

## Axe & Throwing Risk Assessment & Instructor notes

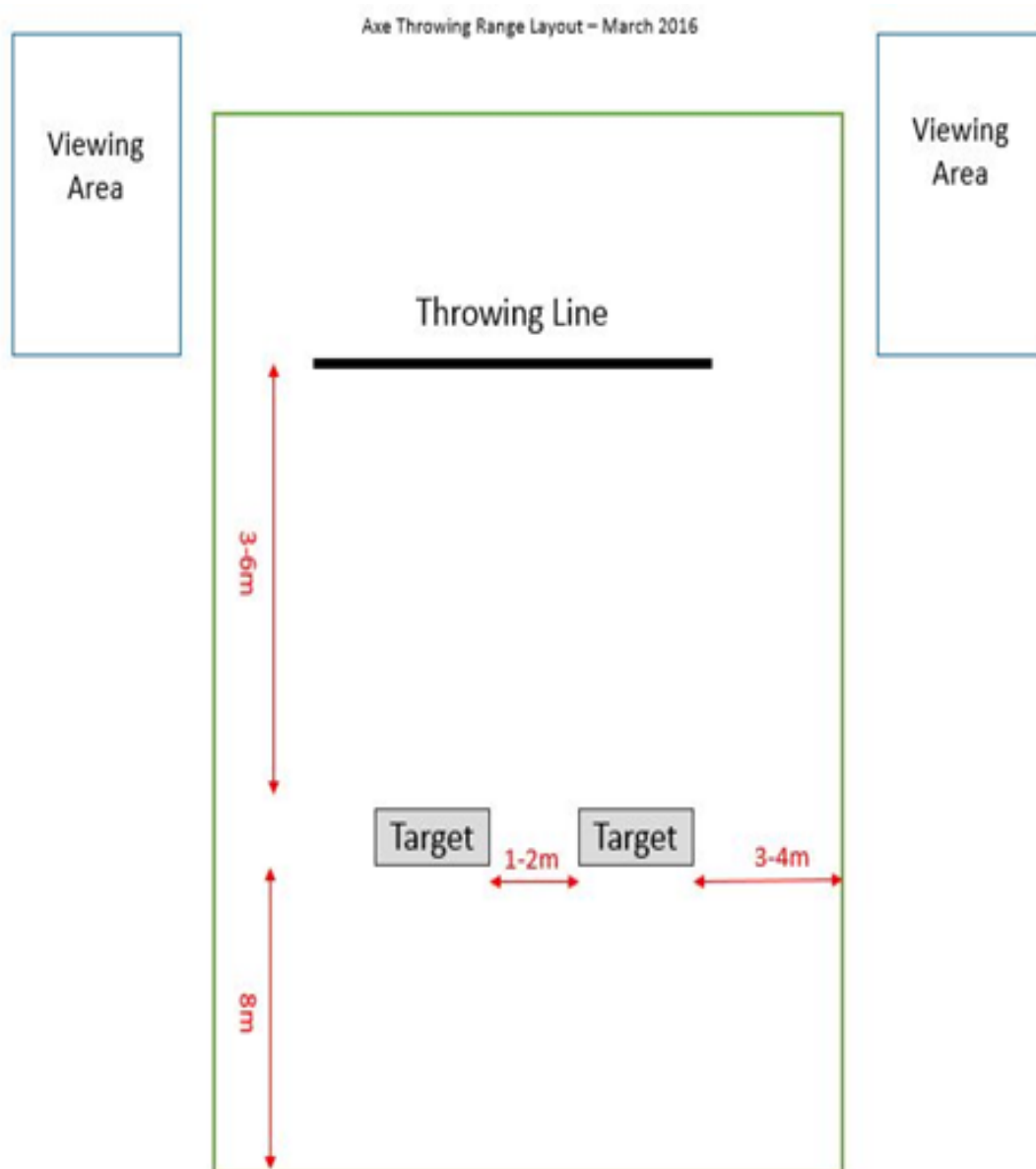
Jan 2020 by Chris Ireson

Hazard	Controls	Risk with controls
Misuse of the equipment	<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 kept locked in storage, signed out and transported by the instructor and kept with them when not in use.</p>	Low
Be hit by an axe	<p>Target bosses checked regularly. All spectators' participants to stand min 3mtrs behind the throwing line.</p> <p>Demonstrate the correct throwing procedure- straight arm with short back swing and flick to throw.</p> <p>No children under age 10 and those under 16 to wear helmet and use mini axes only. – for those under 16 only 1 target to be used at a time per instructor with one participant throwing axes at a time.</p> <p>Away from the sides and with no one behind the target ( min 8mtrs) &amp; no one behind the person throwing</p> <p>Close toes Shoes and trouser to be worn.</p> <p>Instructor to everyone behind the line and to the side</p>	Low
Horseplay	<p>Ensure the group is aware of the instructions.</p> <p>Groups are limited to 12 participants on the range.</p> <p>Max two throwing at a time with instructor standing parallel the throwing line to supervise.</p> <p>Any one under the influence of alcohol or suspected to be under the influence will be stopped from participating in this activity.</p> <p>If horseplay is carried session will be stopped by the instructor and or individuals stop from participating.</p>	Low
Equipment failure	<p>Range is always supervised when in use, all axes are locked in a store when range unsupervised.</p>	Low
Alcohol and drugs	<p>Instructors to ask about alcohol before the start of an activity and no one to participate if they have had more than 1 drink or if the instructor feels they may be under the influence.</p> <p>If there is alcohol present at an event, then the activity should not be conducted at the end of the event when people could be under the influence.</p>	Low

Slips and Trips	Equipment checked before use. Any problems are logged. Equipment checked as per log book. Faulty equipment removed from service.  Demonstrate and explain the correct way to retire axes, approaching the target from the side in case of a slip.  Closed toe shoes to be worn.	Low
Axe caught in hair/clothing	Instructor to ensure all hair is tied back. Instructor to demonstrate the correct throwing procedure- straight arm with short back swing and flick to throw.  No children under age 10 and those under 16 to wear helmet and use mini axes only.	Low

## Axe Throwing Guide Lines

### Axe Throwing Range Area:



### 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 bulls-eye.
- 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. Min age 10.
- 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.