

CAAT TRAINING RISK ASSESSMENTS

| Risk | Impact (1-5) | Control Measure(s) |
|--|-----------------|--|
| TRACK & FIELD | | |
| General public/parents, etc. (risk of collision with athletes) | 3 | To be allowed to stand in front of grandstand and not be allowed onto track area. |
| Risk of athletes colliding with others. | 4 | Athletes participating in sessions to warm-down/recover on directed areas away from the training athletes. Typically the outside two lanes of the track or the grass on the inside of the track. |
| | | Segregation of sessions. Athletes to keep to inside of allotted lanes when being overtaken. When finished lap or interval athletes to move off track to allocated warm-down/recovery area. No i-pods or mp-3 players allowed during A.R.C. sessions. |
| | | Athletes participating in sessions to leave bags/jackets/drinks off the track. |
| | | Athletes to be briefed on 'track etiquette'. |
| Car park areas (risk of collision with vehicles) | 1 | No athletes to train/warm-up in these areas |
| Training staff/helpers (risk of collision with athletes) | 1 | All to be aware of other training sessions being carried out simultaneously. All sessions to be co-ordinated by one supervisor. |
| Icy or very wet track conditions (risk of slipping/falling) | 4 | Track supervisors to assess condition of track prior to session. Abandon if necessary. Use of spikes will aid grip, and reduce chance of incidents. |
| Throwing events can cause serious injury. | 5 | Throwing area needs to be secured from incursion by other athletes. |
| | | Throws athletes MUST follow coaching direction at all times, to ensure safety of themselves and others. |