**Risk Assessment**



**Title / Activity: Discus / Hammer throws conducted at Witton Park Arena, Blackburn, by Blackburn Harriers. Club athletes conduct training sessions at**

**the arena and are monitored at all times by the club coaching staff. Other training is conducted at the arena at the same time as the throws, with users on track and other parts of the arena.**

**Date completed: 13 December 2022**

**Completed by: George Davies**

| **What are the hazards?**  | **Who might be harmed and how?**  | **What are you already doing?**  |

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| **Do you need to do anything else to control this risk?**  |

 | **Action by whom?** | **Action by when?**  | **Done** |
| Throwing implements – discus and hammer. These weigh for Men’s Hammer 3kg – 7.26kg and for Women’s Hammer 3kg – 4kg.Men’s Discus 1.25kg – 2.0kg and for Women’s Discus 1.0kg. | **Athletes, Coaches, Volunteer Helpers, Parents** - located outside the Throws Cage either directly on the track or observing from behind track side fencing as a result of a hammer or discus exiting the throws cage in the direction of the track; reasonably foreseeable worst case scenario is that someone is struck by a discus or hammer and suffers a serious injury. | 1. Qualified coaches run all training sessions and control cage access. Only authorised personnel are to enter the throws cage under the instruction of the coaches. If anyone accesses the throwing area who is not authorised then the session is to be stopped immediately. A verbal instruction will be shouted by the coaches to stop. No throws are to be conducted until the coach signals it is safe to begin.2. Athletes are instructed in the safe use of throwing implements and this is monitored by coaches. Any unsafe technique will be immediately acted upon by coaches.3. Athletes are to throw from the correct circle depending on which throwing implement is used. This will be monitored by coaches and any incorrect throws will be immediately acted upon and the session stopped.4. The updated Throws Cage Safety Guidance has been uploaded to Blackburn Harriers website and is accessible to all Coaches & Athletes: <https://www.blackburnharriers.co.uk/wp-content/uploads/2022/10/Cage-Safety-Bulletin-update-March-2021-2.pdf> | 1. Throws Field should be at all times roped off to prevent non-throwers crossing the Field. This requires a rope being put in at the arena that the coaches can use as a barrier.2. Other Discipline Coaches to remind all of their athletes not to cross the field when throwing training/events are on. A pre-session safety brief should be conducted to remind all athletes and coaches on the safe use of the facilities. |  |  |  |
| Gates – incorrect use of gates by right and left handed throwers. | **Athletes, Coaches, Volunteer Helpers, Parents** - located outside the Throws Cage either directly on the track or observing from behind track side fencing as a result of a hammer or discus exiting the throws cage in the direction of the track if the wrong gate is used; reasonably foreseeable worst case scenario is that someone is struck by a discus or hammer and suffers a serious injury. | 1. The gates at the front of the cage will be closed correctly depending on whether the thrower is right or left handed. All left handed throwers are to make themselves known to coaches before the session starts. If the wrong gate is used by a thrower, this will be acted upon by the coaches and the session stopped. 2. Gates are checked at the beginning of each session that they can move freely and be secured in the correct positions.  |  |  |  |  |
| Damage to Throws Cage or the netting – this could be as a result of un-taped Hammer wires getting caught in the netting, wires not having correct tension, damaged equipment etc. | **Athletes, Coaches, Volunteer Helpers, Parents** - located outside the Throws Cage either directly on the track or observing from behind track side fencing as a result of a hammer or discus exiting the throws cage due to damaged netting not catching the throwing implement; reasonably foreseeable worst case scenario is that someone is struck by a discus or hammer and suffers a serious injury. | 1. Visual checks conducted of throwing implements before the session starts. Any that are deemed to be unsafe are not to be used.2. Visual checks conducted of the throws cage before the session starts. Should any defects be noted in the safety netting, this is to be reported immediately and the throws cage not used if it is not safe. Any defects that occur during the session should see the session stopped immediately until the problem can be resolved. 3. Cage checks completed by ROSPA dated 11 May 22 and this shows the cage met the safety load requirements and is UKA specification. | 1. A check list needs to be produced which should be carried out by all Coaches coming to the Throws Cage to conduct a session. This is to be recorded at each training session to demonstrate that checks have been completed. Check List should be laminated in A3 size and placed upon a Safety Board next to the Throws Cage.2. All holes in the Throws Cage Net should be immediately reinforced by using old netting and securing to the inside of the Net, strengthening that area. |  |  |  |
| Damages to the throwing circle. | **Athletes** – could slip or trip on a damaged surface; reasonably foreseeable worst case scenario is that this causes them an injury such as ankle strain or other musculoskeletal disorder.  | 1. Visual check of the throws circle to be conducted before the session starts. If the condition of the circle is not safe then no throws are to take place.2. Athletes to wear suitable footwear for training in the throws cage.  | 1. The condition of the throws circle is to be added to the checklist. |  |  |  |
| Pot holes in the throwing field from where the hammers / discus have landed. | **Athletes, coaches, volunteer helpers, ground staff** – could trip and fall on the potholes that are in the field; reasonably foreseeable worst case scenario is that this causes them an ankle injury such as ankle strain. |  | 1. A bucket of soil and suitable tool is to be provided so that potholes can be filled in during the session.  |  |  |  |
| Weather – adverse weather such as rain, wind, ice, snow.  | **Athletes, Coaches, Volunteer Helpers, Parents** – slips, trips or falls on the surfaces if they are slippery; reasonably foreseeable worst case scenario is that this causes them an ankle injury such as ankle strain. OR extreme wind makes throws unsafe for the athletes and those around the track. | 1. Throws circles to be clear of ice / snow before use. 2. Suitable footwear to be worn by athletes when throwing. 3. If extreme weather makes throwing unsafe, the session is to be stopped immediately if it has already started.  |  |  |  |  |

**Assessment review date**: 13 December 2023 **Date of Review:**