



Risk Assessment for Outdoor Track Training

HAZARD TRACK/KERB

WHO/HOW AFFECTED

Athletes and Coaches – Injuries from slipping/tripping due to worn out track and loose kerbing.

CONTROL MEASURES

1. Athletes should wear adequate footwear.
2. Ensure track is level, free of holes and swept regularly to remove debris e.g. stones.
3. Porous surface should be cleaned regularly to allow drainage.
4. Ensure adequate maintenance and regular inspection.
5. Where removable kerbs are in place, any exposed ends should be covered and where sections join together, they should be secured.
6. Lengths of kerbing that have been moved to facilitate steeplechase, high jumping or javelin throwing should be placed in a safe area. They should be replaced after steeplechase, high jump and javelin have ceased.

Control Measure Responsibilities:

- 1 Athletes and Coaches
- 2,3,4,5,6 Facility Staff

HAZARD STARTING

WHO/HOW AFFECTED

Athletes – Injuries due to collision with other athletes encroaching into other lanes.

CONTROL MEASURES

1. Ensure athletes line up in an orderly manner.

Control Measure Responsibilities:

- 1 Athletes and Coaches.



HAZARD WEATHER

WHO/HOW AFFECTED

Athletes and Coaches - Cuts and Strains from slipping on slippery track.

CONTROL MEASURES

1. Porous surface should be cleaned regularly to allow drainage.
2. Ensure adequate maintenance and regular inspection.
3. Drains on non-porous surfaces should be cleaned regularly to allow drainage.

Control Measure Responsibilities:

1,2,3 Facility Staff

HAZARD TIME OF DAY/LIGHTING CONDITIONS

WHO/HOW AFFECTED

Athletes - Injury from not being able to see event layout.

CONTROL MEASURES

1. Ensure adequate flood lighting.

Control Measure Responsibilities:

1 Coaches and Facility Staff

HAZARD COACHES AND OTHER ATHLETES

WHO/HOW AFFECTED

Athletes - Cuts and Strains from collisions with other persons

CONTROL MEASURES

1. When a training run is about to start ensure that there is no risk of collisions with others using the track.
2. Athletes and Coaches should observe local lane discipline.
3. Athletes and Coaches should observe track etiquette.

Control Measure Responsibilities:

1 Coaches

2,3 Athletes and Coaches