

## Hazards for Horizontal Jumps ( Long jump and triple jump)

	<b>Who/How Affected</b>	<b>Control Assessment</b>
<b>Runway</b>	Athletes, officials- injury from slipping/tripping due to defective surface, or objects on the runway	<ol style="list-style-type: none"><li>1) Inspect runway regularly and ensure it is level, free of holes and adequately maintained</li><li>2) Clean runway surface regularly to allow drainage</li><li>3) Ensure no obstructions such as check markers are placed on the runway</li><li>4) Ensure that measuring tapes do not encroach onto the runway</li><li>5) Encourage athletes to wear adequate footwear</li></ol> <p><b>Control measure responsibilities</b> <b>1,2 Ground staff, Technical Manager</b> <b>3,4 Athletes, officials</b> <b>5 Athletes, Coaches</b></p>
<b>Take-off boards, plasticine boards</b>	Athletes, officials- injury from slipping/tripping on inappropriate, defective or poorly fitted take off boards, slipping on plasticine Officials- injury from lifting ill-fitting insert boards, both plasticine and blank, or the use of incorrect lifting implements	<ol style="list-style-type: none"><li>1) Ensure that take off boards, insert boards, both plasticine and blank, conform to relevant rules and regulations (they should be made of wood)</li><li>2) Ensure that the insert boards, both plasticine and blank, are capable of being adjusted so as to be stable and level with the runway</li><li>3) Ensure that the insert boards, both plasticine and blank, fit adequately without being too difficult to remove</li><li>4) Ensure that board lifting implements are available and suitable for the purpose of lifting the boards.</li><li>5) Clean the insert board recess regularly</li><li>6) Clean and grease any adjustable bolts in the take-off board assembly if present</li></ol> <p><b>Control measure responsibilities</b> <b>1-6 Ground staff, Technical Manager</b></p>
<b>Surrounds</b>	Athletes- injury from falling onto hard surfaces or objects	<ol style="list-style-type: none"><li>1) Ensure there are no objects placed within 2m of the landing area</li><li>2) Ensure any equipment such as scoreboards are kept clear of athletes area</li></ol> <p><b>Control measure responsibilities</b> <b>1,2 ground staff, technical Manager</b></p>
<b>Landing Area</b>	Athletes- injury from landing on compacted sand, extraneous objects or concrete edging of landing area Officials- injury from stepping onto extraneous objects or tripping on concrete edging of landing area, injury from digging/levelling the landing area	<ol style="list-style-type: none"><li>1) Ensure that only sand that will not cause injury to an athlete is used</li><li>2) Ensure that the sand is well dug over prior to competition</li><li>3) Check the landing area is free from dangerous extraneous material</li><li>4) Ensure that the edges of the landing area are not exposed</li><li>5) Ensure that there are no fixed barriers that could impede the athlete exiting the landing area</li><li>6) Ensure that the landing area is covered when not in use</li><li>7) Rakes, shovels, brooms etc used for levelling and cleaning should be kept away from the landing area. Prongs of rakes should face the ground</li><li>8) Ensure the officials digging/levelling the landing area are physically capable to do the tasks required</li></ol> <p><b>Control measure responsibilities</b> <b>1-6 Ground staff, Technical Manager</b> <b>2,3,4,5,7,8 Officials</b></p>

<b>Weather</b>	Athletes, officials- injury from slipping on wet surfaces effects of sun/heat/cold	<ol style="list-style-type: none"> <li>1) Ensure runway area surface is cleaned regularly to allow drainage</li> <li>2) Sweep runway area as needed during competition to remove any excess water, grit or debris</li> <li>3) Provide shelter from the elements, sunscreen, water</li> </ol> <b>Control measure responsibilities</b> <b>1 Ground Staff</b> <b>2 Officials</b> <b>3 Technical manager</b>
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<b>Light Conditions</b>	Athletes, officials- injury from not being able to see event area layout, objects or other dangers	<ol style="list-style-type: none"> <li>1) Ensure adequate lighting for meetings in hours of twilight or darkness</li> </ol> <b>Control measure responsibilities</b> <b>1 Ground staff, Technical Manager, Officials</b>
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<b>Warm-up/Competition</b>	Athletes- injury from collision with other competitors	<ol style="list-style-type: none"> <li>1) Supervise all warm up and competition jumps</li> <li>2) Ensure the runway is clear when athletes are about to start their approach</li> <li>3) Ensure each athlete jumps in turn</li> <li>4) Ensure the landing area is clear before allowing athletes to jump</li> </ol> <b>Control measure responsibilities</b> <b>1-4 Officials</b> <b>2,3 Athletes</b>
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**Additional points for horizontal jumps**

- 1) Ensure the landing area is free from extraneous objects. Officials need to be aware of the need to stop the competition until such objects can be cleared.

**Additional points for all field events**

- 1) If the weather conditions make continuing the competition hazardous (wind, rain, lightning, lack of light) competition should cease until conditions become safe again.
- 2) Ensure officials, athletes and any other persons present in the competition area are aware of safety requirements for the event.
- 3) Anyone who refuses to comply with safety requirements should be removed from the competition area.