




English Schools' Athletic Association Track and Field Risk Assessment

County School AA	NORTHERN SCHOOLS' INTER-COUNTY
Venue/Stadium	Wentworth Track, Hexham
Event Date	Saturday 13th June 2026 – 11am to 4.30pm
Meeting Organiser	Paul Ponton - NSAA

Track events – 100, 200, 300, 400, 800, 1500, 3000 and Steeplechase (Various for JG/JB/IG/IB/SG/SB) The age group changes do not affect the inherent issues/risks with track running					
What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Weather (Slipping on track)	Athletes/Officials	L	Regular cleaning and maintenance. In extreme circumstances events will be delayed Athletes will tend to wear spiked shoes to compete, this provides them with suitable grip and stability in all conditions, including during wet weather	L	Track staff/Stadium management Decision to delay made by Meeting Manager and Referees
Poor visibility – events taking place under poor lighting	Athletes/Officials	L	Events take place during daylight hours – a condition of the L2 licence Events will not necessarily have floodlight provision so the timetable should be suitable not to run in to the darker hours.	L	Event Coordinator prior to meeting (granting of licence). Timetabling must consider the 8 hour day for officials as a priority.
Track kerbing - Trip hazard	Athletes/Officials	L	Athletes aware from experience If kerbing removed, removed kerb placed away from competition area and cones should indicate the inside of the track.	L	Track staff
People crossing track - Collision during races	Athletes/Officials	L	Regular announcements made and officials positioned suitably around track where necessary Barriers/fencing/tapes/ropes in place	L	Officials, staff and regular announcements by stadium PA to ensure track runners are safe.
Injury from starting blocks- cuts, slipping, tripping	Athletes	L	If used, starting blocks should be carried and positioned correctly. Only inspected blocks should be used.	L	Track staff, officials and athletes
Collision in 800/1500m especially at break line	Athletes	L	Ensure break line is adequately marked and inform athletes before each heat.	L	Officials
Trips and falls during racing	Athletes	M	These may be unavoidable, but first aid provision will be on hand for the entirety of the event including warm	L	First Aid and stadium staff. In some local cases teachers may also

			up and warm down		provide first aid provision. (All counties should have suitable, qualified and adequate First Aid provision for their event)
Removal of blocks during 400m/400m Hurdles races	Athletes	L	Blocks removed before race finishes	L	Track staff/Volunteers
Steeplechase Barriers	Athletes	L	Moved on to track during the race, to be done by officials, staff and suitable volunteers	L	Track staff/officials and volunteers

Track events – Sprint Hurdles (all JG/JB/IG/IB/SG/SB)
 These comply with 2026 (post April 1st UKA specifications – these are different to the traditional distances, heights and weights in some cases)
[UKA RulesForCompetition 1st-April2026 V1.pdf](#) from pdf page 196 onwards – Rule TR22



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Tripping, colliding, interaction with hurdles	Athletes	M	Toppling weight mechanisms and hurdles height and spacing are correctly adhered to. Hurdles well maintained and checked after each heat/race – with faulty hurdles replaced	L	Stadium staff and hurdles officials
Athletes competing over correct specification	Organiser/officials	L	Officials informed of specifications Athletes “will be used to the new specifications” and will be published in UKA rule book	L	Organisers ensure all participants are aware of the specifications that are to be used; UKA Rulebook, ESAA Handbook, ESAA Website and other resources. Organisers follow guidelines on draws for heats and competitions

Field events – Long Jump (JG/JB/IG/IB/SG/SB)
 These events and specifications are unaffected by the age group changes



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Athlete injuries due to surface	Athletes	M	Ensure run ups are in good condition and swept regularly during warm up and competition	L	Stadium Staff/Technical Team/Clerk of Course/Officials
Athlete injuries due to unsupervised practice	Athletes	L	Unsupervised access to long jump pits not permitted- run-ups coned off outside of warm up and competition	L	Team managers
Trips due to measuring tapes	Athletes	L	Runway tape secured and measuring done using EDM, or officials ensure measuring tape does not affect athletes or officials’ movement.	L	Officiating staff and track staff
Injuries on landing on edge of pit	Athletes	L	Edge of pit meets minimum Track Mark certification.	L	Officiating Staff
Injuries on landing in pit	Athletes	L	Pure quartz sand without any organic content is used and is well dug and free of debris Pit raked after every jump and any debris/stones removed. Pit watered at regular intervals during competition and before warm-ups/competition	L	Officials

Run-off from pit is tarmac – trip hazard	Athletes	M	Tarmac area to be covered by 'shock' absorbent interlocking matting	L	Ground staff
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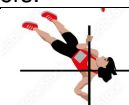
Field events – High Jump (JG/JB/IG/IB/SG/SB)
These events and specifications are unaffected by the age group changes



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Injuries caused by splintered cross bars	Athletes	L	Bars checked for damage	L	Track staff & officials
Injuries caused by landing on bar	Athletes	M	Jumpers are experienced jumpers and this hazard is unavoidable, but first aid on hand and have experience of athletics meetings	L	Officials team and First Aiders
Injuries due to poor condition of high jump fan	Athletes	L	Fan checked and swept and conditions assessed in inclement weather (equipment to mop up excess water is available at track). All athletes wear suitable footwear. In the event of inclement weather, fan condition will be assessed continuously. Ensure that bed positions are suitable for run ups to have limited impacting upon other events in the area.	L	Team managers, athletes and stadium staff
Injuries caused by falling off bed	Athletes	M	Bed surrounded suitable covered with appropriate matting/protection	L	Officials/Stadium staff
Injuries caused by run up encroaching on track	Athletes (inc track runners/walkers)	L	Official on track duty ensure collisions do not occur. YELLOW warning flag to be operated if required; athletes to be warned about the dangers of the track.	L	Officials and walk official
Injuries caused by falling upright	Athletes and officials	L	All competitors aware of correct point of take-off. Officials supervise and communicate effectively with athletes to ensure that athletes are safe/duty of care taken.	L	Event officials and athletes
Injuries due to tripping on kerbing	Athletes and officials	L	Removed kerbing must be stored or placed in safe area; cones to be placed on the inside of the track if track events are taking place.	L	Officials and stadium staff
Injuries due to athlete collisions	Athletes	L	Ensure athletes jump in turn and do not encroach on other athletes' runs ups especially during warm up.	L	Officials/Athletes

Additional information: Bed units checked for suitability beforehand, securely fastened together and set up correctly as per the recommendations and instructions from manufacturers.

Field events – Pole Vault (JG/JB/IG/IB/SG/SB)
These events and specifications are unaffected by the age group changes



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Injuries caused by splintered cross bars	Athletes	L	Bars checked for damage	L	Track staff
Injuries caused by landing on bar	Athletes	M	Athletes are experienced vaulters, and or trained suitably for the event, however, this hazard is unavoidable, but first aid on hand and have experience of athletics meetings	L	Officials team and First Aiders
Injuries due to poor condition of Pole	Athletes	L	Run-up checked and swept and conditions assessed in	L	Team managers, athletes and

Vault run-up			inclement weather (equipment to mop up excess water is available at track). All athletes wear suitable footwear. Wear and tear pointed out to competitors.		stadium staff
Injuries caused by pole snapping	Athletes	L	Unavoidable, but experienced first aiders on hand	L	First aiders
Injuries caused by falling off bed	Athletes	M	Bed surround covered with appropriate matting/protection	L	Officials/Stadium staff
Additional athlete injuries	Athletes	L	Landing bed has suitable covering. Ensure no sharp edges on uprights are protruding and uncovered	L	Officials/Stadium staff
Injuries due to jewellery	Athletes	L	Athletes should not wear jewellery or other objects that may cause injury	L	Athletes
Injuries due to athlete collisions	Athletes	L	Ensure athletes jump in turn and do not encroach on other athletes' runs	L	Officials/Athletes
Vaulting poles – trip hazard	Athletes and officials	L	Poles not in use to be stored in pole rack	L	Officials/Athletes

Throwing Events - Event Specifications are the traditional ESAA/UKA weights as used until 1st April 2026

2026	THROWING IMPLEMENTS	Junior Boys Years 8&9	Inter Boys Years 10&11	Senior Boys Years 12&13	Junior Girls Years 8&9	Inter Girls Years 10&11	Senior Girls Years 12&13
	Shot	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k
	Discus	1.25k	1.50k	1.75k	1.00k	1.00k	1.00k
	Javelin	600gm	700gm	800gm	500gm	500gm	600gm
	Hammer	4.00k	5.00k	6.00k	3.00k	3.00k	4.00k

NB- all weights comply with new UKA/EA specifications for the older year group in each category ie Y9,Y11 & Y13; except at Inter Girls level where both Y10 & Y11 competitors comply with the new weight specifications.

Throwing events – Discus/Hammer (JG/JB/IG*/IB/SB/SG)

These events are affected by ESAA implements and weight specifications NOT changing in 2026

Event Specifications are the traditional ESAA/UKA weights as used until 1st April 2026 *IG are not affected by the changes

What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Using “unfamiliar” implements – caused by ESAA weight implements v UKA weights post 1 st April 2026 SEE ESAA Specification Chart page 4 Discus – Year 8 Boys, Year 10 Boys, Year 12 Boys and ONLY Year 8 Girls	Athletes	M	<ul style="list-style-type: none"> Athletes, coaches/teachers and team managers are made aware during the entry phase of the championships the exact weights and dimensions of the implements to be used. That they are NOT the same as they will be using within Club athletics; that they must be suitably practiced with those implements prior to entering the competition. All teachers, team managers and all other 	L	Event Organisers/County Secretaries/Championship Secretaries ESAA require Event Organisers to ensure that Chief Officials are fully briefed on the

<p>Up a weight compared to new EA/UKA specification</p> <p>Hammer – Year 8, Year 10 and Year 12 Boys; Year 8 and Year 12 Girls Up a weight compared to new EA/UKA specifications</p>			<p>adults involved in team selection are aware of the specifications being used in the events they are selecting athletes for and that all athletes are aware of the specifications and required to be suitably practiced in the events they will be participating in, especially the new specification hurdles which align with the UKA Rules for Competition(April 1st 2026) and the throws which lay outside of the current UKA Rules of Competition and align with the traditional ESAA Track and Field Championship Rules.</p> <ul style="list-style-type: none"> This information must be shared with athletes, be added to entry proforma and displayed to athletes to ensure that athletes at all levels of competition are aware that they are using implements different to the specifications for their age as set out in the UKA rules 2026. 		<p>specifications used at the Championships. AND that they inform their officials during the pre-event briefing that different specifications are being used at the named championships than listed in the competition prospectus, as shared with EA/ESAA via the licencing process.</p>
<p>Second Year Athletes (in Each age group)</p>	<p>Athletes</p>	<p>L</p>	<ul style="list-style-type: none"> These athletes will be used to throwing with the “old specification implements” as they will have used them during their first year in competition. Eg as a Junior. Coaches/Teachers and athletes will need to train with them to ensure that they are still familiar with the implements specifics and be aware that they will be different to those that they will use at club level and in non-school based competition during 2026. 	<p>L</p>	<p>Athletes</p>
<p>First Year Athletes (in each age group)</p>	<p>Athletes</p>	<p>M</p>	<ul style="list-style-type: none"> These athletes will be unfamiliar with some of the implement weights that they will be required to use. This will place more pressure on first year athletes as they will need to manage training/competition using two different unfamiliar implements. <u>Teachers and coaches will need to ensure that athletes are capable of throwing the heavier weights in competition</u> 	<p>L</p>	<p>Athletes and Team Managers (this term include coaches and teachers)</p>
<p>Injuries due to long throws being held at same time</p>	<p>Officials</p>	<p>H</p>	<p>Timetabling of the event to ensure – where possible this does not happen. Where, in rare circumstances, it does occur, ensure that an official is appointed to co-ordinate both events and that officials for both events are safely operated.</p>	<p>L</p>	<p>Event organisers</p>
<p>Injuries due to crossing infield</p>	<p>All attending</p>	<p>H</p>	<p>Signage and infield roped off (Event photographers to take special care regarding positioning) Officials/volunteers aware of the UKA Long Throws protocols</p>	<p>L</p>	<p>Stadium staff Officials and Volunteers</p>
<p>Implements checked before competition</p>	<p>Athletes/</p>	<p>L</p>	<p>Implements checked beforehand to be within the ESAA</p>	<p>L</p>	<p>Technical Manager/Equipment</p>

and during competition	officials and retrievers		required specification – specifications are included within the ESAA Handbook and the 2024-26 UKA Rule Book UKA-Rulebook 2024.pdf - Google Drive p224 onwards		Officer/Clerk of course Officials on Site
General injuries to athletes	Athletes	M	All competitors briefed before warm up regarding safety procedure throwing within the cage and gathering implements prior to use. Officials observe for “unusual actions” during warm up and discuss with their chief if concerned.	L	Field Referee to brief officials Lead official to brief athletes & other officials at event site or in call room.
Injuries to officials in the sector by thrown implements	Officials	H	Use of the horn or other approved signalling system and acknowledgement alert system	L	Officials
Injury to all participants	Officials and athletes	M	Lead official to be suitably qualified as a UKA/EA level 2 + official. Event leader to tell the athlete when it is safe to throw. All athletes in the competition to be stood well away from the cage and well away from any danger whilst waiting to throw.	L	Event leader at Cage and all other officials to support. Athletes to ensure that they do not throw until given permission.
Injury to participants	All participants	M	All UKA safety rules adhered to throughout the competition	L	All participants
Injury due to poor event surface	Athletes and officials	M	Ensure throwing surface is suitable, in good order and clear of debris and that grass is cut to ensure it is not a trip hazard	L	Stadium staff and officials
Athletes slipping due to wet circle	Athletes	M	Towels supplied in wet weather and foot mats for wiping soles of shoes.	L	Stadium staff and athletes
Injury due to protruding rim of circle	Athletes	L	Checked before event	L	Stadium staff

Additional: It is vital that both the Cage and netting meets current safety criteria and officials are aware of cage gate settings for left and right hand throwers for hammer and discus requirements. Gates should move easily and securing points should be clear of obstructions

Field Events – Javelin (JG/JB/IG*/IB/SG/SB)
These events are affected by ESAA implements and weight specifications NOT changing in 2026
Event Specifications are the traditional ESAA/UKA weights as used until 1st April 2026 *IG are not affected by the changes



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
<p>Using “unfamiliar” implements – caused by ESAA weight implements v UKA weights post 1st April 2026</p> <p>SEE ESAA Specification Chart page 4</p> <p>Javelin – Year 8, Year 10 and Year 12 Boys; Year 8 Girls and Year 12 Girls Up a weight compared to new EA/UKA specifications</p>	Athletes	M	<ul style="list-style-type: none"> Athletes, coaches/teachers and team managers are made aware during the entry phase of the championships the exact weights and dimensions of the implements to be used. That they are NOT the same as they will be using within Club athletics; that they must be suitably practiced with those implements prior to entering the competition. All teachers, team managers and all other adults involved in team selection are aware of the specifications being used in the events they are selecting athletes for and that all athletes are aware of the specifications and required to be suitably 	L	<p>Event Organisers/County Secretaries/Championship Secretaries</p> <p>ESAA require Event Organisers to ensure that Chief Officials are fully briefed on the specifications used at the Championships. AND that they inform their officials during the pre-event briefing that different specifications are being used at the named championships than</p>

			<p>practiced in the events they will be participating in, especially the new specification hurdles which align with the UKA Rules for Competition(April 1st 2026) and the throws which lay outside of the current UKA Rules of Competition and align with the traditional ESAA Track and Field Championship Rules.</p> <ul style="list-style-type: none"> This information must be shared with athletes, be added to entry proforma and displayed to athletes to ensure that athletes at all levels of competition are aware that they are using implements different to the specifications for their age as set out in the UKA rules 2026. 		<p>listed in the competition prospectus, as shared with EA/ESAA via the licencing process.</p>
Second Year Athletes (in Each age group)	Athletes	L	<ul style="list-style-type: none"> These athletes will be used to throwing with the “old specification implements” as they will have used them during their first year in competition. Eg as a Junior. Coaches/Teachers and athletes will need to train with them to ensure that they are still familiar with the implements specifics and be aware that they will be different to those that they will use at club level and in non-school based competition during 2026. 	L	
First Year Athletes (in each age group)	Athletes	M	<p>These athletes will be unfamiliar with some of the implement weights that they will be required to use. This will place more pressure on first year athletes as they will need to manage training/competition using two different unfamiliar implements. <u>Teachers and coaches will need to ensure that athletes are capable of throwing the heavier weights in competition</u></p>	L	
Implements checked before competition and during competition	Athletes/ officials and retrievers	L	<p>Implements checked beforehand to be within the ESAA required specification – specifications are included within the ESAA Handbook and the 2024-26 UKA Rule Book UKA-Rulebook 2024.pdf - Google Drive p224 onwards</p>	L	<p>Technical Manager/Equipment Officer/Clerk of course Officials on Site</p>
Injuries due to long throws being held at same time	Officials	H	<p>Timetabling of the event to ensure – where possible this does not happen. Where, in rare circumstances, it does occur, ensure that an official is appointed to co-ordinate both events and that officials for both events are safely operated.</p>	L	<p>Event organisers</p>
Injuries due to crossing infield	All attending	H	<p>Signage and infield roped off (Event photographers to take special care regarding positioning) Officials/volunteers aware of the UKA Long Throws protocols</p>	L	<p>Stadium staff Officials and Volunteers</p>
General injuries to athletes	Athletes	M	<p>All competitors briefed before warm up regarding safety procedure throwing within the runway area and</p>	L	<p>Field Referee to brief officials Lead official to brief athletes</p>

			gathering implements prior to use. Officials observe for “unusual actions” during warm up and discuss with their chief if concerned.		& other officials at event site or in call room.
Injuries to officials by thrown implements	Officials	H	Use of the horn signalling system and acknowledgement alert system	L	Officials
Injury to all participants	Officials and athletes	M	Event leader to stand with athlete by run up while athlete takes up starting position Javelins not used in any capacity to aid stretching or warm up other than on the runway to throw.	L	Event leader
Injury to officials during retrieval	Officials	L	Javelins carried in vertical position and not thrown back or held horizontally	L	Officials
Injury to participants	All participants	M	All UKA safety rules adhered to throughout the competition	L	Officials/Athletes
Injury due to poor event surface	Athletes and officials	M	Ensure throwing surface is suitable and clear of debris and that grass is cut to ensure it is not a trip hazard. Run up of infield Javelin was replaced in early 2026, outer field run-up is still well maintained and suitable for Javelin	L	Stadium staff and officials

Field Events – Shot (JG/JB/IG*/IB/SG/SB)

These events are affected by ESAA implements and weight specifications NOT changing in 2026
Event Specifications are the traditional ESAA/UKA weights as used until 1st April 2026 *IG are not affected by the changes



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
<p>Using “unfamiliar” implements – caused by ESAA weight implements v UKA weights post 1st April 2026</p> <p>SEE ESAA Specification Chart page 4</p> <p>Shot – Year 8 Girls and Boys, Year 10 Boys, Year 12 Boys and Girls Up a weight compared to new EA/UKA specification</p>	Athletes	M	<ul style="list-style-type: none"> Athletes, coaches/teachers and team managers are made aware during the entry phase of the championships the exact weights and dimensions of the implements to be used. That they are NOT the same as they will be using within Club athletics; that they must be suitably practiced with those implements prior to entering the competition. All teachers, team managers and all other adults involved in team selection are aware of the specifications being used in the events they are selecting athletes for and that all athletes are aware of the specifications and required to be suitably practiced in the events they will be participating in, especially the new specification hurdles which align with the UKA Rules for Competition(April 1st 2026) and the throws which lay outside of the current UKA Rules of Competition and align with the traditional ESAA Track and Field Championship Rules. <p>This information must be shared with athletes, be</p>	L	<p>Event Organisers/County Secretaries/Championship Secretaries</p> <p>ESAA require Event Organisers to ensure that Chief Officials are fully briefed on the specifications used at the Championships. AND that they inform their officials during the pre-event briefing that different specifications are being used at the named championships than listed in the competition prospectus, as shared with EA/ESAA via the licencing process.</p>

			added to entry proforma and displayed to athletes to ensure that athletes at all levels of competition are aware that they are using implements different to the specifications for their age as set out in the UKA rules 2026.		
Second Year Athletes (in Each age group)	Athletes	L	<ul style="list-style-type: none"> These athletes will be used to throwing with the “old specification implements” as they will have used them during their first year in competition. Eg as a Junior. Coaches/Teachers and athletes will need to train with them to ensure that they are still familiar with the implements specifics and be aware that they will be different to those that they will use at club level and in non-school based competition during 2026.	L	Athletes
First Year Athletes (in each age group)	Athletes	M	These athletes will be unfamiliar with some of the implement weights that they will be required to use. This will place more pressure on first year athletes as they will need to manage training/competition using two different unfamiliar implements. Teachers and coaches will need to ensure that athletes are capable of throwing the heavier weights in competition		Athletes and Team Managers (this term includes coaches and teachers)
Implements checked before competition and during competition	Athletes/officials and retrievers	L	Implements checked beforehand to be within the ESAA required specification – specifications are included within the ESAA Handbook and the 2024-26 UKA Rule Book UKA-Rulebook 2024.pdf - Google Drive p224 onwards	L	Technical Manager/Equipment Officer/Clerk of course Officials on Site
Injuries outside of throwing area	Athletes and officials (and when using outside circle) spectators	L	Ensure all throws only take place in stated order and within circle	L	Officials
Officials hit by shot	Officials	L	Officials stand outside sector lines and face the thrower	L	Officials
Injuries to athletes by shot	Athletes	L	Implements must be returned by hand	L	Officials
Injuries from shot thrown out of sector lines	Officials	L	Awareness by officials especially when rotational throwers competing	L	Officials