



RISK ASSESSMENT

ATHLETICS

<i>HAZARD</i> (Situation or activity to be undertaken)	<i>POTENTIAL RISK</i>	<i>RISK RATING</i> A=High B=Medium C=Low	<i>LIKELIHOOD</i> 1=High 2=Medium 3=Low	<i>PREVENTION</i> (Action taken to control potential risk/hazard)
All Athletics events	Minor injuries – pulled muscles	C	3	Importance of warm up, cool down and stretch – close supervision of pupils
Events using spikes	Scratching	C	3	Use of boot bag. Awareness of other people at all times
Sprints	Slipping at start	C	3	Coaching of start technique. Check state of track
	Collision	C	3	Ensure lanes are well marked
	Falling at finish	C	3	Coaching of finish technique – no sudden stops
Distance running	Over-exertion	C	3	Assessment of pupils' ability. Close supervision and coaching re pacing
Throwing events	Dropping equipment	C	3	Safety instructions delivered to pupils at regular intervals
	Being hit by equipment	B	3	Use of safety nets for discus. All pupils aware and disciplined. Close supervision by teacher – children behind thrower at all times.
Javelin	Spiking self or other when carrying or removing from ground	B	3	Close supervision – carrying javelin upright – technique for picking up/removing from ground
Long/Triple Jump	Ankle/knee injury	C	3	Coaching of correct technique for take off and landing. Check state of run up, take off boards, sand pit
	Collision	C	3	Close supervision of pupils not jumping – awareness
High Jump	Falling/slipping on run up	C	3	Check run-up area is not slippery or hazardous

	Injury on landing	C	3	Coaching of correct technique. No 'Fosbury' until child is ready. Check position of landing area, posts and crossbar
	Collision	C	3	Close supervision of pupils not jumping or those that are helping

JEB

FULL Date of Policy: 26 January 2018

Date of Policy renewal: February 2019