

**THE BARNSTONDALE CENTRE – ACTIVITY RISK ASSESSMENT – AXE THROWING**

<b>Assessment Ref No:</b>		<b>ACT013</b>		<b>Area or Activity Assessed:</b>	<b>Axe Throwing Range Area</b>	
<b>Assessment Date:</b>		13 Nov 24				
<b>Person who may be affected by this activity</b>		Staff, Visitors, Contractors, Service Users and anyone else who may physically come into contact with the business				
<b>Ser</b>	<b>What are the hazards?</b>	<b>Who might be harmed and how?</b>	<b>Pre-Control Risk Rating (Likelihood x Severity)</b>	<b>What are we doing/Controls required?</b>	<b>Action needed</b>	<b>Post-Control Risk Rating (Likelihood x Severity)</b>
1	Struck by flying axe	Staff, visitors, members of the public	2x3 = 6	<p>Placing barriers around the axe range to prevent members of the public walking into range – to be risk assessed locally.</p> <p>Barrier is of a suitable height and distance from target and throwing area in order to contain all axes in the event of ‘bounce off’ and ‘missed throws’.</p> <p>All participants must be physically able to throw an axe at the target safely, those under the age of 16 must be accompanied by an adult over the age of 18.</p> <p>All participants and guardians must not be under the influence of alcohol or drugs.</p>	Participants will be limited to those over the age of 16.	1x2 = 2

				<p>Participants not following- the instructions or misbehaving will be asked to sit out of the activity.</p> <p>Participants will be invited into the range by the instructor as and when required to take part in activity.</p> <p>Maximum of one thrower throwing in any one lane only.</p> <p>Standard operation of one axe thrown at a time from participants with the exception of instructor controlled 'double throw'.</p> <p>Only participants throwing and instructors to be within the range during throwing.</p> <p>Safety line marked on the ground and no participants to cross during throwing.</p> <p>Throwing area marked on ground controlling distance from where an axe is thrown.</p> <p>Participants briefed and instructed to aim at target and only throw straight down the range.</p>		
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			<p>Range supervised by trained/competent instructor.</p> <p>Safety line a suitable distance (3.6m NATF) from targets to reduce likelihood of being struck by rebounding axe.</p> <p>No go zone behind throwing area to prevent spectators being struck by the axe that is let go during backswing.</p> <p>Axes only to be retrieved when all axes have been thrown – any spare axes to be secured as required when axes are being collected.</p> <p>No open toed footwear.</p> <p>All participants will undergo a safety briefing before starting their session.</p> <p>The instructor will control safety of the session throughout.</p> <p>All axes will conform to the NATF standard.</p> <p>Instructors to stand behind throwers between lanes always watching down the lane when participants are throwing.</p>		
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Ser	What are the hazards?	Who might be harmed and how?	Pre-Control Risk Rating (Likelihood x Severity)	What are we doing/Controls required?	Action needed	Post-Control Risk Rating (Likelihood x Severity)
2	Axe wound from handling axes	Staff, visitors, members of the public	2x3 = 6	<p>Axes checked for burs and damage.</p> <p>Participants trained to only hold the axe by its handle and how to pass an axe.</p> <p>Use of axe supervised by trained instructor.</p> <p>Participants shown how to retrieve an axe from the target.</p>		1x2 = 2
3	Bumps & scrapes	Staff, visitors, members of the public	2x3 = 6	<p>Targets weighted and secured to prevent toppling over onto person retrieving.</p> <p>Targets checked for sharp edges.</p>		1x2 = 2
4	Slips, trips and falls	Staff, visitors, members of the public	2x3 = 6	<p>All participants must wear appropriate footwear with closed toes.</p> <p>Area to be flat with no bumps in surface.</p> <p>Safety lines and throw lines to be marked for all to see in order to remove the danger of tripping.</p>		1x2 = 2

Ser	What are the hazards?	Who might be harmed and how?	Pre-Control Risk Rating (Likelihood x Severity)	What are we doing/Controls required?	Action needed	Post-Control Risk Rating (Likelihood x Severity)
5	Misuse of equipment	Staff, visitors, members of the public	2x3 = 6	<p>Instruction given and understood by participants before the activity takes place.</p> <p>Activity supervised at all times by trained instructors. Ensure that the rules are complied with.</p> <p>Axes kept in locked box when not in use and only use throwing axes.</p> <p>Instructor to stand next to the thrower to intervene if needed.</p> <p>Axe to be keep locked in storage, signed out and transported by the instructor and kept with them when not in use.</p>		1x2 = 2
6	Axe caught in hair/clothing	Staff, visitors, members of the public	2x3 = 6	<p>Instructor to ensure all hair is tied back.</p> <p>Instructor to demonstrate the correct throwing procedure- straight arm with short back swing and flick to throw.</p>		1x2 = 2

**Risk Ratings**

LIKELIHOOD	SEVERITY/IMPACT
1 = Low	1 = Tolerate
2 = Medium	2 = Treat
3 = High	3 = Terminate

Risk Matrix			
Degree of Risk	1	2	3
1	1	2	3
2	2	4	6
3	3	6	9

**Document Control (Amendments)**

DATE	AMENDMENT(S)	AGREED BY
17 Nov 21	Whole Document	Mark Radcliffe (electronically signed)
01 Nov 22	Whole Document	Mark Radcliffe (electronically signed)
13 Nov 24	Whole Document	Mark Radcliffe (electronically signed)

## **Axe Throwing Guidelines**

### Throwing Axe Technique

The thrower should:

- Stand on the throwing line and adopt their most comfortable throwing stance. Usually, a right-handed throw would mean positioning the left foot forward of the right and vice versa to ensure stability when throwing.
- Hold the throwing axe in the preferred throwing hand by the base of the handle.
- Place the thumb of the throwing hand to the side of the handle, not on the top.
- Face the target keeping your eye on the bullseye.
- Keep their wrist stiff, raise the throwing arm until the throwing axe is just over the shoulder. They should not take their eye off the target.
- Throw the throwing axe overarm keeping the wrist straight. Do not flick the wrist.
- Release the throwing axe as their arm comes forward in a similar position to throwing a ball overarm.
- Do not throw too hard.
- Depending on the resulting throw and angle of embedding the activity leader may decide on adjustment for successive throws.

Important Safety Measures to follow for throwing axe sessions.

- Only purpose made throwing axes and throwing tomahawks should be used as outlined above.
- Only use the Axes provided.
- Axe throwing must only take place under the supervision of an appropriately knowledgeable activity leader.
- Participants should wait until instructed by the activity leader before retrieving the axe.
- When transporting a throwing axe, the participant should walk and hold the axe to the side of their body with sharp edges downwards and away from the body and other people. Sheave the axe for transporting.
- The activity leader is the only person who can instruct a thrower to remove a throwing axe from a target unless they have explicitly delegated or shared this responsibility.
- Any observers should be instructed to stand in a safe location by the activity leader as per the range diagram.
- Participants deemed to be deliberately throwing too aggressively should be managed appropriately by the activity leader to ensure their own and others safety.
- The age, maturity and ability of each participant should be considered.
- Those under 16 should wear a helmet to reduce risk on pulling the arm back for targeting.
- To avoid accidental head or upper body injury when retrieving throwing axe, it is important to remove those items that are embedded into a target before those lying on the floor.
- If any equipment is damaged it must not be used - either repair or replace the damaged item in accordance with the manufacturer of the device.
- A throwing axe should be offered handle first to another person.
- The transport of equipment to and from a throwing area should be managed by the activity leader.
- Throwing axes must be stored in a locked toolbox or similar secure place when not in use and when in transit between throwing sessions.

# Axe Throwing Range Area Guide

