

PONTEFRACT ATHLETICS CLUB

TRACK AND FIELD – HEALTH AND SAFETY

GUIDANCE NOTES FOR ATHLETES, COACHES AND OFFICIALS

1. COMPETITIONS – In all competitions, athletes must comply with the UK Athletics Rules for Competition and with instructions given by the qualified officials at Track and Field events. Those who are helping out at Track and Field events should follow the guidance of the qualified officials. Coaches, parents and spectators are not allowed on the track or the inner field while events are taking place and must remain behind the barriers on the outside of the track. Athletes are only allowed to go on to the track or to a field event when they are competing. When athletes are competing, they should walk round the outside of the track to get to the start of their track event or appropriate field event and must not walk across the inner field. This would be extremely dangerous due to the throwing of Hammers, Javelins, Discuses and Shots. Qualified officials and helpers must be observant at all times, particularly at throwing events and should respond to warning horns indicating that they are ready for the next throw to be taken.

2. TRAINING

(A) THROWING EVENTS

2.1 In all throwing events, no person should handle a throwing implement until he/she has been given clearance to do so by a qualified coach or assistant coach.

2.2 No person should enter in front of the throwing line/circle of the Javelin, Discus, Shot or Hammer.

2.3 Where throws are being measured, throwers and circle/line judges must ensure that officials, who are measuring the throws, are ready for the next throw to be taken.

2.4 Where Discus or Hammer throws are taking place from a throwing cage, safety nets should be adjusted at the front of the throwing cage prior to every change from a left handed thrower to a right handed thrower and vice versa.

2.5 Athletes must be properly supervised by a qualified coach or assistant coach and junior athletes must not be allowed to throw implements, which are heavier than those deemed to be appropriate for their age and gender.

2.6 Javelins must be carried in an upright position at all times.

2.7 Coaches must ensure that when athletes are waiting for their next throw, they must be stood well clear of the thrower, they must observe the thrower and be ready to take evasive action if necessary. Athletes must not be allowed to stand with their back to the thrower talking to other athletes and they must not be allowed to sit down while another athlete is throwing.

2.8 Javelin throwers and High Jumpers should ensure that they do not impede runners while taking their own run up.

(B) JUMPING EVENTS

3.1 Athletes must not start doing any jumping events until they have been given clearance to do so by a qualified coach or assistant coach.

3.2 Long jumpers and triple jumpers should not be allowed to proceed until officials/coaches have finished measuring the previous jump and raking the sand pit.

3.3 High jumping and Pole Vaulting should not be allowed to take place unless the appropriate landing gear is in place and is in a safe condition.

(C) HURDLES

4.1 Athletes must not do any jumping over hurdles or steeplechase barriers until they have been given clearance to do so by a qualified coach or assistant coach.

4.1 Coaches must always ensure that hurdles are lined up with the feet facing the starting line, are set at the correct height and placed on the appropriate marks for each age group and gender.

4.2 Athletes must not be allowed to attempt to hurdle in the wrong direction and must wait for any hurdles, which have been knocked over, to be righted.

(D) RUNNING

5.1 Junior athletes must be kept in separate lanes from seniors and younger juniors should be kept in separate lanes from older juniors.

5.2 Athletes must, at all times, be aware of the speed and position of other athletes.

5.3 Athletes must move from the track into a safe position between repetitions.

(E) COLLECTION OF JUNIOR ATHLETES AT END OF TRAINING

Coaches and club officials should ensure that all junior athletes have been collected by their parents at the end of training.

(F) INJURIES TO ATHLETES

Coaches and club officials should ensure that parents or next of kin are contacted in cases of injuries at training or competitions and that the appropriate accident report form is completed.

Cyril Jones

Head Coach

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