**Risk Assessment: Jumps**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
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| 22 / 08 /20 | Janice Kaufman | Gateshead International Stadium | 22/08/2021 |

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| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** | **What else can you do to control this risk?** | **Resultant Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Slips and trips  Loose kerbing, worn run up. Objects left on run up | Athletes may be injured if they trip on obstacles or worn areas of the track. Athletes may also be injured if they fall over or collide with objects left on the run up or close to the trackside | * The track is generally in good repair * Remind athletes to run in centre of run up * Visual assessment of objects that may be left on the track or close to where the athletes may walk back and leave the track area, including bags, shoes and run up markers | L | * Remind athletes of track etiquette * Communicate with other coaches and athletes about their track etiquette | L | Coach | 22/08/20 | Yes 22/08/20 Janice Kaufman |
| Hygiene for vertical jumps (high jump and pole vault) | Covid\_19 – risk of infection due to jumping onto shared mat by different people | * Ensure athletes follow hygiene guidelines for cleaning hands prior to any training starting * A cover is used on the landing mat * The cover is cleaned before and after each group of up to 12 athletes * The bars should be cleaned using a spray (available in Container 3) before use and managed by dedicated individuals for the entire session * Poles should not be shared and be used by one athletes. | L | * Good coaching practice to ensure athletes follow hygiene rules * Spray sanitiser is available in Container 3 to spray beds and bars * Coaches/athletes to provide hand sanitiser | L | Coach | 22/08/20 | Yes22/08/20 Janice Kaufman |
| Hygiene for horizontal jumps (long and triple jump) | Covid\_19 – risk of infection due to jumping onto shared surface by different people | * Athletes to follow hygiene guidelines for cleaning hands prior to any training starting * The landing pit is fully cleaned by turning and raking of the sand before and after each group of up to 12 athletes. Pit to be raked after each jump * Equipment such as rakes and measuring tapes should be managed by dedicated individuals for a whole session * Stadium to provide rakes and spades for turning and raking sand | L | * Good coaching practice to ensure athletes follow hygiene rules * Spray sanitiser is available in Container 3 to spray pit and equipment * Coaches/athletes to provide hand sanitiser | L | Coach | 22/08/20 | Yes 22/08/20 Janice Kaufman |
| Finishing a rep | Athletes may congregate when completing a rep leading to lapses in social distancing and obstructing other athletes | * Athletes to social distance when completing a rep * Athletes to immediately leave the pit area and stand on inside or outside of pit area to recover * Athletes to walk back alongside the pit area | M | * Coach to educate athletes to move away and social distance when completing a rep | L | Coach | 22/08/20 | Yes 22/08/20 Janice Kaufman |
| Weather and conditions | Athletes may injure themselves due to slippery track or being unable to see event layout due to fading light | * Coach to check weather conditions and adapt session as appropriate * Spikes to be worn to prevent slipping on wet track | M | * Coach to continually assess weather and light conditions and adapt or stop the session as appropriate | L | Coach | 22/08/20 | Yes  22/08/20  Janice Kaufman |
| Coaches and other athletes | Athletes may injure themselves due to collisions with other persons on the run up/track or entering or exiting the track | * Coaches and athletes to observe local lane discipline * Athletes to check the track and run up when entering or exiting across the lanes * More experienced athletes to communicate with other athletes politely to remind them to be aware of lane discipline | M | * Coach to communicate with other track users and work around them to observe good track etiquettes | L | Coach | 22/08/20 | Yes  22/08/20 Janice Kaufman |

NB Copy and paste rows as required