**Risk Assessment: TAC Club Pentathlon Competition**

| **Date:**  | **Assessed by:**  | **Location :** | **Review :** |
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|  14/08/2020 | R. Llewellyn-Eaton, TAC Head Coach | The Castle School Track, Taunton |  |

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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?** |  | **Action by whom** | **Target date** | **Complete** |
| **Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease** | Individuals or groups: athletes/ runners/ parents/ coaches/ other volunteers | Communications with all members/parents prior to accessing club activities – updated protocols and measures that have been implemented Communication/guidance for key club officers and volunteers to help with compliance Frequency of communication and compliance i.e. disclaimers/permission forms On site signage to re-enforce key messages and protocols | M | Ensure flow of persons via two gates.Club Members are regularly informed of protocols and communicated with via MIS.Signage to refreshed with new guidance and also infographic sent to all competitors. | **L** | TAC | 25/07/2020 | **YES** |
| **Spreading/ transmission of Covid-19 through contact with disease on a surface** | individuals or groups: athletes/ runners/parents/ coaches/other volunteersCar parks/gatesAccess to buildings i.e. toilets | Signage Social distancing – Implementation of new protocols for numbers of people attending at the same time/protocols for drop off and collection of young athletes/staggering times/ use of alternative venues Social distancing – Site entry protocols to limit the number of people on the track at any time Hygiene – hand washing and sanitiser in place/cleaning surfaces on entry pointsSignage is in place and access limited or denied | M | Ensure measures are in place to minimise encounters between people, including in car parks and at entrances (clear signage in place). • Consider marking social distancing at appropriate points, such as the entry gates. Toilet facilities only opened and clubhouse closed.Ensure soap and hot water is provided. Hand sanitizers are available for use at entrance/exit to venue/tracks area and equipment if in use. • Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves. | **L** |  |  |  |
|  | General | Communication to coaches –Emails and MIS to let all bodies know of protocols. Cleaning protocols for equipment following implementing guidance around this area from EA.  | **L** | • Remove any other unnecessary equipment and items from tracks.Where shared equipment is used, this must be cleaned before and after use with a clear protocol, appropriate cleaning wipes and sprays in place. | **L** |  |  |  |
| **Spreading/ transmission of Covid-19 through contact with disease on a surface (continued)** | First aid and dealing with minor injuries | * Dedicated First Aid Officer in PPE
* Athletes to be in charge of own unless broken limb or serious injury then Emergency Services
 | M | * Ensure usual access to first aid and emergency equipment is maintained (in some cases this may require limited access to the clubhouse being possible) and a clear plan for dealing with an incident is available to all users.
 | **L** |  |  |  |
|  | Emergency procedures and evacuations | * Through gates onto Car Park
 | L |  |  |  |  |  |
|  | Registration / Competition | * Signage Social distancing – limit numbers/stagger start end times and leave gaps between sessions
* Registration as they come through the gates
 | M | * Coaches, leaders, athletes and runners should ensure they maintain social distancing appropriate for the activity.
* Covid Officer to walk round also to remind and maintain standards.

Medical questionnaire completion checked on entry.Online entry completed before the competition. If pens used on entry they will be wiped after each use.COVID OFFICER will constantly remind officials, groups of athletes to maintain social distancing and not to exceed group sizing of 6 for jumps, 12 for throws, 6 for track.Group sizes are added to field cards and programmes to ensure that the social distancing rules are being abided,  | **L** |  |  |  |
|  | Welfare and Safeguarding of young athletes | * CPO will be in attendance at the competition
 | L | * Request parents for the comps and training
 | **L** |  |  |  |
| **Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person** | All the above applies so consider this in relation to air borne transmission too |
| **Hurdles** | Athletes | * Dedicated officials to move.

• Hurdles can be used by a coach and athlete provided the equipment is thoroughly cleaned according to guidance before and after each session. • Starting blocks should be used just by one athlete and thoroughly cleaned according to guidance before and after each session. | L |  | **L** |  |  |  |
| **Jumps** | Athletes  | **Vertical Jumps: High Jump and Pole Vault*** Athletes and runners follow hygiene guidelines for cleaning hands prior to any training starting.
* Operators must contact the manufacturer of the jumps mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment. Disinfecting landing beds effectively against Coronavirus is the responsibility of the facility operator.
* Bars should be cleaned using a anti-viral spray or wipe before use and managed by dedicated individuals for a particular session – i.e. 6 athletes and the coach, and cleaned between sessions.

**Horizontal Jumps: Long Jump****Sand Pits** • Athletes 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 athletes (6) A venue operator may choose to use a high mist spray of sterilising fluid of a suitable concentration to neutralise the virus, this can be sprayed over the sand after use, as well as a turn and rake.• Equipment such as rakes and measuring tapes should be managed by dedicated individuals for a particular session – i.e. one athlete or the coach, and cleaned between one athlete's series of jumps or between sessions | L | Groups of 6 on for jumps based on 4th August 2020 guidance.Pit will then be raked, sprayed and turned over between groups. | **L** |  |  |  |
| **Throws** | Athletes. | • Coaches and athletes can participate in throwing activities. • Coaches and athletes should ensure all equipment is used by one athlete and then thoroughly cleaned according to guidance before and after each session |  | Athletes to collect equipment after each throw to avoid cross contaminationMaximum group size of 12 for throws as per EA Guidance on 4th August 2020. |  |  |  |  |
| **Users of The Castle School** | Athletes.Neglect of areas / lack of basic maintenance e.g. sand on track. | * Inform school regularly – to educate staff
 | L/M | * Centre staff to be vigilant
 | L | TAC |  | YES |
| **Water jump** | Athletes, coaches, users of The Castle School.Risk of drowning | * Water jump only filled for competition
* Athletes/spectators/judges to be kept away (other than those competing in/judging event)
 | H | * Education – playing in area discouraged.
 | L | TAC Coaches |  |  |
| **Track area** | Athletes.Conflicting uses leading to collisions | * Lane discipline
* Areas allocated for specific uses
* Users reminded to be aware – use of lanes & direction of running
 | M | * Revisit plan for coach & athlete use
 | L | TAC /coaches |  |  Yes – 16/06/20 |
| **Track area** | Athletes/other users of facilities inside track.Conflicting use (e.g. access to football pitch across track) | * Other users – reminded at gate by registrar
* Runners to shout warnings
 | M | All footballer access to the pitch via the back straight gate and social distanced by virtue of the pitch being surrounded by an inner high fence and marshalled by TAC officials.No football access to track area.Any incursion by footballs, will be placed on the inner concrete to be collected later. |  |  |  |  |
| **Track area** | Athletes/parents/coaches/other users.Football landing on track | * Footballers reminded of rules – keep ball below netting height
 | M | * Ensure netting is properly attached
 | L | Centre staff to check netting regularly  |  |  |
| **Track area** | Athletes, coaches.Risk of injury from:Sand, silt, plant debris may cause surface water and ice – risk of slipping. Damage to track by delamination, cuts, kerb damage | * Track cleaned of sand after use
* Track swept every month
* Worn areas of track are patched.
 | L/M | * Track surface to be replaced ASAP
* Track to be cleaned every 6 months
* Staff to check track regularly
* Coaches to report any problems
 | L | Centre staff, whilst TAC coaches must make their own judgement |  |  |
| **Areas of track & path to Centre (for toilets & parking) in shade** | Athletes/parents.If dark, risk of trips / collision. | * Ensure floodlights are turned on at dusk.
* Ensure lights to path are turned on at dusk.
* Coaches inform Centre staff if floodlights not on.
 | M |  | L | Centre staff to check lighting regularly |  |  |
| **Track area** | Athletes & coaches.Foreign objects on track could cause tripping. | * Coaches check track areas before use.
* Regular sweeping of track.
 | L |  |  |  |  |  |
| **Equipment stores** | Athletes/coaches.Falling, unsecured or untidy objects could injure or cause trip hazard | * Coaches supervise storage.
* Stores checked & tidied regularly.
* Flashlight checked regularly.
 | M | * Provide additional storage space.
 | L | TAC |  |  |
| **Athletes’ personal kit.** | Anyone.Trip hazard. | * Personal kit to be left in clubhouse or by equipment stores.
 | L |  |  |  |  |  |
| **Discus****Cage** | Athletes, coaches.Objects leaving cage could cause injury. | * Athletes supervised at all times.
* Athletes check for position of coaches and bystanders.
* Netting checked and pulled tight before use.
* Weight bags in correct place.
* Hammer gates set to prevent hammer deflection off fence.
 | H | Explain use of gates to coaches and athletes.Centre staff to check condition of net and bags & replace when required.Net pulleys & tie backs to be replaced.Coaches to report any problems.WILL NOT BE USED FOR THIS COMPETION |  | Centre staff  | 27/07/2020 | YES |
| **Javelin run-up area**  | Athletes, Coaches, parents, passers-by.Risk of injury from javelin.Javelin deflected by fencing. | Throwers taught to check landing area is empty before releasing javelin.Throwers supervised at all times.Athletes check for position of coaches and bystanders.Ensure athletes throw in correct manner.* Mobile floodlights used in throws area in winter.
 | M | Fencing & warning to other athletes/passers-by.Vary scratch line to avoid overuse and wear of surfaceWILL NOT BE USED FOR THIS COMPETION | L | Centre staff | 27/07/2020 | YES |
| **Shot Area** | Athletes, coaches, parents, passers-by.Condition of stop board - potential trip hazard.Implement could hit others & cause injury. | * Condition of stop board checked by coaches
* Athletes & coaches check area & keep clear.
 | L | Stop board repaired when necessary.For competition, social distanced boundary marked to stop incursion by spectators. Also distance officials from athletes. | L | TAC | 27/07/2020 | YES |
| **Circles****(Discus & Shot)** | Athletes.Dirt causes slipping | * Circles swept before use.
* Matting available to clean feet before throwers enter circle.
 | L | 2 extra mats needed. |  | Centre staff TAC |  |  |
| **Shot Area** | Athletes, Coaches, Bystanders.Shot hitting others causing injury | * Coaches supervise athletes with shot.
* Athletes taught to throw in correct manner
* Athletes check for position of coaches and bystanders.
 | L |  |  |  |  |  |
| **High Jump Area** | Athletes, coaches.Uprights falling over could cause injury.Landing on cross bar causing injuryLanding areas – if loose could cause injuryCuts in jump surface surround | * Athletes taught to jump correctly
* Uprights weighted with sandbags
* Use flexible bar for beginners
* Landing areas checked after each jump & adjusted if moved.
* Warnings and high jump upright on cut off
 | L | Educate coaches & athletes in correct preparation. |  | TAC |  |  |
| **Removing High Jump cover** | Athletes, coaches, bystanders.Risk of getting trapped by cover when it is being moved | * Only coaches to move cover.
* Coaches to check for people in the way.
 | L | Educate coaches in correct use of wheeled covers |  | TAC |  |  |
| **Long Jump (inc. triple jump)** | Athletes.Possible injury from:Practice board deteriorationSand pits – too hard or foreign objectsSlipping on sand on runwayLoose take-off board | * Practice boards replaced when worn.
* Sand dug over every 2 weeks
* Sand checked by coaches before use
* Sand pits covered & weighted down when not in use.
* Sand brushed off run-ups after use, inc. vac-brush
* Athletes stamp feet on sand-pit rubber surrounds after use.
* Fit of take-off boards checked by coaches before use.
 | L/M | * Coaches to report problems.
* Remind coaches to replace weights on sand pit covers.
* Dig out sand-pit rubber channel surrounds when full.
* Remind school / centre that take-off boards should not be changed.
* Paint 5m take-off board
 |  | TACSchool / company | 28/07/2020 | YES |
| **Hurdles (sprint & steeplechase)** | Athletes, coaches, helpers.Risk of injury from:Incorrect spacing if markers missingHurdles fall into path of other track usersHurdles dropped while moving | * Ensure correct use of hurdles & lane discipline by all users
* Use of hurdles & moves supervised by coaches
 | L/M | * Re-paint markings (extend from surviving marks)
* Fine oiling of hurdles
* Replacement clips on some hurdles
* Steeplechase barriers require screws & release bolts & drill settings for the new site.
 |  | School / companyTAC | 28/07/2020 | YES |
| **Track stand/steps (for Timekeeper/ track judges & starter)** | Anyone.Risk of injury from climbing / falling / improper use | * Hand rail re-attached.
 | H | Chain stand to fence when not in use, to prevent use by others.Hand has been replaced. | L | Centre staffTAC | 28/07/2020 | YES |