



**RISK ASSESSMENT**  
**AT NORTHGATE SPORTS CENTRE, IPSWICH**

**GENERIC**

**ATHLETICS EQUIPMENT**

The equipment must be stored away from the main area used for activities.

It should only be handled by athletes under the direction of qualified coaches.

It should be carried with an awareness of safety – correct lifting procedure, not running, not too heavy.

It should be checked for 'wear and tear'.

Nobody should be throwing equipment until directed by a coach.

**ATHLETES' CLOTHING**

All participants must wear recognised sports clothing – Shorts or track bottoms, athletics T-shirt, sweatshirt, socks and trainers.

Hair must be tied back to avoid restricting sight.

**ATHLETE'S BEHAVIOUR**

This is covered by our rules which are handed out to each participant on joining the club.

If it is felt a person's behaviour or attitude is detrimental to the other athletes and coaches, they can be asked to leave immediately.

**CONTACT**

There should always be a list of participants and their contact for emergency available with the coaches. Next of kin must be available to collect their offspring immediately either to take them home or to go to hospital if needed.

**ACCIDENTS**

If there is an accident, a first aider may be used from the club or from Northgate Sports Centre – but each accident must be recorded in the Accident book – in case there is a follow up from a doctor.

## **SAFETY INSIDE – IN THE GYM**

### **SPACE**

There is a small space for activities which need to be utilised by **athletes**.

Extra adults will be detrimental to the participants and coaches because of risk of:

Accidents from throwing events

Tripping over people when running or jumping

Lack of concentration from extra noise and movement.

### **REFRESHMENTS**

All athletes should bring a non-carbonated drink with them, but these must be drunk when sitting down – to prevent spillage on the floor which will become slippery.

### **PARENTS / CARERS**

Are allowed to sit quietly in the viewing gallery above the main sports hall but are requested to be outside the Gym by 7.55 p.m. to meet the athlete at the end of training.

### **HAZARDOUS WEATHER CONDITIONS**

At times of severe weather athletes should always check with the stadium to see if training is going ahead. On such days Parents / Carers are asked to **STAY** at Northgate, in case training is curtailed early because of the worsening weather. The Panther web site will try to post information as well.

## **SAFETY OUTSIDE**

### **REFRESHMENTS**

All athletes should bring a non-carbonated drink with them, but these must be drunk when sitting down – to prevent spillage on the floor which will become slippery.

### **TRACK**

Not to be used if wet as the athletes do not have spikes and are often less steady on their feet.

Care taken when crossing to the field in case others are running.

Only qualified or trained adults allowed on the track.

### **FIELD**

Not to be used if wet because of risk of sliding with equipment.

No-one is allowed to throw an implement until directed by a qualified coach.

Athletes must be taught how to carry athletics equipment.

Only qualified or trained adults allowed on the field.

No-one should be in the throwing area when it is being used.

**Athletes must remain behind the throwing line at all times.**

### **JUMPING PITS**

Nobody allowed to jump until directed by a qualified coach.

In horizontal jumps, nobody allowed to jump until the pit has been raked.

Only qualified or trained adults allowed in the jumping area.

**This is to be read in conjunction with Risk Assessment held by the Sports Centre and is in addition to UK Athletics Approved Codes of Practice for the safe conduct of Track and Field Events.**