

Risk Assessment: This form may be adapted by the school/ establishment to assess any special risks which are specific to their particular activity, visit, venue or pupils)

Establishment:	Jack Hunt School	Assessment Date:	22 / 08 / 2016
Activity / Environment:	Athletics – Throwing Events	Completed By:	Steven Braby [SBY]
Educational Objectives:	As defined by the accompanying letter/ visits proforma	Reviewed Every:	Term / 6 Months / Yearly

1a Risk assessment									1b Review
ID	Hazard	Description on hazard	Who's at risk [S, P, V]	Level of risk [High, Med, Low]	Advice on hazard required	How can the risk be controlled	Resolution/ action	Implemented by	Date reviewed/ Implemented
EXAMPL E	Broken bottle on the field	A glass bottle has been smashed on the field, leaving glass shards on the grass	S, P, V	High	Yes / No If yes, who can advise?	Checks of the field before opening the field	Report to the PE Technician/ facilities to contact the caretakers to remove the glass	Steven Braby [SBY]	22/08/2016
1	Incorrect or unsuitable warm-up	This can cause DOMS [Delayed On set of Muscle Soreness] Warm-ups should last for at least 10 minutes	P	Low	Yes / No If yes, who can advise?	Staff to lead warm-ups for a set number of weeks and then selected students could lead once they know what to do	Students to be made aware of the affects of DOMS due to a incorrect warm-up	Ashley Piper [APR] <u>Reviewed by:</u> Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
2	Unsuitable Footwear	Unsuitable footwear could cause the person to trip, develop a strain or cause some other type of damage to the individual	P	Low	Yes / No If yes, who can advise?	Check for suitable footwear before the lesson starts	Individuals with unsuitable footwear could be asked to go bare-footed [if suitable] or could be supplied with a spare set of trainers	Ashley Piper [APR] <u>Reviewed by:</u> Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
3	Un-even/ slippery/ worn runways/ throwing areas	Anyone could slip on the throwing area surface, this can be caused by the weather/ spilled drinks. This also could be caused due to over use of the area. Effects of the hazard could lead to, straining muscles, twisted ligaments, falling & damage to the body	S, P, V	Low	Yes / No If yes, who can advise?	Checks on the throwing/ runways should be checked every day – before use	The PE Technician checks all of the areas covered by PE each morning [before use] and after school	Ashley Piper [APR] <u>Reviewed by:</u> Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016

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4	Movement of equipment	Moving equipment can cause damage to the individual moving the equipment and to other people around the moving equipment. This can also damage any surrounding objects causing a hazard for others.	P, S, V	High	Yes / No If yes, who can advise?	Ensure that the equipment is always carried correctly & if needed supervised at all times. Never run with equipment. Javelins are to be carried vertically. Discusses need to be carried in a bucket/ basket. Shots need to be either wheeled out or distributed 1 per person	Everyone who is going to be carrying equipment needs to be shown how to hold/ handle the specific equipment	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
5	Tripping whilst carrying equipment	Tripping whilst carrying equipment can be lethal to the individual carrying the equipment and any one around the individual. This could lead to severe damage to anyone around the equipment, with the worst outcome being death	P, S, V	High	Yes / No If yes, who can advise?	Staff should supervise students carrying equipment, if needed. Ensure that everyone handling equipment knows how to hold it safely. Obstructions should be moved prior to the movement of equipment	Ensure that everyone is comfortable moving certain types of equipment and is well supervised	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
6	Behaviour of students	Students behaviour can cause a significant hazard to themselves and others. With the throwing equipment it can especially harm the students body and could even cause death	P, S, V	High	Yes / No If yes, who can advise?	Expectations of students should be outlined during the first lesson & what consequences will be issued if behaviour is not up to standard	Well behaved students should be rewarded as an example of good use of behaviour.	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
7	Incorrect throwing technique	If the wrong technique is used to throw any piece of equipment this could cause damage to the individuals muscles. This could also have an effect on any surrounding people.	P, S, V	Med	Yes / No If yes, who can advise?	The responsible member of staff should position any students not throwing at a safe distance from the students throwing. As if a incorrect throwing technique is used then this will minimise the risk caused to other people	Move any spectators to a safe distance, demonstrate a correct throwing technique before any students are allowed to throw	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
8	Incorrect set up of throwing/ runway area	Having an incorrect set-up can effect anyone using the area, causing damage to their body	P, S	Low	Yes / No If yes, who can advise?	The member of staff responsible for the lesson should ensure that they plan prior to the lesson, allowing them to set out a perfect pitch. Which will in turn reduce the overall risk.	Students should be set into groups allowing them to be managed more easily. Students should also be made aware of any safety zones	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016

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9	Retrieval of equipment	Anyone retrieving any equipment can cause a risk to themselves and anyone round them. They must only collect when told to as other students could still be throwing their equipment. This could result in a students death	P	Low	Yes / No	Students must be made aware that they can only collect equipment when instructed. This is important and other students might still be throwing equipment. The students must also be made aware of the hazards that occur when collecting equipment	A safe line should be placed down, indicating to students that they must not cross the line, until told to by a member of staff	Ashley Piper [APR]	[APR] --/07/2015
					If yes, who can advise?			[SBY] 22/08/2016	
					Reviewed by:				
					Steven Braby [SBY]				
10	Incorrect/ damaged and or broken equipment	If a broken piece of equipment is used, then this can cause a hazard to any individual/ group near the equipment. The broken piece of equipment may not be apparent just by its look. The	P, S, V	Low	Yes / No	Equipment should be checked before use. Students could also be asked to check their own equipment before use, making them more confident with using	Checks on all throwing equipment is check regally. If a broken piece of equipment becomes	Ashley Piper [APR]	[APR] --/07/2015
					If yes, who can			[SBY] 22/08/2016	
					Reviewed				

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		equipment could break on impact and split into several pieces, which in turn could result in multiple injuries.			advise?	the equipment.	apparent, then it should be reported to the PE Technician	by: Steven Braby [SBY]	
11	Left/ Right handed throws	Students who use different hands to throw equipment can cause a danger to each other if they use the incorrect throwing technique.	P, S, V	Low	Yes / No If yes, who can advise?	Students with different throwing hands should be positioned away from each other, allowing for more room for them to throw. This will reduce the risk of an accident	Before the students are allowed to throw any equipment, they should be placed into groups. Including only left handed throwers and only right handed throwers.	Ashley Piper [APR] Reviewed by: Steven Braby [SBY]	[APR] --/07/2015
									[SBY] 22/08/2016
Final Assessment: Potentially a high risk activity					Overall risk: Med				
Assessor: Ashley Piper [APR] – Reviewed: By Steven Braby [SBY]					Review: On-going				