



### TRACK AND FIELD CHECKLIST

| Facility:  |    | Date   |                  |
|--|----|--------|------------------|
| Completed by:  |    |        |                  |
| Item / Issue   | OK | Not OK | Comment / Action |
| The site and equipment is inspected prior to instruction.  |    |        |                  |
| Only one event at a time is taught.  |    |        |                  |
| All equipment not in use is kept out of the activity area.   |    |        |                  |
| Buffer zones are maintained to avoid collisions between active and non-active students.                      |    |        |                  |
| Students are reminded how to set-up equipment, retrieve thrown implements and only to do so when instructed. |    |        |                  |
| Students are reminded to check that the throwing area is clear of people before throwing.                    |    |        |                  |
| A discus cage, discus area, and rubber discus is used when this event is included in the class.              |    |        |                  |
| A softball is used as a substitute for a shot put during the learning phase of this event.                   |    |        |                  |
| Hurdles are checked for height, appropriate spacing and surfaces.  |    |        |                  |
| Participation is limited on a wet track.   |    |        |                  |
| Sport specific warm ups and stretching exercises are used.   |    |        |                  |
| Water is available.  |    |        |                  |

Other comments or concerns: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Received by: \_\_\_\_\_  
 Athletic Director

\_\_\_\_\_ Date