



Field/Track Safety Guidelines

Throwing events must be **directly** supervised at all times. Never allow practice to start without direct supervision.

Practices:

- Rules are reviewed with athletes by the coach prior to any throwing practice.
- All throwing practices must be supervised by trained school personnel.
- Ensure that implements are well maintained and stored properly in a locked area when not in use.
- All implements are to be carried to and from the practice area under the supervision of the coach.
- During actual practice each thrower should remain behind the throw line until all implements have been released. Only when the order to "recover implements" is given are the throwers allowed to retrieve their implements under the direction of a coach or designated teacher. Direct athletes to retrieve their implement so that they are always in vision of the runway or throwing area.
- At no time is a student allowed into the throwing area while a teammate still possesses an implement.
- It is recommended that throwing practice take place when there are no other athletes either on the track or on the throwing field.
- The throwing area is well marked and cordoned off by rope or bright orange cones.
- Athletes are not permitted into the sector until practice has concluded.

Safety Procedures for Throwing Events

- Do not conduct throwing events if the school does not have proper facilities to provide a safe environment for them.
- Do not hold a throwing event unless trained personnel are available to conduct the event. Schools are encouraged to develop a plan to train certified track officials.
- Instruct all athletes in implement safety rules and regulations prior to their being allowed to throw or compete. Do not permit additional throws after competition.
- Use a field marshal to make sure no athletes or spectators enter the sector or warm-up area.
- Rope off the throwing area or post bright orange cones and warning signs.
- Make athletes waiting to throw, stay well behind the throwing area.
- Insist that an official or coach retrieve all thrown implements and hand them to the athletes outside the sector.
- Have the head official stand in the center of the approach and place an orange cone on the runway, thus prohibiting the next competitor from throwing until the sector is clear.
- Check javelins for grip security.
- Students instructed to never run with a javelin, nor run to collect it.
- Students instructed to never throw towards anyone. Look to make sure that the landing area is clear before throwing.
- Students instructed to never stand in front of the thrower.
- Students instructed to always carry javelins vertically, point down in front of them.
- Always push the javelin into a vertical position, and then pull it vertically from the ground.
- Ensure that the cages, surfaces and rims of throwing circles are safe.
- Inspect all equipment before and after each event to insure proper safety.