



# Health & safety I



# Learning outcomes

- How does our sport maintain health & safety?
- What are the associated health & safety guidelines when setting up equipment within athletics?
- How do you carry out a risk assessment of hazards you may experience during training and competition?



# H&S in Athletics

- Within our sport, we're required to abide to certain health & safety laws.
- They're in place to ensure that you and others are all kept safe.
- What is England Athletics' stance on Health & Safety?

## Research

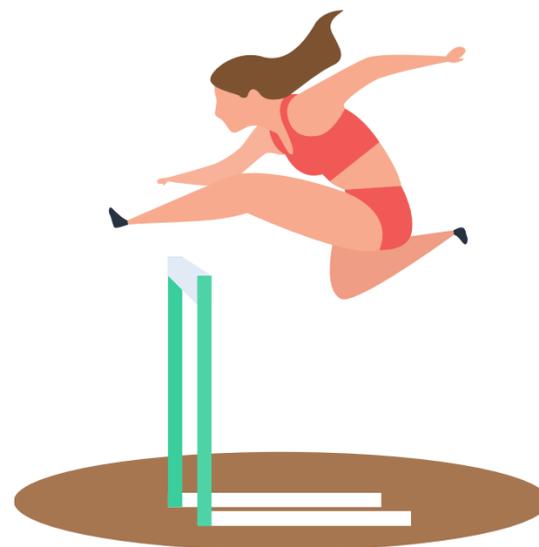
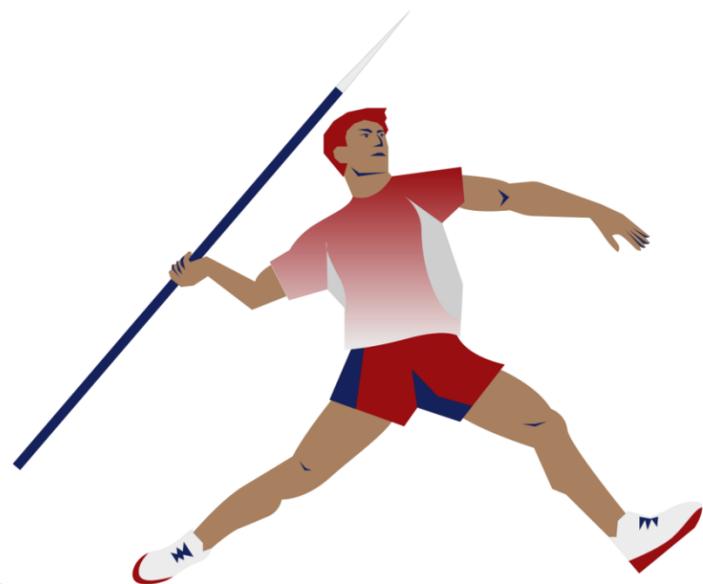
- Can you find the link to England Athletics' Health & Safety web page?





# Equipment H&S considerations

- How many different pieces of equipment can we list in our groups that are used within athletics?
- Include across multiple disciplines..





# Equipment H&S considerations

- What is the equipment?
- Guidelines and instructions for safe use
  - Literally give a complete guide on how to use this.
  - From start to finish.



**GUIDELINE**



# Risk assessment

What is a risk assessment?





# Risk assessment

A risk assessment is a structured process used to identify potential hazards in a sporting environment and determine how to manage or reduce those risks to keep everyone safe.



# Risk assessment

01

## Identify the hazards - *what could cause harm?*

- Think about equipment, surfaces, weather, physical contact & the environment.

02

## Decide who might be harmed & how - *who is at risk?*

- Consider athletes, coaches, spectators, officials and volunteers.

03

## Evaluate the risks and decide on precautions - *how likely is the harm*

- Decide what control measures can reduce the risk (low, medium, high risk)

04

## Record your findings - *what have you found and what will you do?*

- Write down the hazards, who's at risk and the actions taken.

05

## Review and update the assessment - *has anything changed?*

- Risk assessments aren't one and done - they should be reviewed regularly.



# Risk assessment

- Identify 3 hazards you may experience during training/competition.
- Identify 3 hazards you may experience when travelling abroad for your sport.





# Task 3 – video

Refer to your cribsheet to complete your Health & Safety A1 video.