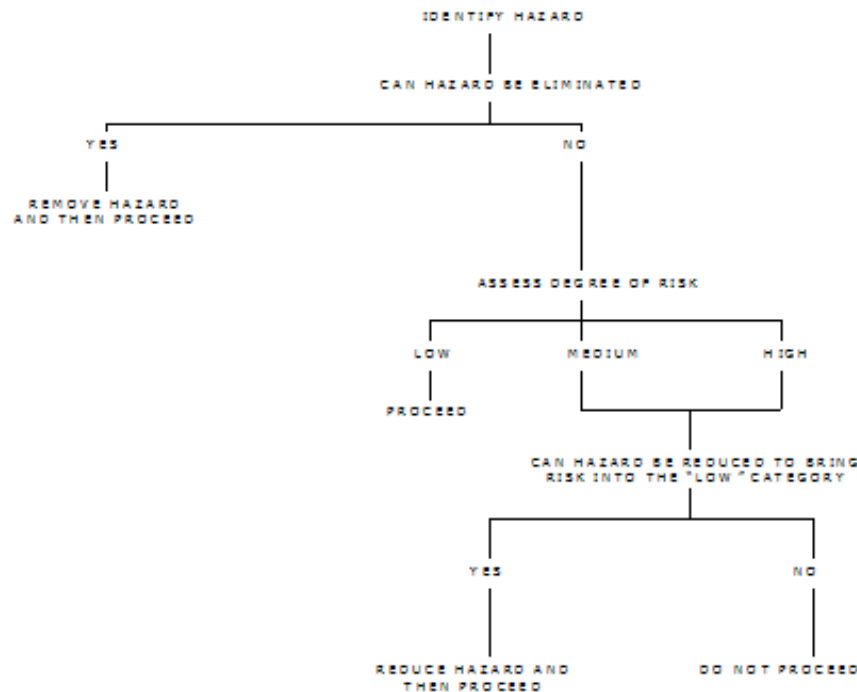




Risk Assessments and Approved Code of Practice for the safe conduct of track and field events both training and field events.

Overview: This Risk Assessment uses the UK Athletics ‘template’ provided in 2004 and it is reviewed each year by OUAC. OUAC wish to clarify that OUAC qualified Coaches and President are responsible for ensuring that all OUAC athletes abide by ‘good practice’ and follow the instructions of the coach in all disciplines. In competition OUAC abide by the guidelines laid down by UK athletics and the officials for the event.

In order to discharge the ‘duty of care’ to provide a safe environment for track and field events it is necessary to identify hazards, assess the associated risks, then take action to eliminate the hazard or failing this, take action to either eliminate the risks or reduce them, to an acceptable level. Risks are assessed in terms of LOW (no or minimal risk of injury), Medium (some risk of injury) or High (high risk of injury). Only where risks have been assessed as “Low” should a competition or training session be allowed to take place. Please Note: Where control measures are adequate and implemented then risks are categorised as low.



Approved Code of Practice

OUAC agree that it is the responsibility of all Track and Field Referees, Coaches and Athletes to ensure that all training and competitions are conducted in a safe manner. OUAC will work with both the Facilities Manager and the Area Safety Officer (Sport) for the Department on facility and safety issues.

At Training and Competition, Club Members will be expected to:

- Warm up properly.
- Be familiar with, check and use safely all equipment.
- Inform the President of any relevant medical conditions.
- Inform the Coach at a training session or competition that they are feeling unwell.
- Abide by the instructions of the President and /or Captains and/or Coaches.
- Behave so as to not bring the name of OUAC into disrepute.

Oxford University Athletics Club will:

- Ensure that Club Members comply with the above requirements.
- Ensure that Club Coaches log their Qualifications and Insurance details with the Sports Federation on an annual basis.
- Fill out an event registration form when appropriate.
- Record injuries on the accident report form.
- Report facility defects to Oxford University Sports Department.
- Report accidents to the Sports Department.
- Complete a Trip Registration form for trips outside of Oxford and send it to the ASO.
- Ensure the Event/Activity organizer or nominated person for trips out of Oxford are clear about their responsibilities for the reporting of accidents and major injuries to the University Security Services and the Sports Department.

Competitions:

Please note that for competitions:

- UK Athletics Officials are responsible for checking that all facilities and equipment meet with their approval and that any defects are reported to the Facilities Manager at the Sports Department for repair.
- UK Athletics Officials will be organised by OUAC for the Varsity match, the Americas fixture, and the indoor FEAR match (off-site).
- For Cuppers fixtures OUAC will officiate.
- For OUAC winter field events, all markings will be 'spot marked' and roped.
- For OUAC summer field events all markings will be line marked.
- OUAC will move all equipment for all competitions except for the Varsity match when OU Sports Department provide staff that will move and assemble equipment as requested by Officials.
- OUSD will use OUAC equipment e.g. discuss, javelin for field events and provide and ensure that the Personal Address system is in working order, that rakes, measuring tapes, starters stands, field event horns, any winders etc are in place and this is to be discussed by the President and Facilities Manager ahead of major competitions.
- For all competitions OUAC will provide an Itinerary of events for the Facilities Manager at least one week ahead of the fixture. This will allow field markings to be completed by the groundsman.

The above details do not appear in any of the Risk Assessment information.

Summary Index of Risk Considerations:

1. Flat Track Events
2. Hurdle Events
3. Steeplechase
4. High Jump
5. Pole vault
6. Long Jump, Triple Jump
7. Discus
8. Javelin
9. Shot Putt
10. Hammer Cage
11. Sports Hall Circuits
12. Iffley Gym Weights Session

Oxford University Sports Department – Generic Risk Assessment.
Training Sessions/Competitions (100m, 200m, 400m, 800m, 1500m, 3,000m, 5,000m, 10,000m etc
Running Track/General Training – Iffley Road

Hazard	Who/How affected?	Control Measures
1. Loose track surface & loose kerbs.	Athletes and coaches - injuries from slips and trips.	<ol style="list-style-type: none"> 1. Ensure athletes wear adequate footwear and kerb railings are fixed correctly in place. 2. Ensure athletes are aware of deposits of loose tartan from the track that may lead to slips and trips <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletic Club Athletes and Coaches to report to the Facilities Manager. 2. Oxford University Athletic Club Athletes and Coaches to inspect area of track being used.
2. Starting Blocks	Athletes - injuries from slipping/tripping due to incorrect positioning of blocks, or worn/poorly maintained blocks.	<ol style="list-style-type: none"> 1. If used ensure starting blocks are firmly secured onto the track or other area. 2. Ensure adequate maintenance and regular inspection, with blocks inspected by a coach/athlete before use (OUAC responsibility) <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. & 2. Oxford University Athletic Club and Coaches.
3. Stray 'Hurdles'	Athletes - injuries from collision.	<ol style="list-style-type: none"> 1. Ensure all hurdles are removed from the track after training. <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletic Club.
4. Starting Blocks	Athletes - injuries due to collision with other athletes encroaching into other lanes	<ol style="list-style-type: none"> 1. Ensure starting blocks are correctly positioned in each lane and firmly secured onto the track. <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletic Club and Coaches.
5. Lighting	All Athletes Coaches	<p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. OUAC to request that lights are turned on for training sessions. 2. OUAC to report any broken lights to the Facilities Manager.
6. Weather Conditions e.g. icy track/heat.	Athletes - slip, trip and fall on icy or wet surfaces. Athletes – suffer from heat exhaustion or hypothermia.	<p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. President and Coaches decide if the track is safe to use for training and competitions. The Officials will have the ultimate say regarding competitions. 2. Coaches and Athletes wear the correct clothes and take on fluids etc as required. Athletes should be aware of the symptoms of excessive cold or heat.
7. Warm-Up & Cool Down.	Athletes - reduction of injuries	<p>Control measure responsibilities:</p> <p>All Athletes are to warm-up & cool down at every training session/competition.</p>

8. Unknown Medical Conditions.		
9. Sports Injuries.	Athletes	<p>1. Any injuries sustained to be reported to Sports Department.</p> <p>Control measure responsibilities:</p> <p>1. OUAC athletes and/or coaches to assist injured athlete, report to Sports Department, and obtain any articles that assist the injured athlete (e.g. ice from sports department)</p>
10. Exhaustion.		

Oxford University Sports Department - Generic Risk Assessment
Training Sessions/Competitions.
Hurdles – Iffley Road

Hazard	Who/How affected?	Control Measures
1. Coaches and other Athletes.	Athletes - cuts and strains from collisions with other persons.	1. Athletes and coaches should observe local lane discipline.
2. Hurdles.	Athletes - injury from colliding with hurdles.	<p>1. Hurdles should be used in the correct direction and in the appropriate manner.</p> <p>2. Where competition hurdles are used the mechanisms for fixing the hurdles (a) at the required height (b) positioning the counter balance weight. Equipment should be fit for the purpose. Damaged hurdles should be replaced and reported to the Facilities Manager.</p> <p>3. When removing the hurdles from the hurdle cover, at least 2 members of staff should at all times remove the trolley from the container. OUAC to return hurdles to cover after use.</p> <p>Control measure responsibilities:</p> <p>1, 2, & 3 Oxford University Athletic Club and Coaches.</p>

Oxford University Sports Department - Generic Risk Assessment

Training Sessions/Competitions

Steeplechase – Iffley Road

Hazard	Who/How affected?	Control Measures
1. Water Jump	Athletes	<p>The water jump must not be used in training if empty.</p> <ol style="list-style-type: none"> 1. Plastic Cover should be in use at all times when the water jump is not in use. 2. Steeplechase and water jump to be used in daylight only. 3. Water Jump to be cleaned of algae & filled with water pre-competition <p>Control Measure Responsibilities :</p> <ol style="list-style-type: none"> 1 & 2. Oxford University Sports Athletic Club and Coaches. 3. Groundstaff.
2. Barriers (Portable)	Athletes, Ground Staff - injury from defective structures and from incorrect handling/lifting	<ol style="list-style-type: none"> 1. Check barrier top rail for secure fixings and that surfaces are not damaged so as to cause injury and check uprights of barrier in floor bases for secure fixing. Faults reported to OU Sports Department. 3. Minimum of two persons required to move the portable units. This applies to competitions when the barriers need to be moved at particular points in specific races. 4. Barriers to be set to correct height at competitions for men and women. <p>Control Measure Responsibilities :</p> <ol style="list-style-type: none"> 1 & 2 Oxford University Athletic Club and Coaches and OU Sports Department 4. Adjustable spanner obtained by either OUAC or officials from Sports Department to change heigh.

Oxford University Sports Department - Generic Risk Assessment.

Training Session/Competitions

High Jump – Iffley Road

Hazard	Who/How affected?	Control Measures
1.Track (Run up)	Athletes	1. Ensure athletes wear adequate footwear. 2. If kerbing is removed then it should be stored in a safe place and replaced after training. Not applicable to the Iffley Road Site. Control measure responsibilities: 1 & 2 Oxford University Athletic Club and Coaches.
2. Event	Athletes - Injury from incorrect technique, inadequate warm up, or collision with other athletes.	1. Ensure athletes undertake adequate warm up are taught correct technique by coaches. 2. Ensure athletes jump in turn. 3. Ensure that athlete does not wear jewellery or other objects which might cause injury. Control measure responsibilities: 1, 2 & 3 Oxford University Athletics Club and Coaches.
3. High Jump Cover	Athletes/staff injured through moving the high Jump metal cover.	1. Four members of staff/athletes required to move the metal cover on and off at all times. 2. Athletes asked to inform OU Sports Department when they have finished with Bed. 3. Concrete runners for metal cover to be well-maintained to allow ease of cover movement. Control measure responsibilities: 1 & 2. Oxford University Athletic Club, Coaches and OU Sports Department. 3. Groundsman.
4. Safety Matting , beds and stands.	Athletes - injury from falling sideways or off the bed.	1. Ensure additional matting is provided at the sides and the back of the main High Jump bed for competitions. 2. The high jump beds should be free of holes, covered by a cover, and all buckles should be secure. 3. The stands and bar should be in good order as required by the official. Control measure responsibilities: 1, 2 & 3 Officials.

Oxford University Sports Department - Generic Risk Assessment

Training Session/Competitions

Polevault – Iffley Road

Hazard	Who/How affected?	Control Measures
Pole Vault Drills 1. Swings on pole	Athletes - injury caused by falling.	1. Coaches to teach correct technique. Control measure responsibilities: 1. Oxford University Athletics Club Coaches.
2. Runs with pole	Athletes - injury caused from falls from slipping and tripping, or collisions.	1. Ensure track is free from holes, is swept regularly and is free from any debris. Any faults to be reported to the Facilities Manager. Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.
3. Vaults on mats	Athletes - injury caused by bottoming, mats too small, pole slipping, athlete slipping.	1. Ensure mats are thick and large enough for the size and ability of the athlete. 2. Ensure the pole can not slip, when planting the pole in the box at take off. Control measure responsibilities : 1 & 2. Oxford University Athletic Club and Coaches.
4. Poles	Athletes, other athletes - injuries from damage to poles, falling poles, storage of poles.	1. Ensure Poles are fit for the purpose. Defective Poles to be 'thrown out' by OUAC. Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.
5. Vaulting	Athletes - injuries from falls, collisions.	1. Coaches to teach correct technique. E.g correct pole (weight and length) for ability. Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.
6. Landing Area	Athletes - injuries as a result of an inadequate or poorly maintained landing area.	1. Ensure that the landing area is safe for use e.g. free from tears or holes and landing area sections are fastened together correctly. Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.
7. Elastic Bar	Athletes - injuries from falling stands and or inefficient elastic.	1. Ensure that stands are very firmly secured, the elastic bar is not placed at too high a height for the athletes ability and the bar is sufficiently flexible. 2. For Competitions ensure the uprights are padded and winders are in place. Control measure responsibilities: 1 & 2 Oxford University Athletics Club and Coaches and OU Sports Department.

8. Gymnastics	Athletes – Injuries occurring whilst training pole-vault gymnastics at Berinsfield Gymnastics Centre	<ol style="list-style-type: none"> 1. All pole-vaulters to have British Gymnastics insurance and members of the gymnastics club to be covered whilst training at their facility. 2. Only attempt exercises within competency level, ask for advice from the British Gymnastics coach who is present at the sessions if necessary. <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Pole-vault Squad leader
9. Rings exercises at circuits	Athletes – injuries from slipping off the rings, or general misuse, or to other athletes using the hall	<ol style="list-style-type: none"> 1. Safety mats to be placed underneath the rings for all exercises 2. Chalk to be used for grip 3. Spotting from other athletes on exercises which require it 4. Ensure no other athletes are in the vicinity near by <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletics Club and Coaches.

Oxford University Sports Department - Generic Risk Assessment
Training Session/Competitions
Long/Triple Jump – Iffley Road.

Hazard	Who/How affected?	Control Measures
1. Training	Athletes – injury due to lack of basic knowledge	<ol style="list-style-type: none"> 1. Athletes are taught the correct techniques. <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletics Club and Coaches
2. Runway	Athletes - slipping, tripping due to worn/slippy/damaged surface.	<ol style="list-style-type: none"> 1. Examine the runway to ensure no worn or damaged areas and the runway is not slippy. If you find a fault report to the Facilities Manager. <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletics Club and Coaches.
3. Take off boards and blanking boards.	<p>Athletes - injury due to unstable, ill fitting take off/blanking boards. Slipping off top of no jump indicator blanking boards.</p> <p>Coaches - back strain and hand injury due to lifting</p>	<ol style="list-style-type: none"> 1. Ensure that take-off board, no jump indicator insert board, and no jump indicator insert blanking boards are made of wood or wood composite, soft enough so as to absorb the impact of spikes. 2. Ensure that insert boards and blanking boards are capable of being adjusted so as to be stable and level with runway. 3. Ensure that plasticine insert boards and plasticine insert blanking boards fit adequately without being too difficult to remove. Ensuring that board lifting implements are available and suitable for the purpose of lifting the boards.

	ill-fitting, tight fitting insert boards and blanking boards. Use of incorrect lifting implements.	Control measure responsibilities: 1, 2 & 3. Oxford University Athletics Club and Coaches. All faults to be reported to the Facilities Manager at the Sports Department.
4. Landing area	Athletes - Injury due to compacted sand and extraneous material. Collision with edge of landing area.	1. Check that landing area is free of dangerous extraneous material and dug over. 2. Edge of sand pits are of plastic nosing and conform with UK athletics guidelines. 3. Ensure that rakes and brushes used for levelling and cleaning are kept away from landing area and that prongs of rakes face the ground. 4. Tarpaulin covers to be replaced after each use. Control measure responsibilities: 1, 3 & 4 Oxford University Athletics Club and Coaches.

Oxford University Sports Department - Generic Risk Assessment

Training Session/Competitions

Discus – Iffley Road.

Hazard	Who/How affected?	Control Measures
1. Sector	Athletes, coaches – collision with implement and/or tripping due to poor condition of infield. Safety sector not established.	<ol style="list-style-type: none"> 1. For competitions the central throwing area safety sector must be ‘roped off’ in accordance with current UKA rules. 2. All divets are replaced after throws. 3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. 4. For competitions a claxon is sounded to ensure the throwing area is clear. 5. No throwing after dusk. <p>Control measure responsibilities: 1, 2, 3, 4 & 5. Officials, OUAC Coaches and Athletes.</p>
2. Cage	Athletes, coaches, public – discus escaping due to badly maintained or poorly designed cage	<ol style="list-style-type: none"> 1. Ensure that cage is constructed and erected in accordance with UKA specifications. 2. Netting should be secured or ballasted at ground level as appropriate. 3. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth. 4. Athletes using cage for training to be shown how to correctly raise and lower nets in the new cage. <p>control measure responsibilities: 1, 2, 3, & 4 Oxford University Athletics Club and Coaches and OU Sports Department.</p>
3. Circle	Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle.	<ol style="list-style-type: none"> 1. Make sure the circle surface is in good order, is not cracked or breaking up and that the rim of the circle is not damaged. If faults are evident report to the Facilities Manager. <p>Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.</p>
4. Implements	Athletes – hand injury due to damaged discus	<ol style="list-style-type: none"> 1. Ensure that surface including metal rim of the discus is not damaged in such a way as to cause injury. <p>Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.</p>
5. Training	Athletes, Coaches, public – to avoid injury during throwing	<ol style="list-style-type: none"> 1. The President must agree set training times with the Facilities Manager and Iffley Road groundsman and these should be advertised on OUAC webpage. 2. All throws shall only take place from the circle and within the cage.

		<p>3. For competition and training the discuss netting must be in a down position and pegged.</p> <p>4. Throws must not commence unless the supervisor signals it is safe to begin. It should be borne in mind that the sounding of the warning horn or agreed signal is to warn those in or adjacent to the sector of an impending throw.</p> <p>Control measure responsibilities:</p> <p>1, 2, 3, Oxford University Athletics Club and Coaches.</p> <p>4. Officials.</p>
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Oxford University Sports Department - Generic Risk Assessment
Training Session/Competition.
Javelin – Iffley Road

Hazard	Who/How affected?	Control Measures
1. Runway	Athletes, coaches – slipping, tripping due to wet, worn, damaged surface.	<p>1. Examine surface to ensure no worn or damaged or slippy surfaces. Report faults to the Facilities Manager.</p> <p>Control measure responsibilities:</p> <p>1. Oxford University Athletics Club and Coaches.</p>
2. Sector	Athletes, coaches – tripping, slipping due to uneven, wet surface.	<p>1. The central throwing area, or other designated throwing area, must be ‘roped’ off in accordance with current UKA rules.</p> <p>Control measure responsibilities:</p> <p>1. Officials.</p>
3. Implements	Athletes – loose or damaged grip causing injury. Officials – impact injury caused by abnormal flight characteristics of bent/bowed javelin.	<p>1. Implements must be checked before commencement of any throwing to ensure they are serviceable, particularly the grip and profile.</p> <p>Control measure responsibilities:</p> <p>1. Oxford University Athletics Club and Coaches and Officials.</p>
4. Training	Athletes - injury from slipping on wet, gritty surfaces. Spectators - impact injury.	<p>1. The President must agree set training times with the Facilities Manager and Iffley Road groundsman and these should be advertised on OUAC webpage.</p> <p>2. All throws must be from the runway and only in the direction of the sector Javelins are to be returned after throwing by carrying vertically and not by throwing.</p>

		<p>3. When approaching a thrown javelin to mark the point of landing, or retrieve it, coaches or other appointed persons should approach the javelin from the side and not move in towards the pointed tail end of the javelin.</p> <p>4. During competition, the warning horn or agreed signal is to be given to warn that a throw is due to commence, especially for the athletes or coaches within or in proximity of the safety sector and only when the athlete is on the runway. Throws must not commence unless the Official signals it is safe to begin.</p> <p>5. No athlete should throw a Javelin past dusk.</p> <p>Control measure responsibilities:</p> <p>1. President. 2, 3 & 4 Officials, 5. Oxford University Athletics Club and Coach.</p>
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Oxford University Sports Department - Generic Risk Assessment

Training Session/Competition

Shot Put – Iffley Road.

Hazard	Who/How affected?	Control Measures
1. Circle	Athletes, officials - slipping due to wet, gritty surface. Injury due to damaged metal rim of circle, damaged/loose stop board.	<p>1. Ensure that drainage holes are kept clear, that the circle is free of dirt, grit and any standing water, that the metal rim has no protrusion or shards of metal and that stop board is not damaged and/or infirm and unstable. All defects are to be reported to the Facilities Manager.</p> <p>Control measure responsibilities:</p> <p>1. Oxford University Athletics Club Coaches and Officials</p>
2. Sector	Athletes, officials - slipping, tripping due to uneven surface.	<p>1. Fill in holes in shot area after each training session.</p> <p>2. Rake ash/shale surface after each training session and throw of the competition.</p> <p>3. The safety sector or central throwing area must be roped off in accordance with UKA rules.</p> <p>Control measure responsibilities</p> <p>1, 2 & 3 Officials and Groundstaff</p>
3. Implements	Athletes, officials – hand injury due to damaged surface of shot.	<p>1. All implements used for training must be checked before use.</p> <p>2. All implements used for competition must be checked.</p> <p>Control measure responsibilities:</p> <p>1. Oxford University Athletics Club Coaches and Officials</p> <p>2. Officials</p>

Oxford University Sports Department - Generic Risk Assessment

Training Session/Competition

Hammer Cage – Iffley Road

Hazard	Who/How affected?	Control Measures
1. Sector	Athletes, coaches – collision with implement and/or tripping due to poor condition of infield. Safety sector not established.	<ol style="list-style-type: none"> 1. For competitions the central throwing area safety sector must be ‘roped off’ in accordance with current UKA rules. 2. All divets are replaced after throws. 3. Ensure that all non-associated persons are not within or in the vicinity of the safety sector before throws commence. 6. For competitions a claxon is sounded to ensure the throwing area is clear. 7. No throwing after dusk. <p>Control measure responsibilities: 1, 2, 3, 4 & 5. Officials, OUAC Coaches and Athletes.</p>
2. Cage	Athletes, coaches, public – discus escaping due to badly maintained or poorly designed cage	<ol style="list-style-type: none"> 1. Ensure that cage is constructed and erected in accordance with UKA specifications. 2. Netting should be secured or ballasted at ground level as appropriate. 3. Make sure that netting hangs vertically from gallows arms and is not tied to the uprights, particularly at the mouth 4. Athletes using cage for training to be shown how to correctly raise and lower nets in the new cage. <p>control measure responsibilities: 1, 2, 3, & 4 Oxford University Athletics Club and Coaches and OU Sports Department.</p>
3. Circle	Athletes – slipping due to wet, gritty surface. Injury due to damaged metal rim of circle.	<ol style="list-style-type: none"> 1. Make sure the circle surface is in good order, is not cracked or breaking up and that the rim of the circle is not damaged. If faults are evident report to the Facilities Manager. <p>Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.</p>
4. Implements	Athletes – injury due to damaged hammer	<ol style="list-style-type: none"> 1. Ensure that hammers are in good condition, with wire chain securely attached. <p>Control measure responsibilities: 1. Oxford University Athletics Club and Coaches.</p>
5. Training	Athletes, Coaches, public – to avoid injury during throwing	<ol style="list-style-type: none"> 1. The President must agree set training times with the Facilities Manager and Iffley Road groundsman and these should be advertised on OUAC webpage. 2. Ordinarily, the hammer cage will be used only for competition purposes. 3. Hammer training to be ordinarily undertaken at Tilsley Park, Abingdon 4. All throws shall only take place from the circle and within the cage. 5. For competition and training the discuss netting must be in a down position and pegged.

		<p>6. Throws must not commence unless the supervisor signals it is safe to begin. It should be borne in mind that the sounding of the warning horn or agreed signal is to warn those in or adjacent to the sector of an impending throw.</p>
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Control measure responsibilities:

1, 2, 3, 4 & 5 Oxford University Athletics Club and Coaches.

4. Officials.

Oxford University Sports Department – Generic Risk Assessment
Sports Hall Circuit Training Sessions

OUAC run a weekly circuit training class during Michaelmas and Hilary Term and this is run by the OUAC long sprints squad leader for OUAC.

Hazard	Who/How affected?	Control Measures
1. Personal Injury	Athletes	The structure of training is such that there is adequate time for warming up and stretching, lowering the risk of injury. Also, sports hall first aid, near to qualified first aiders are attending. Control measure responsibilities: Oxford University Athletics Club and Coaches
2. Exhaustion	Athletes	Suggested prior to event to bring water and fast-absorbing carbohydrates Control measure responsibilities: Oxford University Athletics Club, Athletes and Coaches
3. Medicine Ball impact	Athletes, coaches, public – collision with implement, tripping over rolling ball	Medicine ball exercises separated away from other athletes in training, and all throws against same wall. Control measure responsibilities: Oxford University Athletics Club and Coaches
4. Inadequate warm up / cool down	Athletes – potential for pulled muscles or DOMS	Taken through a warm up as part of the session, latecomers are guided through an adequate warm up prior to being allowed to join in. Taken through appropriate cool down or stretches to minimise DOMS and other risks. Control measure responsibilities: Oxford University Athletics Club and Coaches
5. Training area hazards	Athletes, coaches, public – poor surface conditions and crowding leading to slipping or collision.	<ol style="list-style-type: none"> 1. Floor checked at start of session and if wet then mopped up. 2. Non-OUAC athletes to vacate the sports hall area before training begins. 3. If training outside, lanes 1-3 left clear for non-OUAC athletes to train. 4. Whilst sharing the sports hall floor with another society, a curtain will be drawn across the hall to minimise risk of collision or interference with the other group. Athletes will be advised caution when training close to the curtain. Control measure responsibilities: <ol style="list-style-type: none"> 1. Oxford University Athletics Club, Coaches and OU Sports Department 2. Oxford University Athletics Club and Coaches 3, 4. Oxford University Athletics Club, Athletes and Coaches

<p>6 Rings exercises at circuits (for Pole-vaulters only)</p>	<p>Athletes – injuries from slipping off the rings, or general misuse, or to other athletes using the hall</p>	<ol style="list-style-type: none"> 1. Safety mats to be placed underneath the rings for all exercises 2. Chalk to be used for grip 3. Spotting from other athletes on exercises which require it 4. Ensure no other athletes are in the vicinity near by <p>Control measure responsibilities:</p> <ol style="list-style-type: none"> 1. Oxford University Athletics Club and Coaches.
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Oxford University Sports Department – Generic Risk Assessment
Iffley Gym Weights Training Sessions

OUAC will run weekly weights classes during Michaelmas and Hilary Term, run by Qualified Coaches or to be done by experienced, trained athletes individually

Hazard	Who/How affected?	Control Measures
1. Personal Injury	Athletes	<p>1. The structure of training is such that there is adequate time for warming up and stretching, lowering the risk of injury. Also, sports hall first aid, near to qualified first aiders are attending.</p> <p>2. All athletes will be guided by experienced coaches to develop safe and correct technique, as well as details as to appropriate regimes for weight and exercises, before being allowed to train by themselves or in small experienced groups.</p> <p>3. Where appropriate, athletes will be partnered with an appropriate spotter to aid in situations of fatigue to prevent injury to the athlete and take the weight and safely take it out of harm's way to the appropriate holder.</p> <p>4. Athletes will be advised on safe and appropriate clothing for free weights including foot wear. If deemed unsafe/unsuitable by the coach present, the athlete will not partake in any activity deemed unsafe.</p> <p>Control measure responsibilities: 1, 2, 3, 4. Oxford University Athletics Club, Athletes and Coaches</p>
6. Exhaustion	Athletes	<p>Suggested prior to event to bring water and fast-absorbing carbohydrates</p> <p>Control measure responsibilities: Oxford University Athletics Club, Athletes and Coaches</p>
7. Medicine Ball impact	Athletes, coaches, public – collision with implement, tripping over rolling ball	<p>Medicine ball exercises separated away from other athletes in training, and all throws against same wall.</p> <p>Control measure responsibilities: Oxford University Athletics Club, Athletes and Coaches</p>
8. Dropping/throwing of weights	Athletes, public, coaches – collision with falling weights	<p>The area will be kept suitably clear of other members of the public, athletes and coaches, and the correct technique will be advised beforehand by trained coaches. Dropping and throwing will only be allowed on suitable, safe surfaces designed for the purpose.</p> <p>Control measure responsibilities: Oxford University Athletics Club, Athletes and Coaches</p>

9. Inadequate warm up / cool down	Athletes	<p>Taken through a warm up as part of the session, latecomers are guided through an adequate warm up prior to being allowed to join in. Taken through appropriate cool down or stretches to minimise DOMS and other risks.</p> <p>Control measure responsibilities: Oxford University Athletics Club, Athletes and Coaches</p>
10. Training area hazards	Athletes, public, coaches -	<ol style="list-style-type: none"> 1. Floor checked at start of session and if wet then mopped up. 2. Items left on floor, including but not limited to bars, weights, benches etc to be cleared to their appropriate place or holder to minimise tripping risk. 3. It will be checked before use that the weights mat is sufficiently gripped and padded and in good condition for free standing weights. 4. To prevent overcrowding and potential conflict with other gym users, groups will be kept small. 5. All equipment will be checked before use to ensure it is in good condition for safe use, including but not limited to bars, weights, weight holders, benches, machine weight supports and mechanisms. <p>Control measure responsibilities: 1, 2, 3, 5. Oxford University Athletics Club, Coaches and OU Sports Department 4. Oxford University Athletics Club, Athletes and Coaches</p>

Notes on Circuits and Weights Sessions

- All sports hall Athletics equipment shall be of an approved type and in a safe and serviceable condition.
- Any liquid on the sports hall floor is dangerous to all athletes and officials, if a spillage occurs then the event must be stopped immediately. The event must **not restart** until all liquid has been cleared and the floor is dry.
- Any faults with any equipment must be reported by the Coach to the Sports Manager on duty.
- At all events practice sessions must only take place under the provision of a suitable Coach.