




## English Schools' Athletic Association Track and Field Risk Assessment

<b>County School AA</b>	<b>NORTHUMBERLAND</b>
<b>Venue/Stadium</b>	<b>Gateshead International Stadium</b>
<b>Event Date</b>	<b>Saturday 20<sup>th</sup> June 2026 – 10am to 3pm</b>
<b>Meeting Organiser</b>	<b>Paul Ponton</b>

Track events – 80, 100, 200, 300, 800, 1500, relays 5x80, 4x100 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
<b>Weather (Slipping on track)</b>	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
<b>Poor visibility – events taking place under poor lighting</b>	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.
<b>Track kerbing</b> - 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
<b>People crossing track</b> - 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.
<b>Injury from starting blocks- cuts, slipping, tripping</b>	Athletes	L	If used, starting blocks should be carried and positioned correctly. Only inspected blocks should be used.	L	Track staff, officials and athletes
<b>Collision in 800/1500m especially at break line</b>	Athletes	L	Ensure break line is adequately marked and inform athletes before each heat.	L	Officials
<b>Trips and falls during racing</b>	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)
<b>Removal of blocks during 400m/400m Hurdles races</b>	Athletes	L	Blocks removed before race finishes	L	Track staff/Volunteers
<b>Steeplechase (NOT APPLICABLE)</b>	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 1<sup>st</sup> 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
<b>Tripping, colliding, interaction with hurdles</b>	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
<b>Athletes competing over correct specification</b>	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
<b>Athlete injuries due to surface</b>	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
<b>Athlete injuries due to unsupervised practice</b>	Athletes	L	Unsupervised access to long jump pits not permitted- run-ups coned off outside of warm up and competition	L	Team managers
<b>Trips due to measuring tapes</b>	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
<b>Injuries on landing on edge of pit</b>	Athletes	L	Edge of pit meets minimum Track Mark certification.	L	Officiating Staff
<b>Injuries on landing in pit</b>	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

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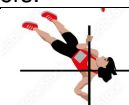
**Field events – High Jump (JG/JB/IG/IB/SG/SB)**  
**These events and specifications are unaffected by the age group changes**



What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
<b>Injuries caused by splintered cross bars</b>	Athletes	L	Bars checked for damage	L	Track staff & officials
<b>Injuries caused by landing on bar</b>	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
<b>Injuries due to poor condition of high jump fan</b>	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
<b>Injuries caused by falling off bed</b>	Athletes	M	Bed surrounded suitable covered with appropriate matting/protection	L	Officials/Stadium staff
<b>Injuries caused by run up encroaching on track</b>	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
<b>Injuries caused by falling upright</b>	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
<b>Injuries due to tripping on kerbing</b>	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
<b>Injuries due to athlete collisions</b>	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
<b>Injuries caused by splintered cross bars</b>	Athletes	L	Bars checked for damage	L	Track staff
<b>Injuries caused by landing on bar</b>	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
<b>Injuries due to poor condition of Pole</b>	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 1<sup>st</sup> April 2026**

**2026 Throwing Implements**

	Year 8 Boys	Year 8 Girls	Year 7 Boys	Year 7 Girls	Year 6 Boys	Year 6 Girls
Shot	3.00k	3.00k	3.00k	2.72k	x	x
Discus	1.25k	1.00k	1.00k	0.75k	x	x
Javelin	600gm	500gm	400gm	400gm	x	x
Hammer	3.00k	3.00k	x	x	x	x
Cricket Ball	x	x	x	x	5ozs	5ozs

**Throwing events – Discus/Hammer ( Year 7 & Year 8 )**  
 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 1<sup>st</sup> April 2026

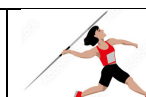
What are the Hazards?	Who might be harmed and how?	Risk Rating	Control	Resultant Risk Rating	Action by whom
Using “unfamiliar” implements – caused by ESAA weight implements v UKA weights post 1 <sup>st</sup> April 2026  <a href="#">SEE ESAA Specification Chart page 4</a>  <b>Discus – Year 7 Girls &amp; Boys and</b>	Athletes	M	<ul style="list-style-type: none"> <li><b>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.</b> 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.</li> </ul>	L	Event Organisers/County Secretaries/Championship Secretaries  <b>ESAA require Event Organisers to ensure that Chief Officials</b>

<p><b>Year 8 Girls &amp; Boys Up a weight compared to new EA/UKA specification</b></p> <p><b>Hammer – Year 7 Girls &amp; Boys and Year 8 Girls &amp; Boys Up a weight compared to new EA/UKA specifications</b></p>			<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>		<p>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>
<p><b>Second Year Athletes (in Each age group)</b></p>	<p>Athletes</p>	<p>L</p>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>	<p>L</p>	<p>Athletes</p>
<p><b>First Year Athletes (in each age group)</b></p>	<p>Athletes</p>	<p>M</p>	<ul style="list-style-type: none"> <li>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></li> </ul>	<p>L</p>	<p>Athletes and Team Managers (this term include coaches and teachers)</p>
<p><b>Injuries due to long throws being held at same time</b></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><b>Injuries due to crossing infield</b></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>

<b>Implements checked before competition and during competition</b>	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 <a href="#">UKA-Rulebook 2024.pdf - Google Drive</a> p224 onwards	L	Technical Manager/Equipment Officer/Clerk of course Officials on Site
<b>General injuries to athletes</b>	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.
<b>Injuries to officials in the sector by thrown implements</b>	Officials	H	Use of the horn or other approved signalling system and acknowledgement alert system	L	Officials
<b>Injury to all participants</b>	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.
<b>Injury to participants</b>	All participants	M	All UKA safety rules adhered to throughout the competition	L	All participants
<b>Injury due to poor event surface</b>	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
<b>Athletes slipping due to wet circle</b>	Athletes	M	Towels supplied in wet weather and foot mats for wiping soles of shoes.	L	Stadium staff and athletes
<b>Injury due to protruding rim of circle</b>	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 ( Year 7 & Year 8 )**  
**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 1<sup>st</sup> April 2026**



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 1<sup>st</sup> April 2026</p> <p><a href="#">SEE ESAA Specification Chart page 4</a></p> <p><b>Javelin – Year 7 Girls &amp; Boys and Year 8 Girls &amp; Boys Up a weight compared to new EA/UKA specifications</b></p>	Athletes	M	<ul style="list-style-type: none"> <li><b>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.</b> 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.</li> <li><b>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</b></li> </ul>	L	<p>Event Organisers/County Secretaries/Championship Secretaries</p> <p><b>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</b></p>

			<p>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"> <li>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.</li> </ul>		<p>the named championships than 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"> <li>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.</li> <li>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.</li> </ul>	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 <a href="#">UKA-Rulebook 2024.pdf - Google Drive</a> p224 onwards</p>	L	Technical Manager/Equipment Officer/Clerk of course Officials on Site
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	Event organisers
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	Stadium staff Officials and Volunteers
General injuries to athletes	Athletes	M	<p>All competitors briefed before warm up regarding safety</p>	L	Field Referee to brief officials

			procedure throwing within the runway area and gathering implements prior to use. Officials observe for “unusual actions” during warm up and discuss with their chief if concerned.		Lead official to brief athletes & other officials at event site or in call room.
<b>Injuries to officials by thrown implements</b>	Officials	H	Use of the horn signalling system and acknowledgement alert system	L	Officials
<b>Injury to all participants</b>	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
<b>Injury to officials during retrieval</b>	Officials	L	Javelins carried in vertical position and not thrown back or held horizontally	L	Officials
<b>Injury to participants</b>	All participants	M	All UKA safety rules adhered to throughout the competition	L	Officials/Athletes
<b>Injury due to poor event surface</b>	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 ( Year 7 & Year 8 )**

**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 1<sup>st</sup> 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 1<sup>st</sup> April 2026</p> <p><a href="#">SEE ESAA Specification Chart page 4</a></p> <p><b>Shot – Year 7 Girls and Boys, Year 8 Girls and Boys Up a weight compared to new EA/UKA specification</b></p>	Athletes	M	<ul style="list-style-type: none"> <li><b>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.</b> 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.</li> <li><b>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.</b></li> </ul>	L	<p>Event Organisers/County Secretaries/Championship Secretaries</p> <p><b>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.</b></p>

			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.		
<b>Second Year Athletes (in Each age group)</b>	Athletes	L	<ul style="list-style-type: none"> <li><b>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.</b></li> </ul> Coaches/Teachers and athletes will need to train with them to ensure that they are still familiar with the implements specifics <b>and</b> 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
<b>First Year Athletes (in each age group)</b>	Athletes	M	<b>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</b>		Athletes and Team Managers (this term includes coaches and teachers)
<b>Implements checked before competition and during competition</b>	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 <a href="#">UKA-Rulebook 2024.pdf - Google Drive</a> p224 onwards	L	Technical Manager/Equipment Officer/Clerk of course Officials on Site
<b>Injuries outside of throwing area</b>	Athletes and officials (and when using outside circle) spectators	L	Ensure all throws only take place in stated order and within circle	L	Officials
<b>Officials hit by shot</b>	Officials	L	Officials stand outside sector lines and face the thrower	L	Officials
<b>Injuries to athletes by shot</b>	Athletes	L	Implements must be returned by hand	L	Officials
<b>Injuries from shot thrown out of sector lines</b>	Officials	L	Awareness by officials especially when rotational throwers competing	L	Officials