

## Risk Assessment: <Arbroath & District Athletics Club Training >

Date:	Assessed by:	Location :	Review :
08 / 09 /20	<W. Webber >	<Arbroath Sports Centre >	< September 21 >

N.B. The following two examples are not specific to any venue or activity.

What has the potential to cause harm (hazards)?	Who might be harmed and how?	What are you already doing to minimise the risk?	Risk Rating	What else can you do to control this risk?	Action by whom	Target date	Complete
Throwing Events	Athletes, coaches, venue staff, spectators  Struck by object	<ul style="list-style-type: none"> <li>All parents at training must stay clear of the throwing area unless helping.</li> <li>Follow venue safe practice guidance</li> <li>Make sure everyone at training is aware of the throws group training area and stays away unless part of the group</li> <li>Only one long throws group training at a time</li> </ul>	M	<ul style="list-style-type: none"> <li>Introduce a health &amp; safety training as part of throws sessions for all throw's athletes</li> <li>Work with athletes and coaches to make sure they are all aware of the throws group and the throws area is in use and out of bounds for all other groups Follow event group covid guidelines</li> <li>Limit items of equipment to use by one athlete during a session if possible</li> <li>Use of Athletes personal equipment where possible</li> <li>Sanitize hands and equipment between throws especially if sharing equipment.</li> <li>Sanitize equipment before training and before return to store.</li> </ul>	Throws Coach	30/09/20	30/10/20

<p>Spread of Covid-19</p> <p>Athletes, coaches, venue staff, parents, other venue users</p> <p>Contracting virus from an infected individual</p>	<ul style="list-style-type: none"> <li>• Facility Covid-19 guidance issued to all stakeholders prior to resumption of activities</li> <li>• Rules will be in accordance with Scottish Government and Scottish Athletics guidance.</li> <li>• Hand washing facilities in place with soap and water / sanitizer</li> <li>• Hygiene guidance circulated to all stakeholders prior to resumption of activities</li> <li>• Gel sanitisers made available to all training groups</li> <li>• Athletics encouraged to use own equipment where possible</li> <li>• All equipment cleaned prior to, and after training</li> <li>• Pinch point at the facility these will include</li> </ul>	<p>M</p>	<ul style="list-style-type: none"> <li>• Athletes/ coaches / Parents made aware they are not allowed to attend if showing symptoms / been out of the UK in 4 weeks prior to training or are self-isolating.</li> <li>• Frequently remind all athletes and coaches to wash and/or sanitise their hands</li> <li>• Limit items of equipment to use by one athlete during a session if possible</li> <li>• Use of Athletes personal equipment where possible</li> <li>• Sanitize hands and equipment between throws especially if sharing equipment.</li> <li>• Sanitize equipment before training and before return to store.</li> <li>• Review schedule of training sessions to limit the number of athletes and coaches in the venue at any one time</li> <li>• All athletes and coaches at each session to register to enable tracing should a covid 19 positive result be notified to the club.</li> <li>• By registering athletes and coaches are declaring they are fit to attend and meet the conditions on the club guidelines</li> <li>• Stagger start and end time of groups to limit the number of athletes / parents arriving / leaving.</li> <li>• When training indoors follow the facility guidelines. One-way systems entrance and exit area.</li> </ul>	<p>Covid Coord</p>	<p>31/09/20</p>	<p>20/10/20</p>
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		<p>entrances and exits , reception areas / corridors / registration/ Payment areas</p>		<ul style="list-style-type: none"> <li>• Only attend at the specified times</li> <li>• When indoors wear face covering in communal areas.</li> <li>• No gathering in any areas.</li> <li>• The club will pay for the use of the facility by invoice to the club</li> <li>• Inform the club if athlete /coach or family have to self-isolate / show symptoms of Covid .</li> </ul>			
Jumps Events	Athletes, coaches, venue staff, spectators	<ul style="list-style-type: none"> <li>• All parents at training must stay clear of the throwing area unless helping</li> <li>• Long Jump outdoors sand must be deep enough and dug over</li> <li>• Sand must be dampened to avoid dust.</li> <li>• Jump boards must be well set and level without any deep hollows to prevent trips</li> <li>• Rakes and other object not left in the sand pit.</li> <li>• High Jump matts to be in good condition</li> <li>• High Jump matts to be</li> </ul>	M	<ul style="list-style-type: none"> <li>• Athletes hands sanitized. After each jump</li> <li>• Rakes and spades sanitized before and after use.</li> <li>• Ensure the sand in the pit remains wet to avoid dust.</li> <li>• High Jump matts / equipment to be cleaned with a suitable sanitizer before and after use.</li> <li>• Athletes to clean hands with suitable sanitizer after each jump.</li> </ul>	coach	30/10/ 20	01/11/20

		<p>correctly installed</p> <ul style="list-style-type: none"> <li>• High Jump Stands to be well positioned and weighed down.</li> </ul>					
Running	<p><i>Athletes, coaches, venue staff, spectator's other facility users, public</i></p>	<ul style="list-style-type: none"> <li>• Ensure the track is clear</li> <li>• Ensure no one crosses the other group areas eg throws area</li> <li>• When road running wear visible vests.</li> <li>• Helpers at road crossing on the route</li> <li>• Limit the number of runners</li> <li>• Hurdles at the correct height and topple rates</li> <li>• Starting blocks to be in good condition</li> </ul>	M	<ul style="list-style-type: none"> <li>• Sanitize hands before and after session</li> <li>• Let the faster runners go first and stagger starts</li> <li>• On the track leave lanes free between athletes</li> <li>• Maintain distances after runs</li> <li>• Sanitize equipment before and after use</li> <li>• Athletes to use their own equipment where possible</li> <li>• If club vests used these are cleaned after use.</li> </ul>	Coach	30/10/20	01/11/20
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