

SAFETY



GENERAL SAFETY GUIDELINES

In any sporting activity, the possibility of injury or accident always exists. Because of the challenges that are intrinsic to athletics, less experienced athletes may be motivated to perform at a level that is likely to lead to injury. It is therefore essential that the appropriate safety measures are implemented when athletes are involved in the running, jumping and throwing activities which are the basis of athletics.

Guidelines

- Establish a system of rules and procedures and ensure that all participants are familiar with them.
- Check athletics equipment and activity areas including track surfaces, throwing areas and jumping areas for suitability and safety.
- Encourage participants to wear appropriate clothing. Where possible, encourage the wearing of shoes and avoid the wearing of extremely loose clothing.
- Follow the activities outlined in the manual.
- Encourage the wearing of hats and the use of sunscreen during prolonged outdoor activities. If possible, ensure that adequate shade and water is available.
- Ensure a First Aid Kit is available and that an appropriate contingency plan is determined in the event of an accident.

Track Safety

1. Warm athletes of any obvious irregularities in the track surface.
2. Be very careful when conducting any activity on wet grass ovals.
3. NEVER attempt to conduct hurdle sessions on wet grass.
4. NEVER attempt to cross a hurdle in the wrong direction. ALWAYS approach the hurdle with the feet of the hurdle facing in the direction of the oncoming runner.
5. Teach athletes track etiquette including:
 - Avoid jogging slowly on the inside lane of the track particularly while other athletes are training or competing.
 - Take care when crossing the track to avoid possible collision with runners.
 - Always look before crossing jumping runways.

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- Avoid crossing through landing areas
6. Minimise the amount of running that is conducted on very hard surfaces.
 7. Track athletes should always be careful of all other activities that are being conducted at the venue including the jumping and throwing areas.

Jumping Events

1. Ensure that all jumping activities take place onto safe landing areas.
2. Only one athlete at a time should be permitted to jump into the pit or onto mats.
3. Ensure that all pits are filled with loose sand and are well-dug before any activity takes place.
4. Take off boards should be secured and level with the surface of the approach run up.
5. Rakes and shovels used for pit maintenance should be placed out of the way and any sharp edges facing downwards e.g. the teeth of the rake.
6. Elastic cross bars for vertical jumps are recommended when instructing beginner jumpers in the high jump and the pole vault. NEVER use angled cross bars.
7. Ensure that the base of high jump uprights are well secured to avoid toppling over.
8. Ensure high jump bags butt together and cannot slip apart to create gaps.

Throwing Events

1. Always check throwing implements to ensure that they are in good repair.
2. Throwers should remain in the throwing area until the signal is given by the teacher to retrieve the implement. Adopt the "All Throw, All Retrieve" rule for throwing events. NEVER allow an athlete to run to retrieve an implement, particularly the Javelin.
3. Always throw in one direction. NEVER throw field implements back in the direction the throw originated.
4. Ensure that the throwing area is well defined. If possible, rope the area off, particularly during championships.
5. Check that no one is in the throwing area or the probable line of flight for the throw.
6. Ensure that all students stand well clear from the thrower, including the rear, to allow enough time to move away in case of an errant throw. This applies particularly for the rotational throws of the discus and hammer throws.

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7. Carry a towel to dry wet implements and avoid possible mishap.
8. Ensure runways and throwing areas are free of stones and mud and in safe repair.
9. Always carry javelins in the vertical position. Place Javelin in a vertical position in the ground after each throw.