



## ATHLETICS TAIERI

### HEALTH & SAFETY POLICY

It is our intention to make the environment and activities at the club as safe as possible for our members. We have in place the following guidelines to ensure this:

- Athletes must always follow instructions of adults in charge of each event; failure to do so may result in the athlete being asked to sit out that event;
- We request that children aged under 14 are accompanied at club nights by a parent or adult caregiver;
- Athletes must stay with their age group until asked to move to next event;
- The entire club night area is smoke free for officials, participants and spectators;
- It is recommended that footwear is worn in the car park to protect against broken glass, stones etc;
- Rakes, shovels and brooms are to be used by helpers only;
- There will be no throwing of sand from sand pits;
- There will be no running across the running track;
- Junior athletes are only authorised to be in the clubrooms under the supervision of an adult.

It is important that we advise all officials, athletes, parents, supporters and general public of any potential hazards that we have identified in our club events when using our equipment. We have developed the following Individual Event and Safety Rules that address these potential risks. We welcome any additional hazards and suggestions you may identify.

#### Individual Event and Safety Rules

##### Running

Athletes	Officials
<ul style="list-style-type: none"> <li>• Warm up muscles prior to running.</li> <li>• Spike shoes may only be used by Grade 10 up.</li> <li>• Spikes to be removed after event to avoid injury to others.</li> <li>• Wait for signal/starters gun before running.</li> <li>• Waiting athletes to wait quietly to the side of the track and block ears if close to starter's gun.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure athletes are wearing correct gear.</li> <li>• Check running area for foreign obstacles.</li> <li>• Instruct athletes on the correct starting/finishing procedure.</li> </ul>

##### Long/Triple Jump

Athletes	Officials
<ul style="list-style-type: none"> <li>• Warm up muscles prior to jumps by stretching.</li> <li>• Only one athlete to jump at a time.</li> <li>• Footwear advised due to rough run-up surface.</li> <li>• Wait for signal before jumping - pit may still be being raked.</li> <li>• Waiting athletes to wait quietly in order by the side of the running track.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure athletes are wearing correct gear.</li> <li>• Check run-up surface for foreign obstacles.</li> <li>• Instruct athletes on the correct run up/landing procedure.</li> <li>• Ensure official stands on jumping board while pit is being raked.</li> <li>• Call athletes name clearly when jump should proceed.</li> </ul>

### Discus

<b>Athletes</b>	<b>Officials</b>
<ul style="list-style-type: none"><li>• Warm up muscles prior to throws by stretching.</li><li>• Only one athlete in throwing circle.</li><li>• Wait for signal before attempting throw.</li><li>• Waiting athletes to stand quietly and away from the sides of the throwing circle cage.</li><li>• <b>FOOT WEAR TO BE WORN AT ALL TIMES BY ALL Athletes.</b></li></ul>	<ul style="list-style-type: none"><li>• Ensure athletes are wearing correct gear.</li><li>• Instruct athletes on the correct throwing procedure – entering/leaving circle.</li><li>• Official marking distance to maintain visual contact with athlete at all times – never turn back on throw.</li><li>• Official to stand outside cage area until athlete has left before measure begins.</li></ul>

### Shot Put

<b>Athletes</b>	<b>Officials</b>
<ul style="list-style-type: none"><li>• Warm up muscles prior to throws by stretching.</li><li>• Only one athlete in throwing circle.</li><li>• Wait for signal before attempting throw.</li><li>• Waiting athletes to stand quietly and to the side of the throwing circle.</li><li>• <b>FOOT WEAR TO BE WORN AT ALL TIMES BY ALL ATHLETES</b></li></ul>	<ul style="list-style-type: none"><li>• Ensure athletes are wearing correct gear.</li><li>• Instruct athletes on the correct throwing procedure – entering/leaving circle.</li><li>• Official marking distance to maintain visual contact with athlete at all times – never turn back on throw.</li><li>• Official to stand outside throwing area until athlete has left before measure begins.</li><li>• Official not to roll shot put back towards other athletes.</li></ul>

### High Jump

<b>Athletes</b>	<b>Officials</b>
<ul style="list-style-type: none"><li>• Warm up muscles prior to jumping by stretching.</li><li>• Spikes advised when jumping off grass.</li><li>• Wait for signal before attempting jump.</li><li>• Waiting athletes to stand quietly at their run-up area.</li><li>• If high jump is held in the clubrooms athletes are not to touch other athletic equipment.</li></ul>	<ul style="list-style-type: none"><li>• Ensure athletes are wearing correct gear.</li><li>• Check run-up for foreign obstacles.</li><li>• Ensure the running surface is safe for jumping.</li><li>• Ensure the equipment is positioned correctly.</li><li>• Instruct athletes on the correct jumping procedure – side to jump from and where they should clear the bar</li></ul>

### Javelin/Hammer

<b>Athletes</b>	<b>Officials</b>
<ul style="list-style-type: none"><li>• Warm up muscles prior to throws by stretching.</li><li>• Only one athlete to throw at one time.</li><li>• Athletes for hammer to wait behind the cage &amp; athletes for javelin to wait behind the throwing line at all times.</li><li>• Wait for signal before throwing.</li><li>• Waiting athletes to stand quietly.</li><li>• <b>FOOT WEAR TO BE WORN AT ALL TIMES BY ALL ATHLETES</b></li></ul>	<ul style="list-style-type: none"><li>• Ensure athletes are wearing correct gear.</li><li>• Check run-up for foreign obstacles.</li><li>• Instruct athletes on the correct throwing procedure.</li><li>• Official marking distance to maintain visual contact with athlete at all times – never turn back on throw.</li></ul>

## **Kiwi Sport**

<b>Athletes</b>	<b>Officials</b>
<ul style="list-style-type: none"><li>• Wait in age groups.</li><li>• Don't throw sand</li><li>• Keep in assigned area – watch out for running track.</li><li>• Athletes to keep behind others when throwing.</li><li>• Only 1 athlete to jump at a time.</li></ul>	<ul style="list-style-type: none"><li>• Check all areas used for obstacles</li><li>• Ensure equipment is appropriate for age group.</li><li>• Official marking distance to maintain visual contact with athlete at all times – never turn back on throw.</li></ul>

## **Equipment**

All equipment is to be up to NZCAA/ANZ standard and is regularly checked for defects and replaced if necessary.

## **Clubrooms**

The club rooms are a training area for athletes and athletes training in this area do so at their own risk. The athlete acknowledges that he or she enters the training facility and uses the same entirely at his or her own risk in all respects, and neither Athletics Taieri nor its coaches, officials, committee members, agents, contractors or other parties associated with Athletics Taieri or the training facility accept any liability whatsoever, physical, financial or otherwise, for any loss (direct or indirect), damage, injury or death which may result (whether or not by negligence) or be sustained by the athlete or any other party directly or indirectly associated with the athlete, arising from the intended or actual use by the athlete of the training facility, or any related activity.

No athlete shall train in the facility by themselves – another person with a charged cell phone shall always be in attendance.

This is a living document and may be updated at any stage during the season. The latest version of this document will be displayed on the club notice board and may be downloaded from the club website.

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Athletics Taieri Executive

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