

HEALTH & SAFETY PLAN - SAFETY ACTION PLAN
NSSSA TRACK & FIELD CHAMPIONSHIPS 2020- Outdoor Individual Sport
 Thursday 12 March, Trigg Stadium - All Weather Track , Kensington Park, Whangarei

KEY CONTACTS - RSD: Robyn Richards 0274 379007 RSDA: Heather Deane 0221543830

The organisation of this event has been delegated to NSSSA and Sport Northland

Hazard Register

Area	Hazards Identified	Potential Harm	Risk Priority	E	I	M	Hazard Controls
Competition	Competitors collide with other competitors or officials	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	Medium	No	No	Yes	Competitors to adhere to event protocols and rules Waiting competitors are seated during an event Officials to be identifiable Spectators are not permitted inside the competing area St Johns in attendance at event
Competition	Competitor stands or lands on an object	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	Low	No	No	Yes	Track and Field inspected for foreign objects by Event Manager prior to event. All foreign objects removed. St Johns in attendance at event
Competition	Competitor is struck by an object	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	High	No	No	Yes	All competitors have been trained in correct throwing technique Waiting competitors are kept in the safety zone for their event All implements are returned according to accepted protocols St Johns in attendance at event
Competition	Competitor slips/falls awkwardly	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	Medium	No	No	Yes	Competitors wear appropriate footwear All surfaces are checked. If unsafe - remedy. St Johns in attendance at event
Competition	Competitor is injured from landing poorly	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	Medium	No	No	Yes	Correct positioning of landing pads Well raked sand Correct technique for jumping events St Johns in attendance at event
Competition	Spectator is injured	Cuts / Abrasions Sprains /Strains Bone Breakage Concussion Life Threatening	Medium	Yes	No	No	No spectators are permitted in the competition area Any spectators removed from competition area Constantly monitor by security, Officials, Team Managers and Event Manager
Venue	Sun and/or Wind Weather conditions	Competitor sunburn / windburn Competitor dehydration/hyper/hypothermia	Medium	No	No	Yes	Competitors supply own sunscreen. Competitors wear appropriate uniforms to compete in. Competitors to wear appropriate hats/sunglasses/clothing when not competing. Sunshade provided where possible. St Johns in attendance at event
Venue	Sharing drink bottles/whistles Poor food management. Blood transfer.	Communicable illnesses	Low	Yes	No	No	All competitors have their own drink bottle. Competitors bring/provide their own food/snacks. Schools supply their own whistles for officiating. Antiseptic wash provided for whistles Competitors have access to team/school First Aid kit. Blood procedures followed by Coaches/Managers and enforced by Event Officials.

Venue	Existing / serious Medical Condition of a competitor	Prolonged absence from competition. Infection/illness	Low	No	No	Yes	School staff are responsible for monitoring any serious existing medical conditions of competitors and ensure that they carry the appropriate medication. Event staff and Officials have current First Aid qualification. Event Manager to be easily identifiable.
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EMERGENCY PROCEDURES:

Audible communication system
Emergency Evacuation Procedures available and outlined to all present.
Emergency contact number at venue
Dial 111

HEALTH & SAFETY PROCEDURES

THROWS

No athlete can throw without an Event Official supervising
Athletes must be aware of who is throwing and where and be in a safe place
All runners must stay outside of the designated throwing areas
Throwing sectors to be clearly marked by flags, cones or warning signs
Event Official to double check that before an athlete throws, the field is clear
Event Officials to monitor the retrieval of implements occurs when nobody is going to throw
Event Officials to strictly enforce that implements may not be thrown back towards the circle/run up
Event Officials to ensure that no one except the thrower stands closer than 3m from the cage net
Immediately adjacent throwing areas (Discus/Hammer circles and Javelin) are not to be used simultaneously
Event Officials to immediately report to Event Manager any damage or need for repair

HEALTH & SAFETY PROCEDURES

JUMPS

High Jump landing area is appropriate for the level of competition
High Jump Landing area is correctly set up and checked for damage
Event Official ensures that only one athlete jumps at a time
Event Official to determine surface safety of High Jump fan
Sufficient sand to ensure safe landing in Jump pits
Event Officials to ensure horizontal Jump Pits are clear of any obstructions
Event Officials to ensure that raking occurs under their supervision
Event Officials to ensure that only one athlete jumps at a time

HEALTH & SAFETY PROCEDURES

TRACK

Hurdles and Steeplechase barriers are used if only in good order
Max number of hurdles on a trolley is 12
Steeplechase Water Jump can only be used when it is fully filled
Appropriate numbers of competitors in non-laned events
Starter to have available hearing protection