



Haywards Heath Harriers



Risk Assessment: Training at Whitemans Green

(Revised May 2020)

Contents

1. Introduction and Scope
2. Juniors and Intermediates
3. Risk Assessment
 - a. General
 - b. Sprint Group
 - c. Endurance Group
 - d. Jumps
 - e. Throws
4. Athletes Responsibility

Appendix A: Reproduction of MSDC risk assessment document

Appendix B: Diagrams outlining the correct positioning of warning flags for throws practice

1. Introduction and Scope

This document has been prepared in accordance with the UK Athletics (UKA) approved code of practice for the safe conduct of track and field events

It covers the club training evenings held during the summer (April to September) at, or based from, the clubhouse situated Whitemans Green, Cuckfield.

Training evening for the full club is Tuesday night although other sessions may take place.

In the context of this document the term “Coach” refers to the actual person qualified as a coach and in charge of or organising a training session and persons who act as assistants / helpers and have specific responsibilities during a training session. “Group leader” refers to any person who is actively leading a group of athletes.

2. Juniors and Intermediates

Juniors are defined for the purpose of this document as those “youngsters” who train during the 17:00 to 19:00 time period. The junior athletes are divided into two sessions. Firstly, **Junior Ennis** (School yrs.4, 5 and 6), train between 17.00 hrs and 18.00hrs. Secondly, **Junior Farah** (School yrs. 6 & 7), train between 18.00hrs and 19.00hrs.

Intermediates are defined for the purpose of this document as those “youngsters” who train between 19.00 hrs to 20.15 hrs. This group may train as a separate section or, if appropriate, with the senior group of athletes.

The recommended minimum requirements for these training sessions are:

- a) A qualified grade 2, or above, coach should be present
- b) All athletes (i.e. youngsters) are required to sign in, using the registration form, on arrival and be signed out prior to departure by the responsible adult collecting them. Athletes in school year 10 may sign themselves out. Athletes in years 8 & 9 may, on production of an authorisation letter from their parents / guardians, also sign themselves out.
- c) A minimum ratio of one coach or assistant per 12 youngsters
- d) Athletes shall be a minimum of 9 years of age
- d) There shall be a suitable club First Aid kit available

3. Risk Assessment

a. General outdoor field area

Hazard	Who/How affected	Control Measures
Obstruction / Debris	<p>Athletes, Coaches & Group Leaders</p> <p>Debris or foreign objects on track, training venue likely to cause injury or illness.</p>	<p>1. Remove any items 2. If unable, mark area. 3. Review training session.</p> <p>Responsibilities 1 – 3: Coach or group leader in charge.</p>
Clothing	Athletes wearing inadequate clothing either for training purposes or for environment, e.g. cold/wet etc.	<p>1. Observe all athletes on arrival, speak to athlete/ parents if clothing is inadequate/refuse to accept for training if seriously inadequate</p> <p>Responsibilities: 1: Coach in charge</p>
Drink	Athlete at risk of dehydration due to not having brought suitable drink to training	<p>1. Observe all athletes on arrival, speak to athlete/ parents if they have no drink or it is not suitable/refuse to accept for training if seriously inadequate</p> <p>Responsibilities: 1: Coach in charge</p>
Previous injury/illness	Athlete has an existing injury or illness which may affect their ability to train/perform	<p>1. Athletes/parents must be regularly reminded of the need to advise the coach of any injury or illness and not to bring the athlete to training if serious or contagious</p> <p>Responsibilities: 1: Coach in charge</p>
Discipline	Athletes misbehaving in a manner likely to cause an accident	<p>1. Caution athlete accordingly and bring under control. 'Bench' athletes who refuse to obey instructions and advise parents. 2. If behaviour continues, consider written warning.</p> <p>Responsibilities: 1: Coach in charge 2: Head Coach</p>

Hazard	Who/How affected	Control Measures
Weather	Inclement weather which could lead to athletes getting cold/wet, slipping on wet grass etc.	1. Modify or cancel the training session if weather is not suitable for original planned session Responsibilities: 1: Coach in charge
Visibility	Weather/lighting conditions are such as to either make it difficult for athletes to see for the event they are practising, or such as to make it difficult for other members of the public to see the athletes	1. Modify or cancel the training session if visibility is not suitable for original planned session Responsibilities: 1: Coach in charge

b. Sprint Group

This refers to the sprint training group who train on the field during the 19:00 to 20:30 time period for senior athletes. This covers the warm up/stretching regime, the use of the painted grass track and the painted grass straights, plus the use of hurdles

Hazard	Who/How affected	Control Measures
Clothing	Athletes wearing inadequate clothing either for training purposes or for environment, e.g. cold/wet/dark	1. Observe all athletes on arrival, speak to athlete if clothing is inadequate/refuse to accept for training if seriously inadequate Responsibilities: 1: Coach in charge
Drink	Athlete at risk of dehydration due to not having brought suitable drink to training	1. Observe all athletes on arrival, speak to athlete if they have no drink or it is not suitable/refuse to accept for training if seriously inadequate Responsibilities: 1: Coach in charge
Previous injury/illness	Athlete has an existing injury or illness which may affect their ability to train/perform	1. Athletes must be regularly reminded of the need to advise the coach of any injury or illness and not to come to training if serious or contagious Responsibilities: 1: Coach in charge

Hazard	Who/How affected	Control Measures
Plyometrics	Athletes receive impact injuries from landing or other injuries from improper action	<ol style="list-style-type: none"> 1. Ensure suitable landing mats/beds to provide a safe landing 2. Instruct and observe athletes in correct action in plyometric exercises. Highlight incorrect action where necessary <p>Responsibilities: 1 & 2: Coach taking session</p>
Use of equipment, e.g. hurdles, resistance training devices	Athletes receive injuries as a result of improper use of equipment Equipment unsuitable for exercise/ broken/incorrectly set up	<ol style="list-style-type: none"> 1. Instruct and observe athletes in correct use of equipment. Highlight incorrect use where necessary 2. Inspect equipment and ensure it is in good condition, appropriate to the exercise and set up correctly <p>Responsibilities: 1 & 2: Coach taking session</p>

c. Endurance Group

This refers to the training group for athletes who normally run in long distance events. This group normally use the green, the surrounding fields or the public highway for training purposes.

Hazard	Who/How affected	Control Measures
Clothing	Athletes wearing inadequate clothing either for training purposes or for environment, e.g. cold/wet/dark	<ol style="list-style-type: none"> 1. Observe all athletes on arrival, speak to athlete if clothing is inadequate/refuse to accept for training if seriously inadequate <p>Responsibilities: 1: Coach in charge</p>
Drink	Athlete at risk of dehydration due to not having brought suitable drink to training	<ol style="list-style-type: none"> 1. Observe all athletes on arrival, speak to athlete if they have no drink or it is not suitable/refuse to accept for training if seriously inadequate <p>Responsibilities: 1: Coach in charge</p>

Previous injury/illness	Athlete has an existing injury or illness which may affect their ability to train/perform	<p>1. Athletes must be regularly reminded of the need to advise the coach of any injury or illness and not to come to training if serious or contagious</p> <p>Responsibilities: 1: Coach in charge</p>
General	Athletes unclear as to where the training session is to be held	<p>1. Instruct athletes prior to departure where they are going</p> <p>Responsibilities: 1: Coach taking session</p>
Safety	Athletes do not behave in a safe manner when out in public	<p>1. Remind athletes prior to session of need for safety and what the requirements are.</p> <p>Responsibilities: 1: Coach taking session</p>
Roads/route	Athletes at risk to accident because of level of traffic/number of road crossings required in route, particularly when participating in time trials	<p>1. As far as possible plan routes with low levels of traffic</p> <p>2. Plan routes with as few road crossings as possible and controlled crossings where possible</p> <p>Responsibilities: 1 & 2: Coach taking session</p>
Weather	Inclement weather which could lead to athletes getting cold/wet, slipping on wet grass etc.	<p>1. Modify or cancel training session if weather is not suitable for original planned session</p> <p>Responsibilities: 1: Coach in charge</p>
Visibility	Weather/lighting conditions are such as to either make it difficult for athletes to see and thus trip over or collide with unseen objects, or such as to make it difficult for other members of the public, whether pedestrians or cars, to see the athletes	<p>1. Modify or cancel training session if visibility is not suitable for original planned session</p> <p>Responsibilities: 1: Coach in charge</p>

d. Jumps

This refers to the specific training for all athletes interested in jumps who may use the high jump equipment or the long/triple jump facility

It should be noted that the main concern with the jumping events is that of dog fouling and foreign objects being buried in the sandpit. It should be good policy for the club to thoroughly check the sandpit at the start of each season and for the coach in charge to check the sandpit for any disturbance at the beginning of each training session. This latter would be aided by ensuring that the sand is left smoothly raked over at the end of each training session in order to highlight any disturbance. In addition, the cover with its scaffold poles need to be properly put in place at the end of each session to dissuade dogs and people from abusing the sandpit.

Hazard	Who/How affected	Control Measures
High Jump		
Equipment	Equipment not set up properly or in poor condition	1. Check condition of equipment prior to use 2. Check equipment is set up correctly Responsibilities: 1 & 2: Coach in charge
Run up area	Run up area surface is dangerous or area is likely to suffer from other users traversing it	1. Check the run up area is a reasonable flat, dry surface with no potholes etc. 2. place the high jump equipment in a position such that other users will not be likely to traverse the run up area or area around the landing area Responsibilities: 1 & 2: Coach in charge
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	1. Ensure all athletes are aware of the high jump techniques and supervise and set up the high jump bar according to skill level 2. Ensure athletes jump in a co-ordinated manner and do not encroach upon other athletes run ups while awaiting their turn Responsibilities: 1 & 2: Coach in charge

Hazard	Who/How affected	Control Measures
Long & Triple Jump		
Runway	Injury due to worn, damaged, wet or muddy/dirty surface	<ol style="list-style-type: none"> 1. Check runway for wear and damage. If found determine if satisfactory to continue or not and report the condition to head coach so that MSDC can be informed 2. Check condition of runway regarding mud/dirt/wetness. If necessary clean with a broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Take –off and blanking boards	Injury due to damaged, ill-fitting or wet/muddy boards	<ol style="list-style-type: none"> 1. Check the condition and fit of the boards. If necessary re-seat them. If in poor condition or ill-fitting report to head coach so that MSDC can be informed 2. Check the condition regarding wetness/muddiness or boards. If necessary clean with a broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Landing area – sand pit	Injury due to collision with covering material, insufficient sand in pit, foreign material in pit, collision with rakes and brushes	<ol style="list-style-type: none"> 1. Check state of pit regarding volume of sand and foreign materials. Report to head coach if found so that MSDC can be informed. Remove foreign material if possible 2. Ensure cover and scaffolding poles is removed sufficiently away so as not to be able to cause injury to athletes 3. Ensure rakes, brushes and any other equipment is kept away from the landing area so as not to be able to cause injury to athletes. Rakes should particularly be placed prongs down <p>Responsibilities: 1, 2 & 3: Coach in charge</p>

Hazard	Who/How affected	Control Measures
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	1. Ensure all athletes are aware of the long or triple jump techniques as appropriate. Supervise and set up the take-off board according to skill level 2. Ensure athletes jump in a co-ordinated manner and do not encroach upon other athletes run ups while awaiting their turn Responsibilities: 1 & 2: Coach in charge
Pole Vault		
General – There are no specific pole vaulting facilities at Whitemans Green but the club does possess poles and a landing box for the pole. On the occasions that athletes request to use these it must be under the supervision of a qualified jumps coach who can assess the training set up whether it is in association with the high jump bed, sand pit or other area.		

e. Throws

This refers to the specific training of all athletes who are interested in the throws. It covers the use of all the throws equipment and facilities, e.g. Javelin run up, Hammer and Discus circles. Note the Hammer circle is currently used for Shotput.

It should be noted that the throwing events are by far the most important events to consider from a safety point of view primarily because of the danger to other people, including the general public, as opposed to the athletes themselves. The throwing implements are mainly derived from weapons of war and are thus by their nature dangerous. The assessment below gives the guidelines which must be observed, but the following should also be taken into account:

- a. When senior athletes are practicing throws events without a coach specifically present the athletes must take on the coaching responsibilities
- b. Where recommended clearance distances are given relating to members of the public coaches these are a minimum distance. Athletes must also use their common sense to judge safety in terms of whether the member of public is walking towards or away from the area and how any dogs are behaving, e.g. walking sedately next to the owner or dashing around in all directions.
- c. In particular when throwing the discus or hammer, it is important that all athletes present play an active role in safety. This is both from the point of view of watching and warning the athlete throwing, since they will have their back to the landing area, and for their individual personal safety as well.
- d. No junior or intermediate athletes shall practice a throwing event without a coach being specifically present.

Hazard	Who/How affected	Control Measures
Shot		
Circle	Circle, rim or stop board damaged or circle wet/muddy	<ol style="list-style-type: none"> 1. Check condition of circle, rim and stop board. Report to head coach if necessary so that MSDC can be informed 2. Clean circle with broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Landing Sector	Injury to athletes slipping/tripping due to uneven surface	<ol style="list-style-type: none"> 1. Roll or tread down each indentation as it happens. Check area prior to training session <p>Responsibilities: 1: Coach in charge & Athletes retrieving</p>
Implements	Injury due to damaged implement or use of incorrect weight implement	<ol style="list-style-type: none"> 1. Check condition of all implements prior to training session 2. Ensure correct weight implements for the training session are used <p>Responsibilities: 1 & 2: Coach in charge</p>
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	<ol style="list-style-type: none"> 1. Ensure all athletes are aware of the correct throwing techniques as appropriate. Supervise according to skill level 2. Ensure athletes throw in a coordinated manner and do not encroach upon the athlete throwing or stand in front of the throwing circle while awaiting their turn <p>Responsibilities: 1 & 2: Coach in charge</p>

Hazard	Who/How affected	Control Measures
Public Area	Injury to members of public and their dogs from implements being thrown while they are in vicinity and their not being aware of throws being in progress	<ol style="list-style-type: none"> 1. Ensure flagged and noticed poles informing of throws practice are correctly set up 2. Ensure all athletes are aware they must not throw while a member of the public or dog is within 20metres of the entire shot throwing and landing area <p>Responsibilities: 1 & 2: Coach in charge</p>
Javelin		
Runway	Runway damaged or wet/muddy	<ol style="list-style-type: none"> 1. Check condition of runway. Report to head coach if necessary so that MSDC can be informed 2. Clean runway with broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Landing Sector	Injury to athletes slipping/tripping due to uneven surface	<ol style="list-style-type: none"> 1. Roll or tread down each indentation as it happens. Check area prior to training session <p>Responsibilities: 1: Coach in charge, athletes retrieving implements</p>
Implements	Injury due to damaged implement or use of incorrect weight implement	<ol style="list-style-type: none"> 1. Check condition of all implements prior to training session 2. Ensure correct weight implements for the training session are used <p>Responsibilities: 1 & 2: Coach in charge</p>

Hazard	Who/How affected	Control Measures
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	<ol style="list-style-type: none"> 1. Ensure all athletes are aware of the correct throwing techniques as appropriate. Supervise according to skill level 2. Ensure athletes throw in a co-ordinated manner and do not encroach upon the athlete throwing or stand in front of the arc line while awaiting their turn <p>Responsibilities: 1 & 2: Coach in charge</p>
Public Area	Injury to members of public and their dogs from implements being thrown while they are in vicinity and their not being aware of throws being in progress	<ol style="list-style-type: none"> 1. Ensure flagged and noticed poles informing of throws practice are correctly set up <p>Ensure all athletes are aware they must not throw while a member of the public or dog is within the track perimeter. Responsibilities: 1 & 2: Coach in charge</p>
Inside track perimeter	Injury to fellow athletes using or training inside the track perimeter	<ol style="list-style-type: none"> 1. Both throws coach and endurance/track coach to liaise before session starts. 2. Area to be used by non-throws athletes to be agreed between the throws coach and endurance/track coach. Area to be marked out by endurance/track coach. 3. Athletes to be warned before session starts about encroaching into throws area. 4. All athletes to be routinely reminded of need to avoid using area inside track perimeter <p>Responsibilities: 1, 2 & 3: Coaches in charge 4: Chairperson</p>
Discus		

Hazard	Who/How affected	Control Measures
Circle	Circle or rim damaged or circle wet/muddy	<ol style="list-style-type: none"> 1. Check condition of circle and rim. Report to head coach if necessary so that MSDC can be informed 2. Clean circle with broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Landing Sector	Injury to athletes slipping/tripping due to uneven surface	<ol style="list-style-type: none"> 1. Roll or tread down each indentation as it happens. Check area prior to training session <p>Responsibilities: 1: Coach in charge, athletes retrieving implements</p>
Implements	Injury due to damaged implement or use of incorrect weight implement	<ol style="list-style-type: none"> 1. Check condition of all implements prior to training session 2. Ensure correct weight implements for the training session are used <p>Responsibilities: 1 & 2: Coach in charge</p>
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	<ol style="list-style-type: none"> 1. Ensure all athletes are aware of the correct throwing techniques as appropriate. Supervise according to skill level 2. Ensure athletes throw in a coordinated manner and do not encroach upon the athlete throwing or stand in front of the throwing circle while awaiting their turn <p>Responsibilities: 1 & 2: Coach in charge</p>

Hazard	Who/How affected	Control Measures
Public Area	Injury to members of public and their dogs from implements being thrown while they are in vicinity and their not being aware of throws being in progress	<ol style="list-style-type: none"> 1. Ensure flagged and noticed poles informing of throws practice are correctly set up 2. Ensure all athletes are aware they must not throw while a member of the public or dog is within 50metres of the entire discus throwing and landing area <p>Responsibilities: 1 & 2: Coach in charge</p>
Hammer		
Circle	Circle or rim damaged or circle wet/muddy	<ol style="list-style-type: none"> 1. Check condition of circle and rim. Report to head coach if necessary so that MSDC can be informed 2. Clean circle with broom, and water if necessary, until satisfactory <p>Responsibilities: 1 & 2: Coach in charge</p>
Landing Sector	Injury to athletes slipping/tripping due to uneven surface	<ol style="list-style-type: none"> 1. Roll or tread down each indentation as it happens. Check area prior to training session <p>Responsibilities 1: Coach in charge &, Athletes retrieving implements</p>
Implements	Injury due to damaged implement or use of incorrect weight implement	<ol style="list-style-type: none"> 1. check condition of all implements prior to training session 2. ensure correct weight implements for the training session are used <p>Responsibilities: 1 & 2: Coach in charge</p>

Hazard	Who/How affected	Control Measures
Event	Injury to athletes resulting from incorrect technique or collision with other athletes	<ol style="list-style-type: none"> 1. Ensure all athletes are aware of the correct throwing techniques as appropriate. Supervise according to skill level 2. Ensure athletes throw in a co-ordinated manner and do not encroach upon the athlete throwing or stand in front of the throwing circle while awaiting their turn <p>Responsibilities: 1 & 2: Coach in charge</p>
Public Area	Injury to members of public and their dogs from implements being thrown while they are in vicinity and their not being aware of throws being in progress	<ol style="list-style-type: none"> 1. Ensure flagged and noticed poles informing of throws practice are correctly set up 2. Ensure all athletes are aware they must not throw while a member of the public or dog is within 50metres of the entire hammer throwing and landing area <p>Responsibilities: 1 & 2: Coach in charge</p>

4. **Athletes Responsibility**

This section describes the responsibilities of the athletes and how they are expected to behave if they are to become and remain members of the club. This recognises the fact that while officers of the club and coaches have a duty to carry out certain functions in the interest of safety they cannot stand next to each and every athlete and control their actions on an individual basis.

i. Specific requirements for Junior and Intermediate Athletes

- a) Athletes must ensure that they or a responsible adult, signs them in on arrival at the training session.
- b) Athletes must wait until the responsible adult whom they know and expect arrives to collect them, and signs them out, at the end of the session.
- c) Athletes who are not being collected but will make their own way home must advise the coach of this on arrival. The coach may make a judgement as to whether this is acceptable depending on the pertinent circumstances.

ii. All Athletes

- d) Athletes must listen carefully to the instructions of the coaches so that they understand the location, requirements and purpose of the training session.
- e) Athletes must obey the instructions of the coach and coaching assistants.
- f) Athletes shall not misuse/abuse the facilities and equipment and/or use them in a manner that may lead to an accident to themselves or another athlete or coach.
- g) Athletes who disobey instructions or behave in a manner likely to lead to an accident can expect to be disciplined by the coach and may face disciplinary action, including expulsion, from the club.
- h) Athletes must ensure that they wear appropriate clothing for the training session and bring with them sufficient and appropriate drink for the session.
- i) Athletes will be personally responsible for ensuring that they are wearing sufficient and appropriate light/bright clothing and/or fluorescent/reflective running bibs etc. for the outdoor training session when in dark or poor weather conditions.
- j) Athletes shall advise the coach on arrival of any injury or illness that they have, any other sport/training they have already participated in that day (or any other activity that could affect performance) that may affect their ability to participate in the training session. The athlete shall accept responsibility for any subsequent problems that may ensue if they decide to participate in the training session. A coach retains the right to refuse to accept the athlete for training if they have concerns regarding the athlete.
- k) Athlete or a responsible adult (where appropriate) must ensure Emergency Contact forms are completed, updated with any relevant details and kept current.

- l) Athletes shall behave and train in a safe manner, both for themselves and the athletes around them, observing the Highway Code, local bylaws etc. as may be appropriate to the location and nature of training session.
- m) Athletes shall be personally responsible for informing the coach of any injury, illness or other condition which may affect their ability to participate in the training session. The athlete shall accept responsibility for any subsequent problems that may ensue if they decide to participate in the training session.
- n) Athletes shall be aware of throws sectors and avoid using either the infield, inside the track, or the throws sector outside the track, as indicated in the diagram, unless they are participating in the throws or their coach has, in liaison with the throws coach (which may be a senior athlete) agreed use of the area.

Appendix A

The following is a reproduction of the MSDC risk assessment of Whitemans Green relating to the athletics use of the area as was received in December 2002.

Activity, Process or Operation	Hazards	Risks	Precautions being taken
Management and provision of athletics track facilities			<ul style="list-style-type: none"> ▪ MSDC Byelaws 1989 relating to Pleasure Grounds and Recreation Grounds, sections 15, 16, 17. Byelaws displayed on site ▪ MSDC Conditions of Hire
Management of activity	Equipment, e.g. javelin, shot putt and discus	Injury to onlookers and participants	<ul style="list-style-type: none"> ▪ All activities supervised by qualified instructors ▪ Warning signs prominently displayed when equipment in use. Use of javelin equipment prohibited if other activities e.g. cricket/stoolball in progress ▪ Inspection procedures ▪ Designated store provided for athletics equipment. Access restricted to club officials only
Management of activity	Sandpit (long/triple jump)	Contamination of sand resulting in injury and disease etc.	<ul style="list-style-type: none"> ▪ Sports Ground Maintenance contract requires sand pits to be to be regularly raked and inspected and sand to be replaced periodically
Management of activity	Long/triple/javelin run up track	Uneven surface creating trip hazard	<ul style="list-style-type: none"> ▪ Regular inspections and repairs initiated when necessary
Management of activity	Inconsiderate, careless or unauthorised use of facilities	Injury to individuals, onlookers or damage to property	<ul style="list-style-type: none"> ▪ Site Supervision – by MSDC and Maintenance Contractor
Human Resources		Personal safety of enforcement officer e.g. threatening behaviour verbal abuse etc.	<ul style="list-style-type: none"> ▪ Comprehensive staff training

Activity, Process or Operation	Hazards	Risks	Precautions being taken
Management of activity	Track and field maintenance	Risk to public and Contractor due to use of hazardous substances and machinery	<ul style="list-style-type: none"> ▪ Sports Ground Maintenance Contract specifies the operation and the level and quality of maintenance required
Management of activity	Track/field conditions	Unsafe playing surface resulting in injury: 1. as a result of inadequate maintenance 2. due to weather conditions	<ul style="list-style-type: none"> ▪ Contract monitored by Estates Maintenance Manager ▪ Clubs encouraged to report areas of concern ▪ Sessions cancelled if track/field surface considered dangerous or clubs issued with advice and guidance ▪ Club also has authority to cancel
Throwing circles	Raised edges	Trips and falls	Could be painted white
Shot-put, Sandpit, boundaries	Protrude above ground edges	Trips and falls	Could be re-painted brightly
Dog fouling	In sand pit	Human contact, hidden danger	<ul style="list-style-type: none"> ▪ Monitoring/sandpit covered when not in use ▪ Could restrict access to dogs

Appendix B

The following are diagrams outlining the correct positioning for the warning flags for throws practice.

Each warning flag shall be as follows:

It shall consist of an upright stake approximately 1 metre high. Affixed to the top of this stake shall be a red or white warning flag. Note UKAthletics advises on red flags but this is prescribed for properly enclosed tracks where only athletes and officials will be present. Since in this case we are dealing with members of the public who will not be aware of UKA rules, more prominent red and white flags are proposed.

In addition, there shall be stakes with a warning notice attached with the words '**Warning: throws in progress**' upon it in a bold capital text. This notice shall have red or black writing on a yellow or white background with the letters at a minimum height of 5cm.