

OFFICIALS GUIDE TRACK SAFETY

PRE EVENT PREPARATION

UKA strongly recommends that Event Organisers carry out a pre event site/safety visit at least 1month prior to the event. This provides plenty of time to address any facility concerns and event programming issues.

On the day of the event standard pre event checks are vital and it is important to understand that as an official you share responsibility, along with the facility owner and the event organiser, for the safety of all participants and those.

OFFICIALS PRE EVENT CHECKLIST – TRACK EVENTS

GENERAL	
Arrive at least 90mins before the first scheduled event	
Conduct a safety walk round of the facility	
Attend a team briefing to discuss any timetable/safety issues	
Check that all track/circulation areas are clear from hazards	
Check to make sure that you have all required equipment	
Use barriers/taping to restrict access to runways/field events	
Make sure all equipment is present and in good condition	

TRACK SAFETY

General blurb about the main hazards/risk in TRACK events

Events:

1. The Start

Those working the start of a race have the responsibility to be sure that those starting can do so without coming in contact with another person. The responsibility for this would fall on the official/starter responsible for the start. The standard for the official who has this responsibility is could a reasonable person have foreseen someone coming on the track in front of the runners starting that would result in collision.

2. The Finish

The finish line of a race has similar responsibilities imposed on the official or officials responsible for it comparable to those at the start of the race. The competitors must be assured of a finish line that is unobstructed by individuals who are not competing in the race. At least one official has responsibility for the finish line.

TRACK

- Track is clean and clear of debris. Swept as appropriate.
- Kerbing or cones is in place around bends.
- Water jump is full to level of track.
- Water jump hurdles is stable and free from significant splintering/wear and easily adjusted.
- Other steeplechase hurdles are stable and free from splintering/wear and easily adjusted.
- Hurdles are easily adjustable for height and weights correctly adjusted.
- Hurdle tops are free from significant splintering or wear.
- Starting blocks are in good order, with pads not excessively worn and securely fixed.
- Spikes in starting block plates are long enough to prevent blocks slipping. (11mm)
- Judges stands are in good repair and in position.
- Steeplechase: Clean water jump before filling with water

PRE EVENT PREPARATION – TRACK EVENTS

TRACK EVENT CHECKS	

SAFETY PROCEDURES FOR track events

GEN



NG
2

Warm-ups should be organized and controlled

- **Keep runways and sectors clear**
- **Pre-Event Timetable:**
 - 1-Safety Check the area
 - 2-Be Aware of Nearby Activities
 - 3-Inventory/Set up and Calibrate equipment
 - 4-Organize the Crew
 - 5-Competitor Briefing before Warm-ups Start
- Set Warm-up Requirements**
- Inform the athletes of Safety considerations**

The warm-up period is when most accidents occur because multiple athletes are using the facilities simultaneously, they are intent on their own preparation and often there is less attention by officials because it isn't part of the competition. More rather than less attention is warranted. This is particularly true for field events.

- **Don't allow warm-up in an area not designated for warm-up such as areas where**
 - o Track athletes warming up
 - o Spectators
 - o Other competitors
 - o Slippery surfaces

EVENT PROCEDURE – COMPETITION AND WARM UP

1. Yyyy

Disability

Track Events

- Check hurdle heights

Post Event

- S'Chase: Drain the water jump

A. Track Safety Rules

B. Sprints-Hurdles

Starting blocks- Starting blocks should be checked for loose connections and missing parts. On blocks that use track spikes, all should be checked for missing spikes. Spot welding the spikes to the blocks will prevent loss of spikes. Broken spikes however, will be more difficult to replace.

Transporting blocks from one starting area to another should be done with care. Wheel barrows and other top heavy carrying devices should be avoided. Dropped starting blocks can cause serious injuries to the foot and ankles.

C. Starting Area

Page 23

Starter- The use of a revolver for starting creates some safety aspects. Although only blank cartridges are used, the wadding and powder are capable of injuries especially to the eyes. The starter should wear a protective device on their ears to prevent prolonged loud noises that could damage hearing. The starting pistol should be treated as a real gun, for all safety concerns. Students or young people should not be allowed to access to starting guns. The new strobe light and artificial start sounds are much safer for younger competitors.

D. Middle Distance and Distance Races

Although serious injuries are rare in distance running, care should be taken in placing too many runners in a race. Getting spiked can cause serious lacerations to the lower leg. Other bumps and falls should be avoided whenever possible. Temperature and humidity factors should be monitored carefully, especially in races over 5K. Distance races should be scheduled in the cooler part of the day. Water should be made available to all runners on hot humid days, especially in the 10K. Athletic trainers should be on alert when longer distance races are held on hot-humid days.

E. Hurdles

All hurdles should be maintained to insure the following:

1. Crossbars are smooth and not broken or cracked.
2. All bolted or welded joints are firmly together.
3. All pull-over weights are easily movable and adjustable for the proper heights.
4. All height adjustments are free of rust and corrosion. Axle grease ensures long lasting lubrication. WD40 does not last.

F. Hurdle Placement

All hurdle marks on the track should be checked for accuracy. Hurdles should be properly lined up in a straight row and directly over the hurdle mark. Hurdles should be checked with a string or cord to insure perfect alignment. Pull-over weight

adjustments should be checked before each different hurdle race at different heights.

There should be a check to insure that there are ten flights of hurdles on the track. This is especially true in the intermediate hurdles. (Eight in the 300m hurdles)

G. Steeplechase Barriers

Each barrier should be checked for proper height of men's and women's barriers.

The water jump should be cleaned and filled with clean water to the top. The barrier should be covered in the front to insure that a runner cannot slip under the barrier.

The landing area of the water jump should be made of non-slip material.

Generally there should be no barriers between the starting line and the finish line on the first lap.

GOOD PRACTICE FOR TRACK EVENTS

Should there be a need for drinks to be provided during an event, the station should be positioned so as not to constitute a hazard.

Lengths of kerbing that have been moved to facilitate high jumping or javelin throwing must be placed in a safe area. They must be replaced after the event has ceased. See also steeplechase competition.

In 400m. races, starting blocks must be removed from the track before each race finishes.

Cones used to mark the edge of the track must be carefully positioned so as not to cause a tripping hazard.

wind gauges need to be secured. Tying a sandbag under the tripod, or putting a weight (e.g. a shot) in the storage box and tying this underneath the tripod should be sufficient.

Technical Officials will usually set up Photo-Finish equipment themselves, but check at the planning stage what expectations are about how this will be done.

TIMEKEEPERS' LOCATIONS - OUTDOOR COMPETITION

In the case of stand-alone/temporary/mobile timekeepers stands, ensure that the stand is constructed to the manufacturers specifications. For stand-alone and mobile stands of metal modular construction, ensure safety information plate is in place, legible and in date.

2. Ensure that the flooring of the working platforms (steps) are in good repair, of a non-slip material and securely attached to the stand framework.

3. Ensure that the safety rail to the sides and rear of modular constructed stands are securely attached to the main body of the stand, at a satisfactory height above the level of the platform floor that will not obscure the timekeepers view of the start and finish areas.

4. Ensure that the stand is stable upon the ground environment.

5. If wheels are fitted to a mobile stand and the stand is repositioned ensure that these are in the retracted position before use by the timekeeping team.
6. Ensure that a rope cordon wound with high visibility tape is positioned around the stand-alone/mobile stand, to prevent access by the general public.
7. Ensure that the ground environment surrounding the stand-alone/mobile stand is suitably surfaced for the safe movement of timekeepers whilst in that area.
8. Ensure that where an overhead weather protection facility is provided, the device is securely attached to the main body of the stand-alone/mobile stand.

Control Measure Responsibilities: 1,2,3,4,5,6,7,8 Facility staff, Technical Officials

HAZARD Permanent Out-field locations

WHO/HOW AFFECTED: Technical Officials, General Public:-Injury from falling, tripping, collision

CONTROL MEASURES

1. Ensure that the timekeepers allocated position/seats are clearly defined as not for use by the General Public.
2. Ensure that the access and gangways to the timekeepers allocated position/seats are kept free from obstruction and where practicable, not accessible by the General Public.
3. Ensure that the flooring of the working platforms (steps) are in good repair
4. Ensure that if the timekeepers' position is located at an extremity of a permanent stand, a safety wall and rail is securely attached to the main structure of the stand, at a satisfactory height above the level of the platform floor that will not obscure the timekeepers view of the start and finish areas.
5. Ensure that the seats provided are safe and free from defects.
6. Ensure that permanent and temporary overhead structures are free from birds and vermin

Control Measure Responsibilities: 1,3,4,5,6 Facility staff.
2 Facility staff, Technical Officials

HAZARD In-Field locations

WHO/HOW AFFECTED: Technical Officials:-Injury from slipping/tripping, falling, collision

CONTROL MEASURES

1. Ensure that the competition area is not used as a short cut to timekeepers' calling/recording positions.
2. Ensure that due care is taken when negotiating track inner kerbs.
3. Ensure that when positioned to call/record times, the progress of an athlete in competition is un-impeded.
4. Ensure that due notice is taken of the preparation and progress of field events and of warning horns.

Control Measure Responsibilities: 1,2,3,4 Technical Official

Judges Stand



Referees and officials must ensure that the judges stand is 'fit for purpose'.

- In particular they should be aware of the following:
- The stability of the stand.
- The Handrails - generally two handrails required
- The Steps - should overlap and be non slip
- The Platform / top step - should be of adequate size and adequate protection – ideally hand rails for top step/platform should be parallel to the step.
- The back rail – either partially filled in or with adequate rails
- No sharp edges

Time of Day

1. Check that enough daylight/flood lighting to ensure safety

Indoor Competition

The more confined area generally associated with indoor athletics will require greater attention being paid to the following :

1. Uneven, raised and insecure surfaces.
2. The placement of equipment.
3. The risk of collisions.
4. The proximity of walls and ceilings.
5. The programming of activities.

The following highlights event specific hazards to be considered **in addition to the outdoor risk assessments** which are applicable to indoor competition.

Tracks and Runways

In the case of demountable tracks ensure that the track boards are secure and are set up according to the manufacturers' specifications.

Any change of height should be clearly identified.

Track Surrounds (Barriers)

Ensure barriers at the end of the straight are covered with protective foam to prevent direct contact and are secure and that walls are protected where the run off space is limited.

Ensure that any protrusions from walls do not present a danger to hurdlers or other athletes

Athletes

Ensure flag marshals are posted when conflicting activities are taking place.

Equipment

Any moveable equipment and kit must be placed so as not to constitute a hazard to any events or individuals.

ATHLETES WITH A DISABILITY RISK ASSESSMENT

EVENT SPECIFIC TRACK EVENTS

HAZARD

Track

WHO/HOW AFFECTED: Athletes – Injuries from collisions or falls.

CONTROL MEASURES

1. Ensure that there is a suitable access point to the track.
2. Ensure that the lane lines are luminous or clearly painted.
3. In the case of blind competitors guided by athletes ensure that sufficient space has been allowed for both runners.
4. Blind competitors under the age of 16 in Class T12 should only be permitted to compete without assistance with the written permission of a suitably qualified person.
5. Ensure that the run-off at the end of a race and the area outside of the outside lane is clear of all obstacles.
6. Ensure that no one crosses the track during races.
7. Ensure that any run offs are on to solid ground and not soft areas.

Control Measure Responsibilities:	1	Event Organisers, Ground staff.
	2	Officials, Ground Staff.
	3	Organisers, Officials.
	4,5,6	Officials.
	7	Event Organiser, Ground Staff.

HAZARD

Hurdles

WHO/HOW AFFECTED: Athletes - Injuries from collisions

CONTROL MEASURES

1. Ensure that all hurdles are removed to designated storage area

Control Measure Responsibilities:	1	Officials, Athletes, Ground Staff
--	---	--------------------------------------

HAZARD

Water Jump

WHO/HOW AFFECTED: Athletes - Injuries from falls.

CONTROL MEASURES

- | | | |
|--|---|--------------------------|
| Control Measure Responsibilities: | 1 | Officials, Ground Staff. |
|--|---|--------------------------|

HAZARD **Scoreboard**

CONTROL MEASURES

- | | | |
|--|---|--------------------------|
| Control Measure Responsibilities: | 1 | Officials, Ground Staff. |
|--|---|--------------------------|

CONTROL MEASURES

- | | | |
|--|---|-------------------|
| Control Measure Responsibilities: | 1 | Officials |
| | 3 | Meeting Organiser |