

# Curriculum activity risk assessment

## Hammer Throwing

clever • skilled • creative

### Activity scope

This document relates to student participation in Hammer Throw as a curriculum activity.



**Hammer Throw is unsuitable for class groups. Students who show promise may be chosen for development in small, specialised groups. These must be performed at a facility with suitable Hammer Throw facilities.**

### Risk level

The actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:

- Which students will be involved?
- What will the students be doing?
- What will the students be using?
- Where will the students be?
- Who will be leading the activity?

Inherent risk level		Action required / approval
<input type="checkbox"/>	<b>Extreme</b> High chance of a serious incident resulting in highly debilitating injury.	<input checked="" type="checkbox"/> Consider alternatives to doing the activity. <input checked="" type="checkbox"/> A <i>Curriculum Activity Risk Assessment</i> is required to be completed. <input checked="" type="checkbox"/> Principal approval prior to conducting this activity is required. <input checked="" type="checkbox"/> Once approved, activity details are to be entered into the School Curriculum Activity Register. <input checked="" type="checkbox"/> Parental permission <b>must</b> be obtained for student participation.

Teachers / leaders:

Activity description:

Start date:

Finish date:

No of students (approx.):

Class groups:

Supervision ratio (approx.):



Queensland Government

Listed below are the 'minimum' recommendations for this type of activity. For any items checked "No", provide further information on the additional or alternate controls to be implemented for the safe conduct of the activity.

### Minimum supervision

Adequate adult supervision is to be provided – consider the following: the number of students; their individual needs, and; the nature of the activity. If an adult other than a registered teacher is engaged for instruction, a teacher should be present to take overall responsibility. [Blue Card](#) requirements **must** be adhered to.

Registered teacher with minimum qualifications as outlined below

**OR**

An adult with minimum qualifications as outlined below, in the presence of a registered teacher

Further information:

### Minimum qualifications *The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum standard.*

Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities including qualified personnel.

[Blue Card](#) requirements met

#### **For a registered teacher:**

Level 1 qualifications from the [Australian Track and Field Coaches Association](#); incorporating all of the requirements of the Hammer Throw

#### **For a leader other than a registered teacher:**

Get Active Queensland Athletics Coaching - Part A qualification

**OR**

Level 1 accreditation from the [Australian Track and Field Coaches Association](#)

Further information:

Minimum equipment/facilities <i>If 'No' is ticked, provide further information.</i>	Yes	No
First aid kit suitable for activity	<input type="checkbox"/>	<input type="checkbox"/>
Communication system: <input type="checkbox"/> phone-line at location <input type="checkbox"/> walkie talkies/UHF radio <input type="checkbox"/> mobile phone <input type="checkbox"/> student/adult messenger Other:		
Sun safety equipment (hat, sunscreen, shirt etc)	<input type="checkbox"/>	<input type="checkbox"/>
Drinking water (students should not share drinking containers)	<input type="checkbox"/>	<input type="checkbox"/>
<b>This activity must be performed at a facility with suitable Hammer Throw facilities. Refer <a href="#">International Amateur Athletic Federation</a> for further information.</b>	<input type="checkbox"/>	<input type="checkbox"/>
Teaching and/or coaching with actual hammers are to be undertaken only where a proper hammer cage is available.	<input type="checkbox"/>	<input type="checkbox"/>
A protective cage should be used even when teaching with improvised equipment because of the high velocities and relative unpredictability of the path.	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing bodies/associations <i>If checked "No", provide further information.</i>	Yes	No
Guidelines/codes of practice are established for this activity. See <a href="#">International Amateur Athletic Federation</a> , <a href="#">Australian Track and Field Coaches Association</a> , <a href="#">Athletics Australia</a> , Get Active Queensland Athletics Coaching - Part A qualification	<input type="checkbox"/>	<input type="checkbox"/>
If you are organising competitions or other events, have you referred to <a href="#">Queensland School Sport Unit</a> ?	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

# Hazards and suggested control measures

All persons engaging in this activity should:

- identify the hazards including any additional hazards not mentioned here;
- assess their significance; and
- manage the potential risks.

Listed below are indicative hazards/risks and suggested control measures. They are by no means exhaustive lists. Add details of any other identified hazards/risks and additional controls you intend to implement.

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
<b>Biological material</b> <ul style="list-style-type: none"> <li>• Bodily fluids (e.g. saliva, sweat, blood)</li> </ul>	<ul style="list-style-type: none"> <li>• Adhere to Infection Control Guideline. Students with open cuts and abrasions, rashes or boils, or any contagious condition, are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return to the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Environmental conditions</b> <ul style="list-style-type: none"> <li>• Weather</li> <li>• Surfaces</li> <li>• Surrounds</li> </ul>	<ul style="list-style-type: none"> <li>• Assess weather conditions before and during activity (e.g. temperature, storms)</li> <li>• Assess suitability of throwing, approach and landing areas (e.g. Adequate length, level, debris, pot holes/ divots in ground, line markers)</li> <li>• The throwing area should be of adequate length to contain the implements thrown, given consideration of the ability level of the group</li> <li>• Appropriate foot protection when participating on a tartan or similar surface. (It may be deemed safe for them to participate in bare feet on a well-grassed surface free of loose obstacles)</li> <li>• The throwing sector area and approach and/or launch areas should be marked with highly visible markers to prevent access by non-participants</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	





**Additional control measures** *These would relate to the specific student needs, location and conditions in which you are conducting your activity.*

Hazards/Risks	Control Measures

Submitted by:	Date:
Indicate the names of those who were involved in the preparation of this risk assessment.	

**Approval**

<input type="checkbox"/>	Approved as submitted:
<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):

By:	Designation:
Signed:	Date:

Once approved, activity details should be entered into the <b>School Curriculum Activity Register</b> by administrative staff.	Reference No.
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<b>Monitor and review</b> <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	<b>Yes</b>	<b>No</b>
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>

Details:
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**Uncontrolled copy.** Refer to *HLS-PR-012: Curriculum Activity Risk Management* at <http://education.qld.gov.au/strategic/eppr/health/hlspr012/> for master.

## Important links

- SCM-PR-002: School Excursions  
<http://education.qld.gov.au/strategic/epr/schools/scmpr002/>
- HLS-PR-003: First Aid  
<http://education.qld.gov.au/strategic/epr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions  
<http://education.qld.gov.au/strategic/epr/health/hlspr004/>
- Infection Control Guideline:  
[http://education.qld.gov.au/health/pdfs/healthsafety/infection\\_control\\_guideline.pdf](http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf)
- HLS-PR-005: Health and Safety Incident Reporting and Notification  
<http://education.qld.gov.au/strategic/epr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy  
<http://education.qld.gov.au/strategic/epr/health/hlspr013/>
- HRM-PR-010: Working with Children Check - Blue Cards  
<http://education.qld.gov.au/strategic/epr/hr/hrmpr010/>
- HLS-PR-006: Managing Occupational Risks with Chemicals  
<http://education.qld.gov.au/strategic/epr/health/hlspr006/hs16.pdf>
- Queensland School Sport Unit  
[www.schoolsport.qld.edu.au](http://www.schoolsport.qld.edu.au)
- International Amateur Athletic Federation  
<http://www.iaaf.org/aboutiaaf/publications/regulations/index.html>
- Australian Track and Field Coaches Association  
<http://www.atfca.com.au/>
- Athletics Australia  
<http://www.athletics.com.au/>

### FURTHER INFORMATION

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012 Managing Risks in Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Assessment Guidelines](#).\* (\*<http://education.qld.gov.au/strategic/epr/health/hlspr012/index1.html>)

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.

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