

Risk Assessment: Throwing Cage (Hammer Weight, and Discus) Applicable to a Masters' Athletics Meeting

Date:	Assessed by:	Location :	Review :
17 July 2019	D M Marler	generic	TBC

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Circle - slips	Athletes slipping due to wet or gritty surface	<ul style="list-style-type: none"> • Ensure circle is free of grit, dirt, leaves and any standing water • Ensure drainage holes are kept clear • Provide mat for wiping feet if ground is wet 	L	•	L	Field Referee (Throws) and Lead Official		
Circle – trips or other injury	Athletes injured due to damaged metal rim of circle	<ul style="list-style-type: none"> • Ensure the circle is in good order and not breaking up • Examine circle rim to ensure it is free from protrusions (eg shards of metal) 	L	•	L	Field Referee (Throws) and Lead Official		
Circle – hammer insert ring – trips or other injury	Athletes injured due to damaged or protruding metal rim of circle	<ul style="list-style-type: none"> • Ensure that the inner ring for concentric hammer and discus circle is in good order, fits snugly and has no protrusions, especially where it is sectional 	L	•	L	Field Referee (Throws) and the Lead Official		



<p>Cage – impact injury due to an implement escaping from a badly maintained or poorly constructed cage</p>	<p>Athletes, Officials and Spectators could suffer serious injury</p>	<ul style="list-style-type: none"> • Ensure cage is constructed and erected to meet UKA rules • Check netting to ensure no damage to net structure • Ensure net is secured or ballasted at ground level • Ensure netting hangs vertically and is not tied to the uprights – especially at the mouth of the cage where the width should not exceed 6m • Check the netting tension has sufficient retardation and minimal “return bounce” • When in use, ensure athletes and officials maintain a safe distance from the cage netting 	L	<ul style="list-style-type: none"> • 	L	<p>Field Referee (Throws) and the Lead Official</p>		
<p>Cage Gates – impact injury or back injury</p>	<p>Athletes, Officials and Spectators could suffer serious injury</p>	<ul style="list-style-type: none"> • Check the gates can move freely and be secured in both their open and closed positions • Check the gate netting is not damaged • Check the gate netting has sufficient retardation and minimal “return bounce” • Ensure both gates are correctly positioned and locked before each throw – <u>in particular, set for left & right handed athletes</u> 	L	<ul style="list-style-type: none"> • 	L	<p>Field Referee (Throws) and the Lead Official</p>		
<p>Competition – impact injury</p>	<p>Athletes, Officials and Spectators could suffer serious injury</p>	<ul style="list-style-type: none"> • Ensure all throws, including any practice throws <u>only</u> take place from within the circle and that they are supervised by qualified officials. • During every trial and practice 	M	<ul style="list-style-type: none"> • Any Hammer and Discus events where left handed athletes can throw in excess of 33m will be scheduled to take place when the back straight of the track is <u>not in</u> 	L	<p>Field Referee (Throws) and the Lead Official</p>		



		<p>throw, <u>all officials</u> forward of the cage should stand outside the sector lines and face the thrower</p> <ul style="list-style-type: none">• Ensure <u>only</u> officials are allowed forward of the throwing cage, except if athletes are allowed to retrieve under supervision• Implements must only be returned by hand• The warning horn <u>must</u> be sounded (and acknowledged by officials/helpers) to warn that a throw is about to commence• Throws <u>must not</u> commence until the supervising official signals to the athlete that it is safe to throw		<p><u>use</u></p> <ul style="list-style-type: none">• Where left handed athletes are likely to throw in excess of 33m, the back straight will be taped off, designated as an exclusion area for safety reasons and “policed”• All competitors and officials will be made aware that the back straight on the track is <u>not to be used</u> for warm-up• If due to issues involving the programme on the day any 33m + cage throws overlap with the use of the track for anything greater than 200m, individual left handed throws will be halted until the track athletes have cleared the back straight				
--	--	---	--	---	--	--	--	--

This Risk Assessment was undertaken with due regard to the latest **UKA Safety Guidance** regarding the use of throwing cages. The cage at this venue meets the existing UKA standard.