

**Assessment Team / Document Control**

Activity: Throwing inc. javelin, discus and shot  
 Location / address: Multiple locations  
 Approved by: Simon Townsend  
 Approved date: 2020 / 08  
 Review date and reason (regular review or straightaway): 2020 / 08

**Who might be harmed? (Yes / No)**

Members / participants: Yes  
 Coaches / volunteers: Yes  
 Visitor/s: Yes  
 Members of the public: Yes

RA Ref: RA01
If a review or changes are made to the content of this risk assessment, the amended assessment must be forwarded for inclusion website

**Generic supportive controls:**

CAAT AGM and [Constitution](#) governs and outlining clubs objectives, roles, responsibilities, equal opportunities, child / adult protection and sub committees.

CAAT [Code of Conduct](#) covers principles for vulnerable child / adults, [coaches](#), parents, Members and juniors to ensure respect, integrity, standards, inclusivity and diversity.

CAAT [Committee](#) reviews, meetings and AGM ensures appropriate compliance and governance of club including risk assessments.

CAAT Coach meetings help continuous development of suitable training plans and safe training sessions leading to successful participation of sporting events. Development of training plans and specific training sessions or event instructions by lead coaches

CAAT [MOJO club membership](#) governs attendees and emergency contacts at training session, incidents or injury shall be reported using [accident reporting form](#).

CAAT Website contains membership, training and competition information and is governed by privacy [terms and conditions](#) and [privacy policy](#)

CAAT Safeguarding is overseen by a safeguarding officer and [key contacts](#), all coaches are [DBS certificated](#) and volunteers either self-certify or have [appropriate level DBS](#).

CAAT has approved [risk assessments](#) (RA) for training and events. Site Specific Risk Assessment (SSRA) covering training venues and a COVID RA covering infection/ hygiene. These shall be referenced in collaboration with other relevant controls measures and instructions to form CAAT's Emergency Action Plan (EAP) and safety arrangements.

CAAT operates within [Public Health England, UKA, EA, BTF](#) and [TE](#) guideline to ensure there is a healthy and safe pathway to training and racing.

CAAT coach to carry club provided first aid kits to all training. First aider coverage reviewed periodically, first aid contents reviewed after use and annually for expiry dates.

Training sessions and events should be planned, assessed, with suitable control measures in place and have effective communication to all relevant parties to reduce bacteria and virus transmission risks

Responsible Person (RP) = member or member parent, guardian, or other person helping with travel arrangements of member / supporting a session or event.

**Other supportive Information or drawings**

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
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Lead Coach Responsible -	Overall Risk Rating:	Low <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	High <input type="checkbox"/>
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Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required and By Who
Risk of illness, infection / disease	Member, parent, coach, volunteer, member of public, family of the above. Showing symptoms from the Infection of COVID 19 possibly leading to longer term health issues or death	<ul style="list-style-type: none"> <li>Follow <b>Risk Assessment COVID Secure</b> guidance and instruction for updated information including personal hygiene, venues, use of equipment, inadequate instruction, poor supervision, other Members, travel to venues, first aid provisions</li> <li>Coach to Member ratio's set by governing bodies <a href="#">Public Health England, UKA, EA.</a></li> <li>Each coach can train 6 people at one time in a club/running group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present.</li> <li>Revert to governing body guidance on coach to Member ratio for non COVID secure venues or activities</li> <li>All equipment will be labelled and allocated to a specific individual while throwing. There must be no sharing of equipment.</li> <li>All equipment must be cleaned after it is used and before anyone else uses it.</li> </ul>	Med	
Slips, trips and falls including inclement weather	Members, may be injured if they slip, trip or fall during the session	<ul style="list-style-type: none"> <li>Where possible check the throwing surface is suitable before the session starts and adjust session as required.</li> <li>Remind members before training to wear appropriate clothing/footwear for terrain, location and conditions.</li> <li>Complete a quick check on footwear, hydration and clothing before session starts. Where necessary alter session to suit or manage members attendance</li> <li>Where the weather or ground condition change and it is no longer safe to continue stop and return to agreed safe location per SSRA / instruction</li> </ul>	Low	

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
Poor ground conditions, unknown objects, sharps or needles	Members, may be injured by tripping over tree branches or roots. The ground may be flooded or uneven. Objects left on the grass or paths e.g. litter/glass /excrement	<ul style="list-style-type: none"> <li>• Where possible check training area prior to session for debris, obstacles and that it is suitable ground to run on</li> <li>• Notify Members early of known conditions so that they are prepared for the session with suitable footwear and clothing.</li> <li>• Do not handle unknown objects, sharps objects, needles or excrement.</li> <li>• Move training area as necessary to avoid hazards.</li> </ul>	Low	
Other users of training area / park / venue	Member, parent, coach, volunteer, member of public.	<ul style="list-style-type: none"> <li>• Follow site specific risk assessment guidance.</li> <li>• See this document's throwing specific risk assessment.</li> <li>• Look for other events in the area that may clash with the training sessions that could introduce uncontrolled risk of collision, poor social distancing.</li> <li>• Undertake a dynamic risk assessment, if the area is unsuitable for use, then revert to another suitable running area.</li> <li>• Avoid conflict and unnecessary risk of any contact.</li> <li>• Give club members advanced warning of change of training area via approved comms channel for group like message groups, email or social media page.</li> </ul>	Low	
Risk of injury due to horseplay	Member, coach or volunteer being injured	<ul style="list-style-type: none"> <li>• All members act within code of conduct.</li> <li>• Coach to remind Member of conduct during session and where appropriate the member RP.</li> <li>• Coach to report any safeguarding issues to CAAT officer.</li> </ul>	Low	

Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
	by physical or mental interaction			
Unsupervised Member prior to during and after sessions	Member	<ul style="list-style-type: none"> <li>Member to have suitable supervision prior to, where necessary during (at agreed safe location) and afterwards by members RP</li> <li>Coach to release Member to members RP where appropriate</li> </ul>	Low	
Unknown third-party intervention with training	Member, coach	<ul style="list-style-type: none"> <li>Avoid conflict with non-members were possible.</li> <li>Where required stop session and support members to a safe location point detailed in SSRA.</li> <li>Report any incident to safeguarding officer</li> </ul>		
Thrown objects hitting/damaging people, animals or property	Member, coach, volunteers, members of the public	<ul style="list-style-type: none"> <li>This guidance covers the throwing of javelin, discus and shot-like objects. This guidance does not cover throwing of hammer-like objects.</li> <li>The coach will perform a safety brief all athletes at the beginning of every session.</li> <li>Object must never be thrown if there is a risk of injury/damage to the athlete or any other person, animal or object.</li> <li>Metallic javelin and discus can only be thrown in dedicated athletic track and field locations where the general public is not allowed, or access is rigorously controlled.</li> <li>Plastic, rubber and foam javelin and discus, or shot can be thrown in public areas where access is controlled with visible, cones, stakes and barrier tape.</li> <li>Only one athlete may throw at a time and only when the coach confirms the throw can commence.</li> <li>Equipment must be retrieved only when the coach confirms. Athletes must not run to or run with equipment unless in the process of throwing it.</li> <li>Throwing objects must be held safely and securely at all times; as advised by the coach.</li> <li>Anyone not throwing must stand in an area identified by the coach; that is well away from the athlete throwing.</li> </ul>	Medium	

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Significant Hazards	Who might be harmed and how	Existing Control Measures	Risk Rating	Additional Action Required
Lack of medication	Member	<ul style="list-style-type: none"><li>Members with known medical requirements should be registered on the MOJO and the coach be aware of the member requirements.</li><li>Member should raise any issues with the training instructions with the coach is there is any concern before, during or after.</li><li>Member to carry own provisions and be able to self-medicate if required during session.</li></ul>	Low	