – and should be held at no higher than the chest height of smallest person involved.

If spikes are worn the number participating must be limited to a manageable number.

Athletes should be taught how to use spikes correctly at the earliest opportunity.

When not in use they should be placed with the spikes facing down.

One mile time trial or endurance run on the boundary of the college should have sufficient number of qualified coaches with the group and wear hi-vis tops. A pro-active risk assessment must be carried out by the coaches to ascertain safe condition before entering/crossing on to roadways/footpaths. The safest route should be sought and close attention paid to the younger persons in the group. Large groups should be split to make it manageable and safe. Safety should also be considered for all other users of the roadways/footpaths.

The athletes to be coached on the correct methods of warm-up before full sprint is undertaken to decrease chance of sprains.

Athletes to be instructed on the correct sprint technique methods. Time should be allocated for rest between each sprint and feedback on technique. Suitable footwear to be worn and shoes laces done-up. No chewing gum to be consumed.

The two paragraphs above can also apply to fitness work.

Starting pistols should be restricted to very small calibre cap firing pistol.

Any pistol at .22 calibre or above requires a police licence and is not recommended.

A clapperboard provides an acceptable alternative to a starting

sign and date. All other coaches should also sign/date every time the RA is reviewed.

			<p>pistol.</p> <p>If a starting pistol is used the following guidelines should promote safe practice –</p> <p>Starting pistols should always be fired at arm’s length above the head.</p> <p>They should never be left loaded after use. The slide or magazine should be taken out, the ammunition removed and the pistol, firing mechanism and ammunition locked away securely and separately.</p> <p>All starting pistols should be marked with the name of the owner or school.</p> <p>The loss of a starting pistol or ammunition should be reported immediately to the police.</p> <p>Athletes to be coached first how to exchange batons and instruction of what are likely to cause collisions and falls into other team members.</p> <p>A separate area should be used that ensures that the athletes who are waiting to run are not in the way of others.</p> <p>The obstacle relay (i.e using small hurdles) must be planned and closely supervised to ensure that equipment do not become entangled with other equipment.</p>		
Indoor Sports-hall Events	Athletes / Coach / Watching Parent / Carer	Moderate	<p>Essential to do dynamic warm up drills and specific warm down drills for all events to reduce injury and aid recovery</p> <p>Gym to be checked over to ensure safe to use before participation. Coach to ensure that the climbing wall is not used.</p> <p>A level surface, adequate space and clearly designated training area are essential.</p> <p>Activities should take place away from projections and walls.</p> <p>Running events should be organised as run around (relay) activities, using suitable markers.</p> <p>Athletes to be coached first how to exchange batons and instruction of what are likely to cause collisions and falls into other team members.</p> <p>A separate area should be used that ensures that the athletes who are waiting to run are not in the way of others.</p> <p>Reversing boards must be checked that they are placed at the correct angle so do not collapse. Checks to the wooden boards to ensure no wood splits. The correct reverse technique to be shown. Ensure run lanes are clear of other athletes and people and obstructions. Each station such as soft javelins, long/triple jump, speed bounce and standing high jump are to be distance apart (i.e Soft Javelin on far side to door entrance;</p> <p><b>Must note Soft Javelin not to be throw back &amp; only to</b></p>	Acceptable only when all control measures are implemented	

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			<p><b>retrieve on command of the coach</b>) so that there are no collisions of athletes or equipment. Speed bounce (see RA 06/17) mat ends to be held by toe of foot by other athletes waiting for their turn. Event to be timed for age/event. Care to be taken and fully supervised if gym bench is used. Correct technique to be shown and used (i.e balanced weight to feet and 'K' bend of leg; elbows out &amp; arm push from chest) for push throw of ball. Note a smaller ball may need to be used for Year 3 &amp; 4. Any core strength drills to be at aged related so that not to over stress the athlete. Athletes in each station group to stay together. Drinks to be placed to the side of the gym. Any spillage to wiped dry before continuing.</p>		
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Tavistock AC Assessment Number 03/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – Throwing</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:	002/2019	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

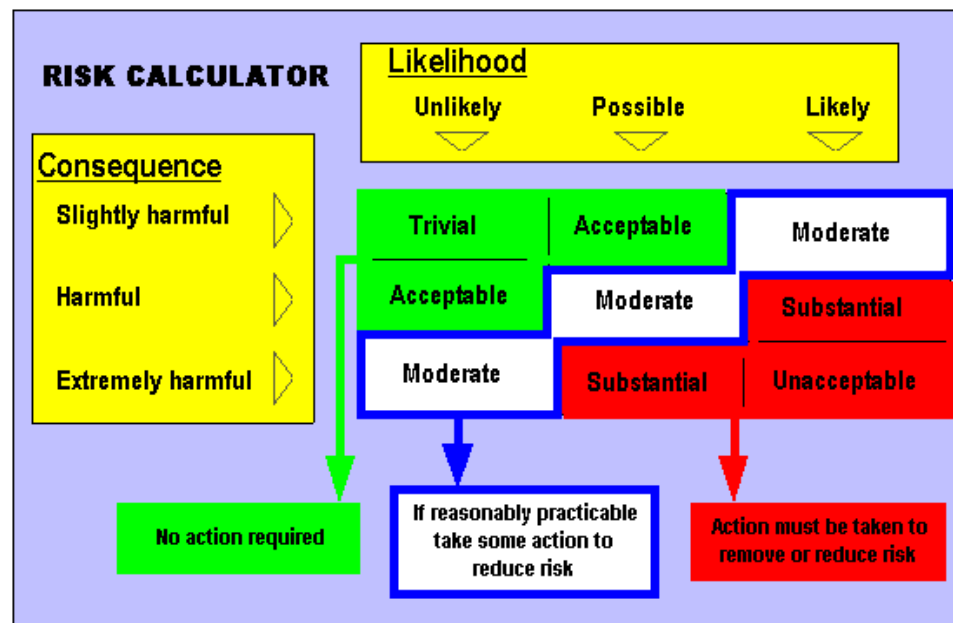
Assessor Signature: *M. J. Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021**

Signed and accepted by Coach:

Signed and Accepted by Chair TAC Committee:



Hazard observed	Who may be harmed?	Risk rating before controls <small>Consequence x Likelihood =</small>	Control measures	Risk rating after controls <small>Consequence x Likelihood =</small>	Control measures by: <small>Date &amp; Sign</small>
Organisation	Athletes/ Coaches	Substantial	<b><u>Coach to show, instruct and train athletes in the correct throw techniques and how to do so safely.</u></b> Throwers waiting to throw should stand well behind the circle or scratch line until ready to move forward. They should be well spaced and all eyes should be on the thrower in action. Coaches and the thrower should always check that the predicted line of flight and adjacent area are clear of other athletes/coaches/persons. A wide margin or error should be anticipated. The thrower must remain behind the circle or scratch line after throwing. Implements should not be retrieved until supervising coach instructs them to do so.	Acceptable only when all control measures are implemented	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.

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			<p>On retrieving implements the thrower must never throw them back, they must be carried back to the circle or scratch line. Where space is limited only 4-5 at a time should be allowed to throw for javelin Howlers <b>ONLY</b>. Implements should never be used if they are cracked or damaged in any way and should be dried off (when becomes damp/or sweat) between each throw where necessary. Footwear must provide a firm foothold.</p>		
Discus	Athletes/ Coaches	Substantial	<p>Younger athletes and beginners should be introduced to discus using a small rubber practice discus. Control should be developed by coaching/instruction standing throws. Progression should be made through to movement and then turning can be introduced once progressions have been consolidated. Never use a discus with cracks, worn rims or projecting rivet heads. Discuses should be carried from the store/garage to practice or competition area in a basket. No other activities should take place in the throwing area. In restricted areas and for competitions, nets or cages should always be provided.</p>	Acceptable only when all control measures are implemented	
Hammer	Athletes/ Coaches	Substantial	<p>Younger athletes should be introduced to this event using a quoit and rope or a tennis ball inside a nylon tight or stocking. Only purpose made hammers should be used. The spindle must be free to rotate. Hammers should not be used if the wires are bent, worn or rusty. Hammers should only be thrown from within a protective cage that conforms to UKA standards. The frame must be firmly fixed in the ground. The cage may be of either wire mesh or suspended fibre netting, which must not be rigid. The throwing sector should be clear, at a wider angle than the sector itself, with access prevented to the landing area and its immediate surrounds. A system of auditory and visual ready and response signals should be in place Retrieved hammers must be carried back to the throwing circle.</p>	Acceptable only when all control measures are implemented	

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Javelin / Vortex	Athletes/ Coaches	Substantial	<p>Younger athletes or beginners should be introduced to throwing for technique, control, accuracy and distance using balls and/or foam javelins.</p> <p>The metal javelin should not be used until basic throwing skills have been mastered.</p> <p>Single javelins should be carried with both ends covered with protective material – e.g. a block of cork.</p> <p>No-one should ever run with a javelin – except when throwing.</p> <p>Javelins should never be stuck into the ground at a dangerous angle</p> <p>At the throwing assembly point javelins should be kept in a vertical position either in the ground.</p> <p>Before removing a thrown javelin from the ground it should be levered into a vertical position.</p> <p>A thrown javelin should be carried in a vertical position with the point as near to the ground as possible. <b>Javelin never to be throw back to throw point.</b></p> <p>A surfaced area should be used for the javelin run up.</p> <p>Ensure similar of Vortex throwing as Javelin methods. <b>Always ensure that athletes do not throw Vortex back and only to retrieve on command of coach.</b></p>	Acceptable only when all control measures are implemented	
Shot Putt	Athletes/ Coaches	Substantial	<p>Younger athletes and beginners should be introduced to the shot put using low weight rubber and/or cricket and rounder's balls.</p> <p>The putt should be learned from a side on standing position.</p> <p>An approach should only be introduced when the standing put has been successfully accomplished.</p> <p>Rotational or sliding methods should be introduced at a later stage only after very good control and technique have been achieved during prior stages.</p> <p>Shots should be carried securely in two hands, held close to the body and placed carefully on the ground – not dropped - on arrival at the shot put area.</p>	Acceptable only when all control measures are implemented	
Chest Push	Athletes/ Coaches	Acceptable	<p>Younger athletes and beginners should be introduced to the chest push using low weight ball before using a netball/basketball.</p> <p>The ball should be placed at the front on standing position with one foot in front and the behind.</p> <p>The ball used should be supported securely in two hands, held close to the body/chest area to push forward.</p>	Acceptable only when all control measures are implemented	

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Sitting Throw	Athletes/ Coaches	Acceptable	<p>Younger athletes and beginners should be introduced to the chest push using low weight ball before using a netball/basketball.</p> <p>The ball should be placed at the front in the setting position with both feet flat on the ground.</p> <p>The ball used should be supported securely in two hands, held close to the body/chest area to push forward.</p> <p>Suitable height setting platform should be used in comparison with the athlete's size. The platform should be in good order.</p> <p>Not to use defective equipment</p>	Acceptable only when all control measures are implemented	
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Tavistock AC Assessment Number 04/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – Jumping</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:	002/2019	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

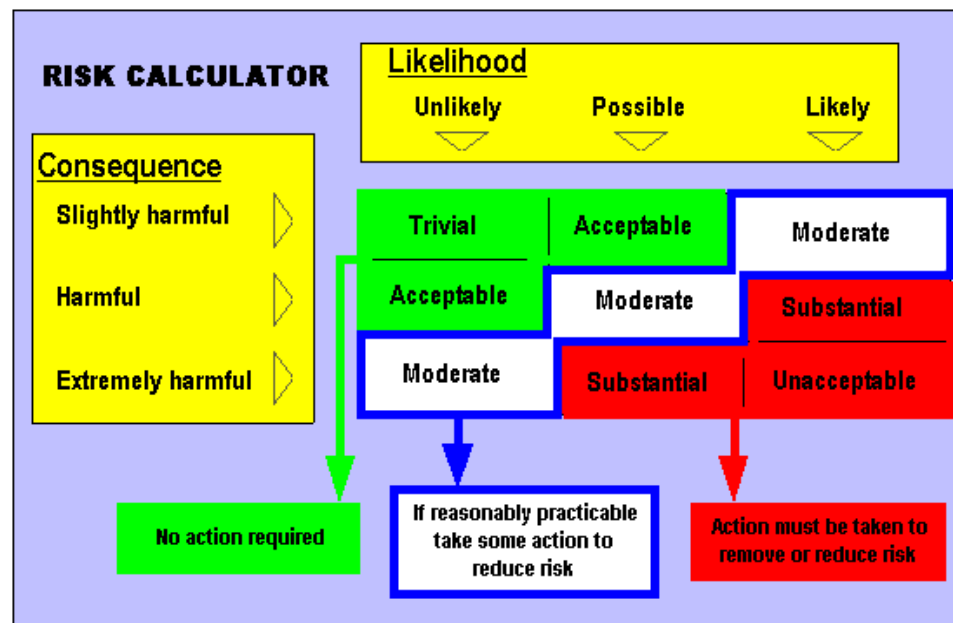
Assessor Signature: *M. J. Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2019**

Signed and accepted by Coach:

Signed and Accepted by Chair TAC Committee:



Hazard observed	Who may be harmed?	Risk rating before controls Consequence x Likelihood =	Control measures	Risk rating after controls Consequence x Likelihood =	Control measures by: Date & Sign
Indoor	Athletes	Moderate	Composition mats should be used to cushion landings when jumping for distance for standing long jump or triple jump. Gymnastics/composition mats may be used as a landing area for one-step jumping. Athletes to be taught sound landing technique. (If used for conditioning) - Approach runs should be kept to a minimum – e.g. four strides – when jumping for height and distance.	Acceptable only when all control measures are implemented	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.
High jump	Athletes	Substantial	Area run up to be clear. A landing module is required for more advanced training and competitions.	Acceptable only when all control measures are implemented	

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			<p>Cushioning material must be deep and dense enough to prevent bottoming out – suppliers should provide data on absorbency. Fitted coverall sheets for landing areas must be all weather, low friction and resistant to wear from spikes. They should be used during practice and competition.</p> <p>Soft landing areas should be regularly inspected and maintained.</p>		
Outdoor Long and triple jump	Athletes	Moderate	<p>Coach to show &amp; instruct how do a basic long jump technique and what direction to go once out of the sand pit i.e not to go back down the run up lane.</p> <p>Separate runways and landing areas should be provided for long jump &amp; triple jump. If only runway is available it should be long enough for staggered runs.</p> <p>The edge of the take off board should be level with the runway. A coloured cone should be placed on the runway for age related run up.</p> <p>Take off boards should be of UKA regulation size, painted in a distinguishing colour, firmly embedded in the runway, kept clean and dry and maintained.</p> <p>All athletes should complete the triple jump in the sand pit – additional dynamic assessment to be made for where each should start from depending on their age and technique.</p> <p>Sand must be checked for any materials that should not be in the sand.</p> <p>Racking only to be carried out when athletes are not running towards the sand pit. Ensure there are no other person in and around the sand pit when raking to prevent injuries.</p>	Acceptable only when all control measures are implemented	

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Tavistock AC Assessment Number 05/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Environment and Equipment</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:	6/2019	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

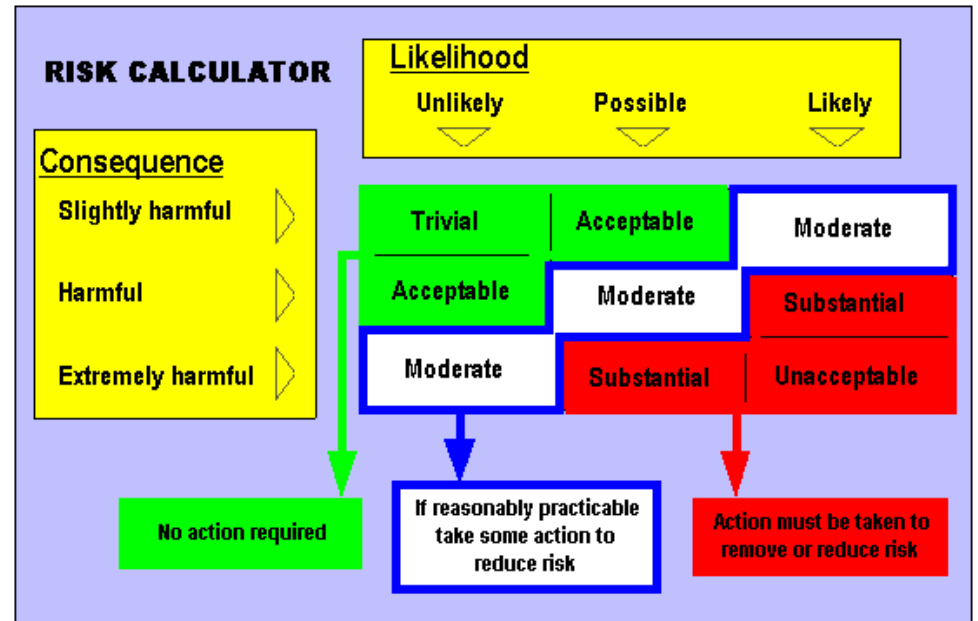
Assessor Signature: *M. J. Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021** | | |

Signed and accepted by Coach: | | |

Signed and Accepted by Chair TAC Committee: | | |



Hazard observed	Who may be harmed?	Risk rating before controls <small>Consequence x Likelihood =</small>	Control measures	Risk rating after controls <small>Consequence x Likelihood =</small>	Control measures by: <small>Date &amp; Sign</small>
Indoor Floors	Athletes/ Coaches /Parents	Substantial	Should be clean and should not be slippery. Patches of condensation and residual wet mopping should be dealt with before activity begins. Checks should be made to any loose flooring. Non slip tiles must be used in shower areas.	Acceptable only when all control measures are implemented	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.
Track	Athletes / Coach	Acceptable	Track to be checked to ensure materials such as stones and tree branches and other materials are cleared off the track.		

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Lighting	Athletes/ Coaches	Substantial	Sports centre to ensure artificial lighting is made from unbreakable materials, that will not dislodge if hit, or be in a protective cage. Strip lighting producing a flickering or stroboscopic effect should be avoided.		
Walls and doors	Athletes/ Coaches	Substantial	Protection should be provided where there are any sharp edges in doorways. Broken wall tiles in shower areas should be replaced.. Essential features, other than College PE apparatus, should be situated above head height or recessed. Glass doors should be smoked or coloured, unbreakable, reinforced and resistant to impact fracture. Cracked panes should be replaced as soon as possible. Doors glazed around hand pushing height should have wooden push battens across the door on both sides. Main access doors should have closure control devices attached. Fire exits must remain clear at all times. Fire exits must be operable from inside the facility.	Acceptable only when all control measures are implemented	
Equipment	Athletes/ Coaches	Substantial	Any equipment should meet with British Standards European Norm (BS EN) requirements. Equipment should be stored consistently and securely During training or event session situations equipment should be easily accessible to Athletes/Coaches. There should be a system for monitoring usage of equipment. Improvised use of equipment for which it was not primarily designed should not take place unless a thorough risk assessment is undertaken. Equipment should be subject to regular inspection. Any equipment found to be defective should be marked accordingly and removed from use until repaired or replaced. Defective equipment that cannot be repaired should be disposed of immediately. All equipment to be stored in tidy within the Trackside Garage and large blue container. Ensure walkways are clear and lighting to be on. Equipment Garage to be maintained for good housekeeping on a regular basis. Measures should be taken to inform TAC Chairman of any issues. If equipment is seen to be a hazard then this not to be left for someone else to deal with.	Acceptable only when all control measures are implemented	

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Organisation	Athletes/ Coaches	Substantial	<p>Coaches should carefully examine all the activity environments in which they place themselves and their athletes.</p> <p>A visual sweep should be carried out of the area before all sessions.</p> <p>Any hazards &amp; hazardous objects found should be removed or managed.</p> <p>Games should not be played if the conditions present a foreseeable risk of injury.</p> <p>The effects of rain, snow and frost should be assessed prior to using the area.</p> <p>There should be adequate space to accommodate the session and the sizes of the athletes.</p> <p>All activities should be managed according to the space available and foreseeable risk of harm.</p> <p>Where it is not practicable for ball activities to take place away from any windows the glass in those windows should be protected from breaking dangerously – e.g. they should be of safety glass or be fitted with safety film or have barriers erected to prevent contact with them.</p> <p>There should be stated procedures available for coaches how to handle equipment safely and early sessions should focus on them.</p> <p>Coaches should be ready to react to changes that may occur while equipment is being used – e.g. mats moving, fastenings slackening).</p>	Acceptable only when all control measures are implemented	
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Tavistock AC Assessment Number 06/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – Balance Test &amp; Speed Bounce</b>						
	Issued by:	<b>M. J. Dobson</b>	Approved by:	<b>A Kinsey</b>	Issue Number:	<b>672019</b>	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

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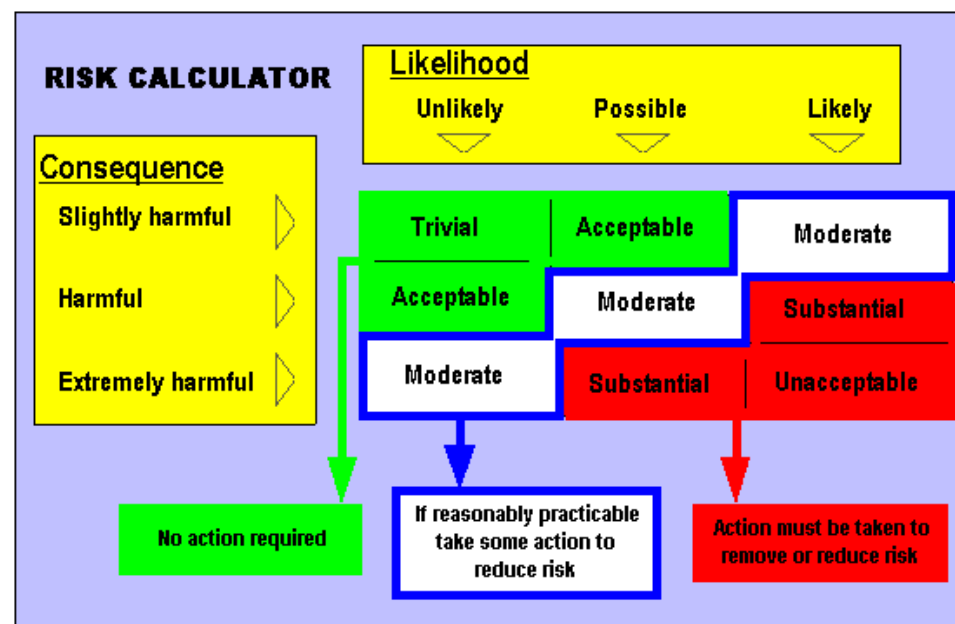
Assessor Signature: \_\_\_\_\_

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021** | | |

Signed and accepted by Coach: \_\_\_\_\_

Signed and Accepted by Chair TAC Committee: \_\_\_\_\_



Hazard observed	Who may be harmed?	Risk rating before controls <small>Consequence x Likelihood =</small>	Control measures	Risk rating after controls <small>Consequence x Likelihood =</small>	Control measures by: <small>Date &amp; Sign</small>
Organisation	Athletes/ Coaches	Acceptable	A level surface, adequate space and clearly designated training area are essential. Activities should take place away from projections and walls. Footwear must provide a firm foothold. Mat of the speed bounce should be held in place at each end.	Acceptable only when all control measures are implemented	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.

N.B. The aim of a risk assessment is to provide general information on the type of hazards coaches and athletes as well as others who may be involved are exposed to. First Aid kit to be nearby.  
 IF FOLLOWING IMPLEMENTATION OF ALL CONTROL MEASURES THE **RISK RATING** IS STILL SUBSTANTIAL OR ABOVE, FURTHER ASSESSMENT & CONTROL MEASURES SHOULD BE CONSIDERED.  
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Balance Test	Athletes/ Coaches	Moderate	<p>Younger athletes and beginners should be introduced to balance test by providing a demo.</p> <p>Control should be developed by teaching standing on one foot first. Progression should be made through to balance bar once progressions have been consolidated.</p> <p>Another athlete can help to aid progression on standing on one foot. Each foot should be used alternatively.</p> <p>No other activities should take place nearby.</p> <p>The test should be timed to ensure fatigue does not become an issue and do increase chance of slipping and injuring ankle.</p>	Acceptable only when all control measures are implemented	
Speed Bounce	Athletes/ Coaches	Substantial	<p>Younger athletes and beginners should be introduced to speed bounce by providing a demo of correct body movement.</p> <p>Control should be developed by teaching swing and landing technique. Progression should be made through to quicker pace once progressions have been consolidated.</p> <p>No other activities should take place nearby.</p> <p>The test should be timed to ensure fatigue does not become an issue and do increase chance of slipping/falling causing injury.</p> <p>Mat of the speed bounce should be held in place at each end.</p>	Acceptable only when all control measures are implemented	

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Tavistock AC Assessment Number 07/19	<b>Risk Assessment</b>					<b style="color: red;">TAVISTOCK</b> <b>Athletic Club</b>
	Assessment Title: <b>Athletics – SAQ – Ladders, Mini-Hurdles          Viper Belts, Parachutes &amp; Drag Weight          Bags / Drag Weight Sleigh</b>					
	Issued by:	M. J. Dobson	Approved by:		Issue Number: 8/2019	

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.19**

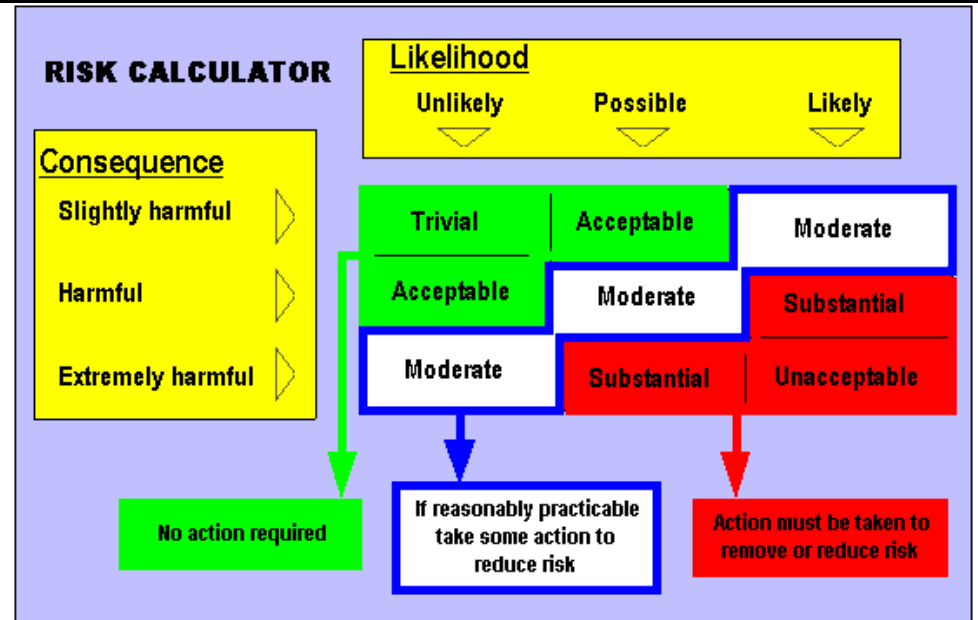
Assessor Signature: \_\_\_\_\_

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021** | | |

Signed and accepted by Coach: \_\_\_\_\_

Signed and Accepted by Chair TAC Committee: \_\_\_\_\_



N.B. The aim of a risk assessment is to provide general information on the type of hazards coaches and athletes as well as others who may be involved are exposed to. First Aid kit to be nearby.  
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Hazard observed	Who may be harmed?	Risk rating before controls Consequence x Likelihood =	Control measures	Risk rating after controls Consequence x Likelihood =	Control measures by: Date & Sign
Organisation / Viper-belts & Parachutes & Drag Weight Bags / Drag Weight Sleigh	Athletes/ Coaches	Acceptable	<p>A level surface, adequate space and clearly designated training area are essential.</p> <p>Activities should take place away from projections and walls.</p> <p>Footwear must provide a firm foothold.</p> <p>NEVER use equipment incorporating Flexi-Cord™ technology for resisted running unless guided by an Accredited SAQ Trainer™. Normal use must involve resisted jumps, lunges and hops only.</p> <p>Don't overstretch any Flexi-Cord™ - never stretch to more than 3 times its own length. Flexi-Cord™ covers where supplied will as a governor and will help prevent overstretching. Never remove the governor.</p> <p>Inspect all connection points. Most wear and tear takes place at these points.</p> <p>Store products incorporating Flexi-Cord™ technology at room temperature. Extreme heat and cold will ruin the Flexi-Cord™.</p> <p>Avoid prolonged sunlight on the Flexi-Cord™.</p> <p>Never allow horseplay with products incorporating Flexi-Cord™ technology.</p> <p>Are you trying too much too soon? Overwork and not enough rest is the recipe for injury!</p> <p>Warm-Up thoroughly before SAQ Training. Use Dynamic Flex™ Warm-Up for optimal success.</p> <p>Be careful with athletes footing! - check to make sure they won't slip during changes of direction and explosive bursts of speed.</p> <p>Make sure clothing does not prevent any clips from fastening.</p>	Acceptable only when all control measures are implemented	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.
Ladders	Athletes/ Coaches	Moderate	<p>Younger athletes and beginners should be introduced to ladders by providing a demo.</p> <p>Control should be developed by teaching footwork first.</p> <p>Progression should be made through to balance and upper body once progressions have been consolidated.</p> <p>Ladder's to be kept straight as practicable.</p> <p>No other activities should take place nearby.</p>	Acceptable only when all control measures are implemented	

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Small Hurdles	Athletes/ Coaches	Substantial	<p>Younger athletes and beginners should be introduced to small hurdles by providing a demo of correct body movement. Control should be developed by teaching movement technique over each hurdle. Progression should be made through to quicker pace once progressions have been consolidated. No other activities should take place nearby. Hurdle's to be placed one length distance between each one. Do not allow athletes to come back over the hurdles that to not fall forward.</p>	Acceptable only when all control measures are implemented	
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Tavistock AC Assessment Number 08/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – FIRST AID PROVISION, WATER &amp; CLOTHING</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:	009/2019	Sheet Number:

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

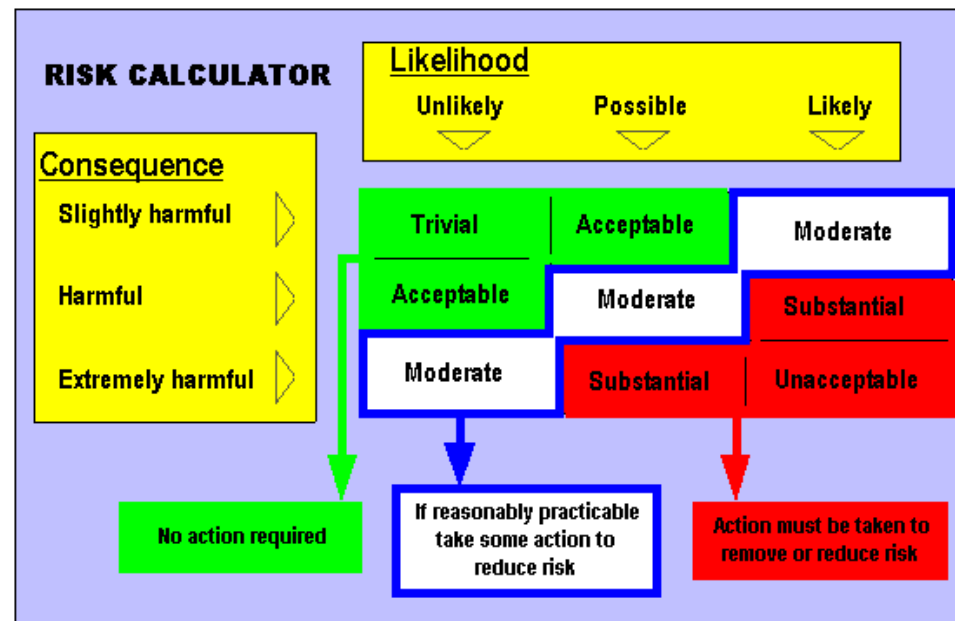
Assessor Signature: *M J Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021**

Signed and accepted by Coach:

Signed and Accepted by Chair of TAC Committee:



Hazard observed	Who may be harmed?	Risk rating before controls Consequence x Likelihood =	Control measures	Risk rating after controls Consequence x Likelihood =	Control measures by: Date & Sign
Slip, Trip, Fall & Collisions	Athletes Other Members of public	Moderate	A trained First Aider should be either with the group or within short distance. If outward bound then first aid kit should be carried along with mobile phone emergency numbers. Kits must be checked for content and expiry dates. First Aid kit must carry minimum provision. You must consider - whether special equipment is required - local siting of equipment. Both first-aiders and injured persons may be at risk from	Acceptable only when all control measures are implemented.	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.

N.B. The aim of a risk assessment is to provide general information on the type of hazards coaches and athletes as well as others who may be involved are exposed to. First Aid kit to be nearby.  
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			<p>Infection from each other. Clean-up kits should be provided for the safe removal and disposal of blood, vomit and other bodily waste.</p> <p>First aid personnel require refresher training within three years of qualification.</p> <p>TAC to review First Aiders list &amp; check all are trained to use the Defibrillation kit if required and what action to take once first aid is provided.</p> <p>First aid kit to be at trackside when at each session.</p>		
Dehydration	Athletes	Moderate	Coach to ensure athletes have water or other suitable drink when they require.	Acceptable only when all control measures are implemented.	
Clothing	Athletes/ Coaches	Moderate	<p>Coach to inform and advise Athlete to wear suitable clothing for out-doors.</p> <p>The outdoor environment can change as TAC is within boundary of Dartmoor &amp; therefore, coach to advise athlete or parent on suitable clothing &amp; footwear to wear.</p> <p>Bear skin should not be exposed to very cold &amp;/or wet conditions.</p>	Acceptable only when all control measures are implemented.	

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Tavistock AC Assessment Number 08/19	<b>Risk Assessment</b>					<b>TAVISTOCK Athletic Club</b>	
	Assessment Title: <b>Athletics – Running in Towns/Villages, Tavistock Meadows and Countryside</b>						
	Issued by:	M. J. Dobson	Approved by:	A Kinsey	Issue Number:		009/2019

Legislation / Information Source: [Health & Safety Executive \(HSE\) Guidance on Health & Safety for Sport and Leisure activities.](#)

Date of Assessment: **04.11.2019**

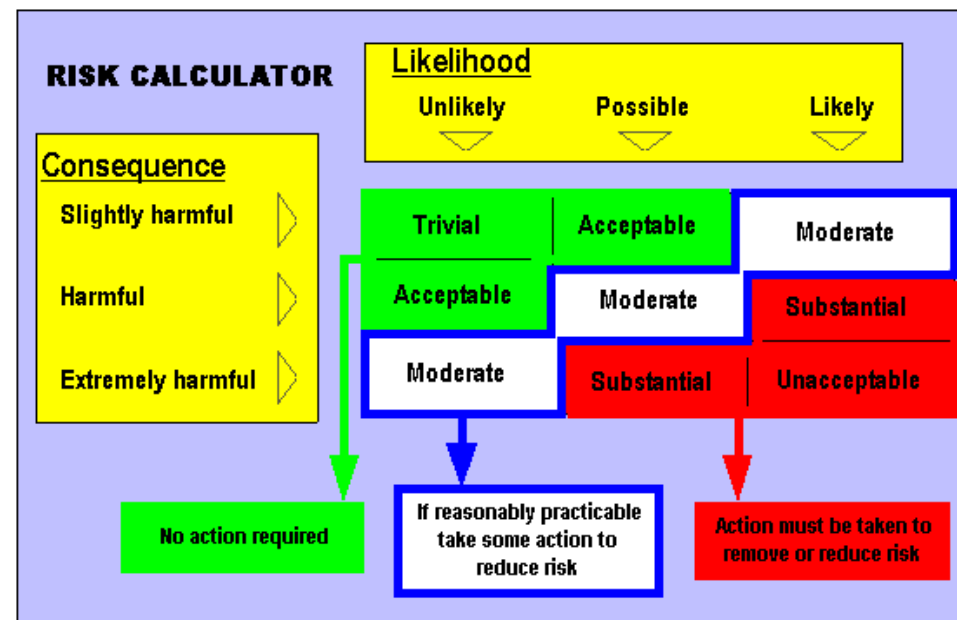
Assessor Signature: *M. J. Dobson*

Assessment Frequency: **Bi-Annual**

Follow up Assessment Dates: **04.11.2021**

Signed and accepted by Coach/Group Leaders: \_\_\_\_\_

Signed and Accepted by Chair of TAC Committee: \_\_\_\_\_



Hazard observed	Who may be harmed?	Risk rating before controls <small>Consequence x Likelihood =</small>	Control measures	Risk rating after controls <small>Consequence x Likelihood =</small>	Control measures by: <small>Date &amp; Sign</small>
Slip, Trip, Fall & Collisions	Athletes Other Members of public	Moderate	A trained First Aider should be either with the group or within short distance. For outward bound then first aid kit should be carried along with mobile phone emergency numbers. Kits must be checked for content and expiry dates. First Aid kit must carry minimum provision. You must consider - whether special equipment is required - local siting of equipment. Both first-aiders and injured persons may be at risk from Infection from each other. Clean-up kits should be provided for the safe removal and disposal of blood, vomit and other bodily	Acceptable only when all control measures are implemented.	N.B. Any coach who is coaching for the first time should sign and date. All other coaches should also sign/date every time the RA is reviewed.

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Dehydration	Athletes	Moderate	<p>waste. First aid personnel require refresher training within three years of qualification. TAC to review First Aiders list &amp; check all are trained to use the Defibrillation kit at Tavistock Town Hall. Coach to ensure athletes have water or other suitable drink when they require.</p>	Acceptable only when all control measures are implemented.	
Clothing	Athletes/ Coaches	Moderate	<p>Coach to inform and advise Athlete to wear suitable clothing for in-doors. The outdoor environment can change as TAC is within boundary of Dartmoor &amp; therefore, coach to advise athlete or parent on suitable clothing &amp; footwear to wear. Bear skin should not be exposed to very cold &amp;/or wet conditions.</p>	Acceptable only when all control measures are implemented.	
<p>Assess Locations before each session. Ability of participants. Check for injury/fitness.</p> <p>Personal belongings</p> <p>Inappropriate clothing. Poor visibility of the group. Possible low energy. Injury or illness during session. Inappropriate footwear.</p>	Athletes/ Coaches	Moderate	<p>Group safety before first and every session. Check Venue /location. Review Ability of participants &amp; known health problems; injury/fitness – prior to session. Ensure that there is a safe place for belongings and that participants feel safe at the venue. The Club membership form and health disclaimer should be completed prior to the first session. The Club should retain a copy of the membership form. The Club should retain contact details and a note of any medical conditions. Refer to GP if at all in doubt. Ensure medication is carried by participants where appropriate.</p> <p>Perform a visual check and enquire about health and or injury before every session. Clothing should suit the conditions. Reflective tops should be mandatory. Next of kin contact details should be available. A UKA or equivalent, qualified leader should lead all sessions. New members should be pre-advised regarding water and food carrier part of beginner brief. Participants should have been advised to have eaten no more than two hours prior to the session. Advice on footwear can be given by the leader. Leader to carry Mobile phone. Count your group.</p>	Acceptable only when all control measures are implemented.	Group leaders/athletes.

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<p>Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bag. Poor visibility.</p>	<p>Athletes/ Coaches</p>	<p>Moderate</p>	<p>Course has been checked for suitability within the guidelines advised in UKA Leadership Risk Assessment. Participants forewarned of route obstacles. Routes selected that have good lighting wherever possible. Rural groups must wear lights. Road safety rules must be adhered to. Session kept to appropriate time. Intermediate and advanced sessions may be longer. On-going assessment by leader, with adaptation as required. Ability of the slowest/ least able sets the session time Pre-check the route close to the day of the session. Always have a contingency plan, as advised in UKA leaders' course.</p>	<p>Acceptable only when all control measures are implemented.</p>	<p>Group leaders/athletes.</p>
<p>Traffic/road crossings All traffic, including other members of the public, runners, cyclists, crossing traffic.</p>	<p>Members of Public/ Coach Athlete</p>	<p>Moderate</p>	<p>Use any and all crossings provided as a prudent pedestrian. Cross as a group. Take personal responsibility. Reinforce every week. Respect all other users of the highway. Follow the Highway Code Ensure group procedure for regrouping at crossings is reiterated weekly Weather Variations in weather making it too cold, wet, hot or slippery. Weather reports should be checked leading up to and on the day. Runners to be given advice on sun screen. Cancellation to be considered if ice, snow or lightning are likely. Carefully monitor participants for difficulties Abandon run and return to centre if conditions deteriorate Animals Presence of and behaviour of animals and their owners. Ensure runners keep aware of and alert to things around them. Be aware of any fears and phobias in your group – and take them seriously. Respect other street users. Follow the Countryside Code when on farmland</p>		<p>Group leaders/athletes.</p>
<p>Members of Public. Getting in way of runners, causing injuries or accidents</p>	<p>Members of Public/ Coach Athlete</p>	<p>Moderate</p>	<p>Ensure participants are respectful of other road users and within the meadows and countryside. Avoid areas known to be unsuitable. Local knowledge is helpful, listen to people who may be well informed. Other hazards Due to the diversity of the routes Group Leaders will assess as they progress.</p>	<p>Acceptable only when all control measures are implemented.</p>	<p>Group leaders/athletes.</p>

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