



Safety At Reading Athletic Club

A Guide for Athletes, Coaches, Officials and Parents

Introduction

This booklet is written to help keep safe the people involved with Reading Athletic Club. The guidance and rules are hopefully common sense and will act as a reminder for readers. This guidance has been developed from UKA guidance as well as our own risk assessments.

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Safety Guides

General

- 🏃 **Warm up** and **warm down** either side of the training or competition
- 🏃 **No headphones** on track area
- 🏃 Manage risk **dynamically** e.g. if there are strong gusts and long javelin throwers there is risk of errant javelins landing outside the cordoned area

Weather Extremes

- 🏃 **Do Not** risk being in the open where there is a likelihood of **lightning**
- 🏃 Avoid **ice** patches, especially on track and pavement surfaces
- 🏃 Wear **correct clothing** for the weather conditions
- 🏃 Consider avoiding **heavy rain**
- 🏃 Avoid **intense heat** where possible
- 🏃 Avoid prolonged periods in **direct sunlight**
- 🏃 Wear **sun protection** when needed
- 🏃 Consider **cooling techniques**

Track

- 🏃 Check **surface conditions** before using the track
- 🏃 Avoid **congested areas**
- 🏃 Run in **one direction** when track is congested
- 🏃 **Remove obstructions** such as blocks or hurdles as soon as possible
- 🏃 **Check left and right** before stepping on track
- 🏃 Recognise the term '**track**' where an up-track runner is running through faster in a lane (sometimes they are on a time trial)

- 🏊 **Up-track athletes** have a **responsibility** not to run into down-track athletes
- 🏊 **Warm up** and cool down **off the track** during congested periods
- 🏊 Use correct **lifting techniques** when carrying or moving heavy or awkward to handle items
- 🏊 Hurdle only in **correct direction** of hurdle
- 🏊 Avoid being around the **steeplechase water jump**
- 🏊 Only use the **track judges stand** if track judging and use with care

Throws Field

- 🏊 **Do not** stand in field area when **implements are being thrown** unless you are an official in a competition
- 🏊 **Co-ordinate** javelin and throws cage in training for retrieval of implements
- 🏊 **Walk** when retrieving implements
- 🏊 Do not use **mobile phones** or **earphones** when retrieving equipment
- 🏊 Carry javelins **upright** when walking
- 🏊 Refill **divots** and **holes** left by equipment

Throws Cage

- 🏊 Check the **cage and netting integrity** before training or competition
- 🏊 Check **surface condition** before use
- 🏊 **Close left gate** in training for right-handed discus throwers over thirty metres
- 🏊 **Thrower only** in cage area during throw
- 🏊 **Do not** stand close to the netting
- 🏊 Use correct **lifting techniques** when carrying or moving the hammer circle inserts
- 🏊 **Report all near miss or injury events to the club**

Javelin Runway

- 🏊 Check **surface condition** before use
- 🏊 **Avoid** warm-up exercises where javelin might **strike** someone (e.g. rotating)

Shot Put Area

- 🏊 **Avoid** standing in arc in a position where a shot may land
- 🏊 **Check** landing area **before** throwing

Throws Equipment

- 🏊 Athletes **under 18- await coach** before collecting equipment
- 🏊 Athletes under 18- **do not throw** equipment **without coach's** supervision
- 🏊 Check equipment for **sharp burrs**
- 🏊 Check equipment for **serviceability** before use

High Jump Area

- 🏊 Check **surface condition** before use
- 🏊 Wear **correct footwear**. Spikes mandatory when surface is wet
- 🏊 **Clear two metres** around bed of any debris that could be landed on
- 🏊 Check **stability of uprights** before use
- 🏊 Check continuous **integrity of bed base** before use (i.e. no foot traps)
- 🏊 Check bar for fibreglass **shards** before use

Pole Vault Area

- 🏊 **Inspect** runway, box, equipment and poles before use
- 🏊 Use correct **manual handling** when setting up or adjusting
- 🏊 Wear **correct footwear**. Spikes mandatory when surface is wet
- 🏊 **Clear two metres** around bed of any debris that could be landed on
- 🏊 Consider **chalk** or other grip assistance in wet conditions

Long Jump Areas

- 🏊 Check **surface condition** before use
- 🏊 Check **take-off boards** and blanks before use
- 🏊 Ensure there is **sufficient sand** in expected landing area
- 🏊 Ensure **sand** is soft before use
- 🏊 Avoid **debris** under covers
- 🏊 Vigilance for track athletes **crossing runway** in home straight

Palmer Park

- 🏊 Be aware and vigilant at **road crossings**
- 🏊 Avoid running on paths in **icy conditions**
- 🏊 Be aware and vigilant for **uneven surfaces**, especially in poor visibility
- 🏊 **Be seen** at night
- 🏊 Coaches provide **safety briefing** for each session
- 🏊 Ensure athletes under eighteen are **directly supervised**

Equipment Store

- 🏊 Do not store **heavy or awkward to handle items** too high or too low
- 🏊 Do not stand on **makeshift surfaces** to reach for or replace equipment
- 🏊 **Do not clutter** area, return items to their storage location
- 🏊 Report any **sharp or broken items** such as burred shots or a damaged discus

Clubhouse

- 🏊 **Prepare** clubhouse before opening
- 🏊 Leave the clubhouse **clean and tidy**
- 🏊 Ensure there are no **wet patches** on the floor
- 🏊 Close **window shutters** under control

- **Do not** store **heavy and awkward to handle items** where you will have to stretch or reach to lift them
- Turn off the **wall and water heaters** after use
- Turn of **kettle electrics** after use
- Keep **chemicals out of reach** of younger people
- Do not store **incompatible chemicals** aside each other

Review

This document was last reviewed:	Jun-2023
Reviewed by:	Lincoln Ball
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