SAFE CODE OF PRACTICE

OFFICIALS: FIELD EVENTS

(2016) - Supersedes 2007 UKA Safe Codes of Practice

SAFETY IN JUMPS

All athletics jumps events consist of four main phases: approach, dynamic take off, flight and landing.

For safety purposes it is essential that all run-up/take off areas are level and “non-slip” and that landing areas meet UKA/IAAF guidelines and sufficiently dissipate the energy of an athlete’s jump. In addition, the nature of jumps events: i.e. taking off and landing at speed, dictates that all surrounding areas must always be kept clear of any equipment or obstacles that could cause an injury.

In the highly technical Pole Vault event it is important that officials ensure that athletes entered into pole vault competition are sufficiently competent to avoid injury to themselves and others. A competition is not the place for an unsupervised pole vault practice session for inexperienced athletes.

Officials involved in officiating jumps events should always be aware of other track and field events taking place which might impact on the safety of participants.

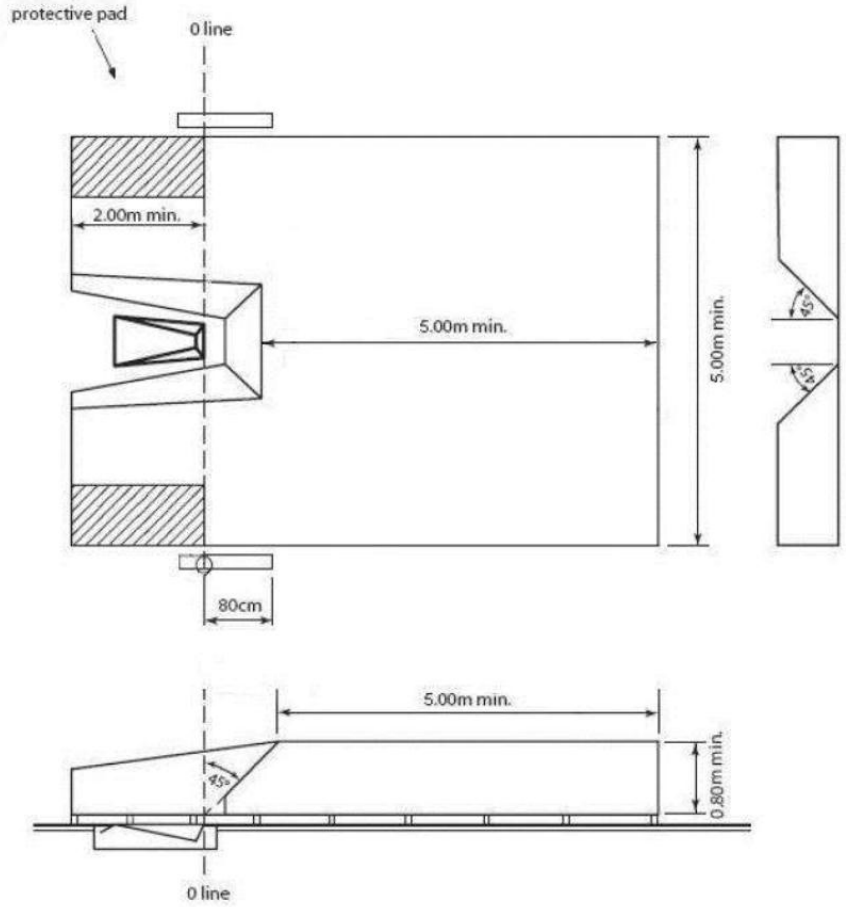
POLE VAULT

SAFETY PROCEDURES FOR POLE VAULT

FACILITY/EQUIPMENT SAFETY

1. The Pole Vault landing bed is extremely important. In recent years, the required size and padding of the landing area has increased dramatically for safety reasons. At pre event site safety meetings (4-5weeks prior to the event) the specification of the landing bed must be checked very carefully
2. No vaulting should be allowed to commence unless ALL the pads and padding are in place. This includes padding around the box as well as the padding for the uprights
3. Bed units must be made of foam and securely fastened together. The entire area must be covered by an attached spike proof wear sheet. No gaps or separations should exist
4. Where the landing area is placed on other objects, such as pallets, these should not be more than 100mm high and must not protrude beyond the edges of the landing areas
5. Any hard surface from the centre of the box 5m to the front and sides and 7m to the rear must be covered with an impact absorbing material for a critical fall height of 1.5m or suitable additional matting, and must have no obstructions onto which an athlete might fall
6. Existing fences within this area should be either re-located or covered in suitable padding
7. There must be no obstructions within 1m of any runway or landing area.
8. The front surface of the pallets beyond the box must be blocked off so that there is no possibility of the pole or athlete's foot penetrating underneath.
9. Ensure that beds are the correct size conforming to current UKA Rules (see Fig xxx)
10. Ensure that the slope away around the box conforms to the correct specification. (see Fig XXX)
11. Ensure that the extension pads in front of the box conform to the current specifications. (See Fig xxx)

Fig XXXX – Pole Vault landing area dimensions



12. Winders and lower section of stands should be protected with foam or similar padding
13. The base must be well secured
14. When used droppers must be rigid and firmly fixed
15. Examine runways to ensure there are no worn or damaged areas
16. No obstructions or checkmarks should be placed on the runway
17. When revolving scoreboards are used ensure they do not revolve over or are sited close to the runway, they must also be firmly anchored down
18. All scoring stands, tables, chairs, vaulting box covers, or any other objects should be out of the area where, if the vaulter "stalls out" they cannot possibly come into contact with an object that could cause injury
19. If a wind sock is available site it off the runway but near to the take off point to indicate the wind direction and strength at the point of take-off
20. If a Pole Vault competition is to be held during the evening ensure that floodlighting is adequate to the standard of competition

ACTIVITY SAFETY

1. Ensure that weather conditions are suitable
2. If a dedicated pole rack is not available poles should be located in a safe area and suitably identified
3. Ensure vaulters are sufficiently competent to avoid injury to themselves and others. A track meet should not be an unsupervised pole vault practice session for inexperienced athletes
4. Ensure supervision of athletes during warm up
5. Ensure run up is kept clear when athletes are waiting
6. Athletes should not wear jewellery or other objects which might cause injury
7. Monitor the zero point line and the marking on the pad to insure they align
8. All vaults, whether in warm up or competition, should be controlled
9. Ensure runway is kept clear when vaulters are about to start their approach
10. Care must be taken to ensure vaulting poles do not constitute a tripping hazard during warm up and competition
11. Regularly check poles for damage
12. Prevent poles dropping on to hard surfaces
13. If possible poles should be caught after each vault
14. Beware of falling poles
15. Stop any event where safety might be compromised whether it is your event or another

EVENT DAY SAFETY CHECKLIST – POLE VAULT

POLE VAULT CHECKS	
Stands are vertical and secure	
Uprights are in good condition and set right	
Stands adjust easily for height and 80cm horizontal adjustment	
Length and sag of crossbars	
Bars are free from damage and splinters	
Bar support pegs are of the correct size and positioned correctly	
Bar ends fit tightly, so that the bar does not turn within them	
Landing bed meet UKA size specifications (see Fig XX pg5)	
Landing bed is in the correct position relative to the box	
Correct location & good condition of landing bed	
Foam is not deformed so that there is a danger of "bottoming out".	
All sections of bed are securely strapped together with no gaps	
Wear-sheet is securely fastened and without significant tears	
Padding in wear sheet is distributed uniformly	
Pallets are wholly covered by the bed and the front face enclosed	
Additional padding provided to cover all hard surfaces within 6m of centre of box	
Additional padding is provided for lower parts of stands	
Runway is free of tears/dangerous wear and is swept	

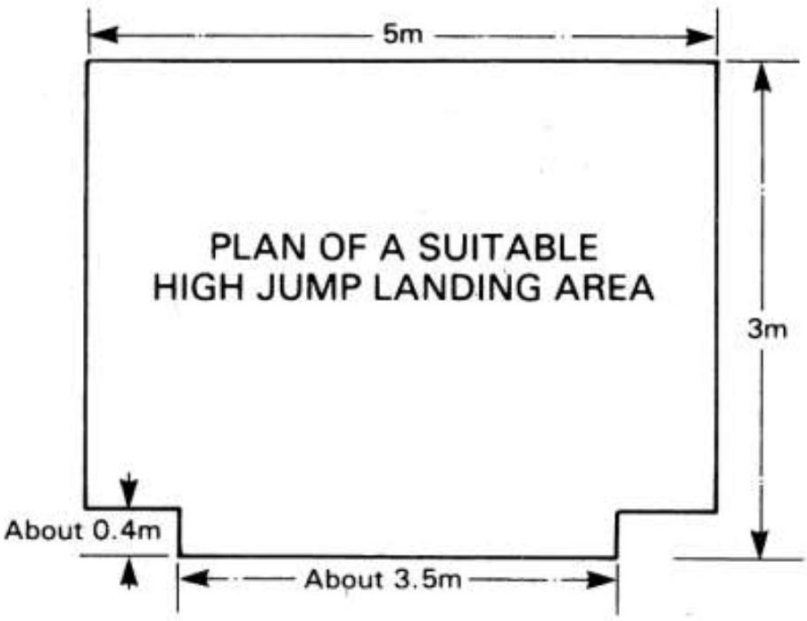
HIGH JUMP

SAFETY PROCEDURES FOR HIGH JUMP

FACILITY/EQUIPMENT SAFETY

1. The landing bed is the most important safety item in the high jump and practice or competition should never be allowed on a bed that does not meet UKA specifications (L = 3m, W=5m, D=0.6m - See fig xxx) . It is extremely important that the segments of the landing bed are properly attached together and that no gaps or separations exist. An overall wear sheet must be placed over the segments and secured.

Fig XXXX – High Jump landing bed dimensions



2. The high jump uprights and cross bars should be carefully checked to ensure that if a high jumper lands in the middle of the cross bar the uprights do not topple inward and cause injury
3. The take-off / fan area should be checked, especially in wet weather. Some surfaces are slippery when wet
4. Any kerbing removed for competition must be stored safely
5. Bed units must be made of foam, securely fastened together and must conform in size to current UKA specifications. The entire area must be covered by an attached spike proof wear sheet
6. Where beds are placed on other objects - such as timber pallets - these should be not more than 100mm high and must not protrude beyond the edges of the landing areas. In addition the front surface of the pallets must be blocked off so that there is no possibility of an athlete's foot penetrating underneath.
7. Bases must be stable and joined onto the upright
8. Crossbar supports should face each other and must be easily adjusted
9. Any hard surface within 2m of the sides and rear of the landing area must be covered with an impact absorbing material with a critical fall height of 1.5m or suitable additional matting
10. There should be no objects such as scoreboards placed within 2m of the sides and rear of the landing area

ACTIVITY SAFETY

1. Ensure that athletes are wearing suitable footwear.
2. Athletes should not wear jewellery or other objects which might result in injury
3. Ensure each athlete jumps in turn and does not encroach on other athletes run whilst waiting their turn. Athletes whose approach runs conflict with other should be aware of potential collisions
4. If an athlete commences his/her approach run from the track the athlete and officials must be aware of the potential hazard
5. Continuously monitor the landing beds to make sure they aren't moving. Readjust them as needed
6. Make sure the landing beds and surrounding areas remain clear of items that might cause injury
7. Stop any event where safety might be compromised whether it is your event or another

EVENT DAY SAFETY CHECKLIST - HIGH JUMP

HIGH JUMP CHECKS	
Uprights are in good condition and set right	
Stands are vertical and secure	
Stands adjust easily for height	
Length and sag of crossbars	
Bars are free from damage and splinters	
Plates on which bar rests have no sharp edges and are of the correct size	
Ensure that any visual aids used by VI jumpers are securely tied to the bar	
White line to define plane of uprights is taped on ground in front of the bed	
Landing bed meet UKA size specifications	
Correct location & good condition of landing bed	
Foam is not deformed so that there is a danger of "bottoming out"	
All sections of bed are securely strapped together with no gaps	
Wear-sheet is securely fastened and without significant tears	
Padding in wear sheet is distributed uniformly	
Pallets are wholly covered by the bed and the front face enclosed	
Additional padding is in place for any surrounding hard surfaces	
Fan is free of tears/dangerous wear and is swept	
High Jump fan is kept clear of equipment/athlete kit	
Appropriate sections of curbing are removed to give clear run-up for athletes	
Ensure that there is a common surface both sides of the runway and that the runway is flush with the surrounding area	
Ensure that the take – off area and the area to the sides of the runway and landing area and beyond the landing area are free from obstructions	
Consider additional padding for blind/VI competitors (guidance?)	

LONG & TRIPLE JUMP

SAFETY PROCEDURES FOR LONG/TRIPLE JUMP

FACILITY/EQUIPMENT SAFETY

1. The biggest safety factor in the long and triple jump is the proper preparation of the landing area.
2. For both warm up and competition the sand should be:
    a. Dampened for accurate measurement
    b. Dug over and loosened. This is extremely important as compacted sand is the most frequent cause of injury.
    c. Raked to create an even surface.
3. Rakes and brushes used for levelling and cleaning should be kept away from landing area and that prongs of rakes should face the ground
4. The take-off boards should be checked for excess wear and tear. It is important to make sure the take-off boards are close enough to the sand pit to meet the level of competition
5. The edges of the landing areas should be covered with an impact absorbing material and rounded off
6. The area 12m beyond the centre of the long and triple jump take-off boards and 1m from the edge of the sand pit must be clear from any obstructions
7. The landing area should be covered when not in use.
8. When distance indicator boards are used these must be positioned away from the landing area

ACTIVITY SAFETY

1. Do not cross runways during a competition and keep your eye on the runway at all times
2. Where possible flag/rope off run-up areas
3. You should pay particular attention during the warm-up period since the time between jumps is much shorter and attention may be diverted with the multiple activities occurring
4. Confine warm ups to safe, managed areas, usually on the runway(s)
5. Do not let another jumper start their jump until the last jumper has cleared the pit
6. Disability – additions?
7. Stop any event where safety might be compromised whether it is your event or another.

EVENT DAY SAFETY CHECKLIST– LONG/TRIPLE JUMP

LONG/TRIPLE JUMP CHECKS	
Pits deeply dug. At least a spade's depth. (300mm minimum depth)	
Sand checked for any debris, litter	
Pits filled to level of surrounds	
Sand has been watered	
Sand has been raked level	
Rubber edging secure on all four sides of pit	
Take-off board level and secure (No rocking)	
Take-off board painted matt (non-slip) white	
Take-off board without significant splintering/wear	
Gap between take-off board and runway less than 5mm	
Warm-up blank fits securely into no-jump indicator trough	
All other blanking boards level with runway surface and secure	
Runway is free of tears/dangerous wear and is swept	
No obstructions within 1metre of runway or pit	
Flag/rope off competition area	
Pits, if overwidth, are sectioned off with tape and pegs	

SAFETY IN THROWS

TOP FIVE THROWING SAFETY ESSENTIALS

1. NEVER, EVER turn your back on a throws circle or runway!
2. NEVER forget rule #1
3. Always adhere to the UKA Safe Code of Practice
4. Keep your eyes on the throws circle at all times, even when it is separated by a cage
5. Check that all safety cages are compliant with the UKA rulebook

Overview
All of the implements that are thrown at athletics training sessions and during competitions have the potential to be lethal weapons if their use is not properly managed and supervised at all times.

Throwing events should always be properly managed and supervised and safety MUST ALWAYS come first. Impact or contact from an "in-flight" hammer, discus, javelin or shot will almost certainly result in a serious or fatal injury. It is YOUR responsibility to ensure that all competitions are conducted in a safe manner and it is imperative that the guidance contained in this Code of Practice is followed at all times.

To ensure both personal safety and that of participants YOU MUST BE:

Mentally and Physically Alert
Many of the injuries and deaths in the throwing events involve officials and a lack of attentiveness has been recognised as being a major cause. Throwing event officials must be extremely alert and concentrate on what and where they are, and where the athletes are and what they are doing. Officials in impact areas should be aware of the abilities of the athletes so that they know who the long and potentially wayward throwers are and can adjust their position on the field accordingly.

Focused on the event
It is vital that officials are fully focused on the event and remain undistracted by other activities. Field event programmes tend to be fast moving and it is important that quick accurate decisions and actions can be taken.

Agile
Those officiating in the infield must be able to move quickly in all directions and have good balance and mobility. In addition for their own personal safety all officials must have:

- Good eyesight in order to see implements in the air
- Good hearing so that they can hear the horn and any warning signals

For those who officiate during throwing events it is essential to remain vigilant at all times as bystanders, spectators and even athletes are not always as aware of the dangers associated with their event and it your responsibility to inform and educate them - sometimes firmly, for their own good and for your peace of mind.

For safety reasons UKA stipulates that only qualified personnel can enter infield areas during competition:

Judging within the landing sector

- Qualified technical officials at Level 2a and above, who have attended a UKA Health and Safety Course.

Judging or assisting outside the landing sector, entering the sector only after the implement has landed (e.g. as implement retrievers)

- Qualified technical officials at Level 2a and above
- UKA Level 1 Club Officials and UKA Young Officials who have attended a UKA Health & Safety course
- Helpers over the age of 16 who have been fully briefed in the safety requirements of athletics events before competition commences by the Meeting Manager and / or Field Referee

Judging or assisting behind the mouth of the throwing cage, or behind the scratch line of the javelin runway or circle:

- Qualified technical officials at Level 2a and above
- UKA Level 1 Club Officials and UKA Young Officials
- Helpers over the age of 16 who have been fully briefed in the safety requirements of athletics events before competition commences by the Meeting Manager and / or Field Referee

HAMMER THROW

SAFETY PROCEDURES FOR HAMMER THROW

FACILITY/EQUIPMENT SAFETY

1. For hammer events the cage is a vital part of the safety equation. However, not all cages conform to UKA regulations and even regulation cages have their flaws. Non-conforming cages are often not high enough to contain all errant throws. On regulation cages the netting should have enough “give” in it to retard the force of the implement but this causes its own problems and throwers and officials can potentially put themselves in danger by standing too close to cage netting.
2. There are examples of when cage netting has had holes or weaknesses and implements have travelled through even the smallest openings and caused serious injury to officials and spectators. Often netting is tied back too tightly or looped over tied downs which defeats the energy absorbing characteristics for which it was intended and can cause implements to “rebound” back towards the athlete.
3. Although not affected as much by the wind as the discus and javelin, the Hammer throw is still potentially a very dangerous event. The size of the actual impact is very large because of the attached wire and handle and hammer “attachments” can also cause serious injury. Flags/ropes should be placed well outside the sector lines and spectators and media (photographers/cameramen) should be kept well outside the sector area.
4. Event organisers, meeting managers and referees should ensure that Hammer throwing events are programmed so as not to present a hazard to other events.

5. Where long, triple or pole vault runways are located on the infield Hammer throwing must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.
6. The meeting manager or organiser should ensure that all personnel who are liable to enter the infield are made aware of all safety considerations.
7. Ensure all throws and practice throws only take place from the circle. Within the cage, and under supervision of a suitably qualified and competent official.

ACTIVITY SAFETY

1. Warm-up throws should only be allowed in the actual event area under the supervision of an event official. An official should retrieve all throws and athletes should not be allowed to retrieve their own implements
2. Event officials should carry and not throw implements to the side
3. Warm-ups need to be well organised. For example having throwers warm up in competition order
4. In the case of the longer throwers allow 4 or 5 athletes to take their turns and then have officials pick up the implements and return them
5. Always keep the impact area clear during warm-ups and place limits on where implements can be used, i.e. circle only
6. Check all implements before starting warm ups and have the field retriever check them each time they return
7. Have adequate retrievers and officials to oversee athlete warm-up
8. Officials in the field must be out of the sector during throws. Officials at the circle or runway need to be safely positioned away from the cage
9. During the warn up observe how the hammer reacts to the landing area (for example: dry, hard infields may cause implements to bounce)
10. Prior to the competition (before warm up), all competitors should be made aware of the safety procedures
11. Ensure both gates are correctly positioned and locked before each throw in accordance with UKA rules, in particular that the gates are correctly set for right and left handed hammer throws
12. Competitors should be called up in 2s or 3s i.e. Number 15 to throw, 27 to get ready, nine to follow etc
13. The event leader must first check that the circle is clear
14. Officials should never stand nearer than 2metres to the netting when throwing is taking place
15. Ensure that only officials are allowed forward of the mouth of the throwing cage, except when athletes are allowed to retrieve under supervision
16. The event leader must stand with the athlete at the entrance to the cage while the athlete takes up his/her starting position
17. The event leader MUST sound a warning horn to alert other officials that a throw is imminent. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing. Note: During a trial, officials should stand outside the sector lines, and must face the thrower.

The warning horn MUST be sounded to warn that a trial is due to commence especially for the officials within or in the proximity of the throwing sector.

18. When all officials and other personnel in the danger zone have acknowledged the sounding of the horn the athlete should be permitted to take up position in the circle to commence their throw and the time will begin at this point.
19. Officials responsible for marking long throws must be particularly vigilant when facing the sun and wear a cap or hat if appropriate?
20. Officials should not run within the throwing sector in wet, slippery conditions.
21. Once the throw has been taken and the measurement recorded the procedure is repeated for each athlete throughout the competition.
22. During warm up and competition, the retrieval of implements will be undertaken by event officials. If there are insufficient officials the athletes will be directed by the event leader to retrieve implements at the end of a round or as appropriate. Any system of implement retrieval must take place under the control of the event leader
23. Stop any event where safety might be compromised whether it is your event or another.

Disability

Throw Frames

- Ensure that there is a suitable area for securing frames.
- Ensure that suitable holding devices are provided.
- Assistance in transferring athletes between wheelchairs and throwing frames, if required, should be carried out by suitably qualified persons.

Throwing Implements

- Ensure that implements are not transported by athletes in classes:F32-F34, F51-F58 & F11.
- Ensure that an athlete has complete control of an implement before total release during transfer to them
- Ensure that VI athletes are informed when sector is clear.

EVENT DAY SAFETY CHECKLIST – HAMMER THROW

HAMMER THROW CHECKS	
Concentric ring is properly installed	
Circle is swept	
Drainage holes are clear so that surface water drains away	
Cage opening and position of the gates	
Gates move freely and be secured in both their open and closed positions	
Condition of cage and netting for holes & gaps	
Netting reaches specified height	
Netting is secured or ballasted at ground level	
Netting hangs vertically from the gallow arms and is not tied to the uprights, particularly at the mouth of the cage where the width should not exceed 6m	
Check that netting tension has sufficient retardation and minimal bounce	
Cage mouth is required distance from centre of circle	
Cage mouth is of correct width	
Gates move freely to adjust	
Gates can be secured to give correct mouth width	
Landing sector is free from holes or divots and grass is mown	
Outer end of sector lines are marked by flags	
Central throwing area roped-off in accordance with UKA rules	
Ends of the hammer wires are securely taped to avoid damage to the netting.	
Check that enough daylight/floodlighting to ensure safety	
Ensure that scoreboards are not less than 2m from officials' judging positions, or from athletes waiting to throw	
Ensure that scoreboards are well ballasted or secured at ground level	
Decide whether or not the wind strength has increased to such a degree that scoreboards are no longer safe to use	

DISCUS THROW

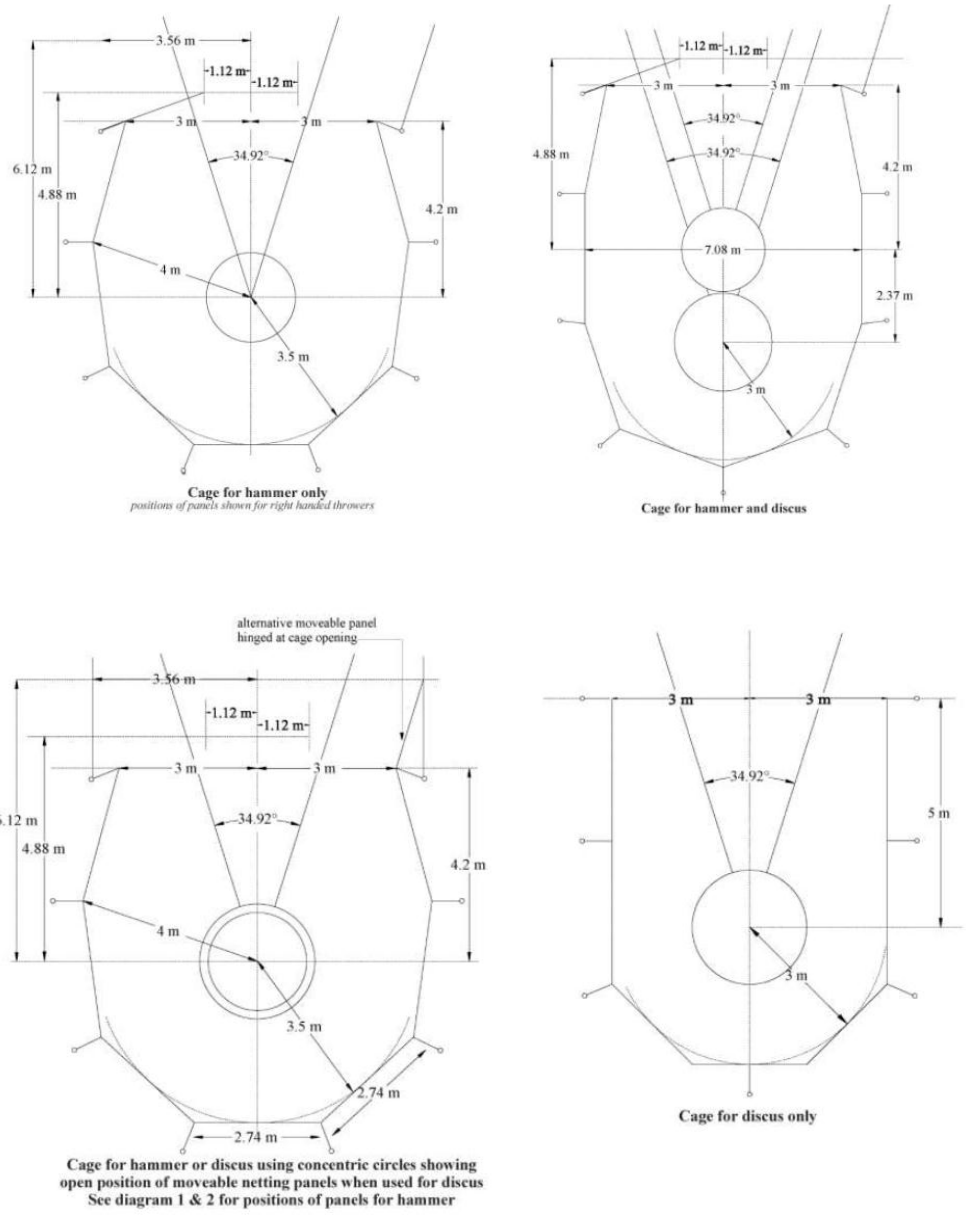
SAFETY PROCEDURES FOR DISCUS THROW

FACILITY/EQUIPMENT SAFETY

1. Most accidents occur in the discus for the following three reasons.
    a. The aero dynamic design of the discus allows it to be affected by the wind, which causes the impact area to become extremely large under windy conditions.
    b. The control of the discus upon release is difficult, especially for beginners
    c. The discus continues to travel on the landing area after impact. Although serious injury is not always a factor, broken ankles and other serious foot injuries can occur. The installation of new artificial infields can compound this situation and a discus landing on these types of surfaces (especially when wet) will tend to “skid” longer distances. Officials and athletes must be aware of this situation and roped off sections should extend to areas where the discus can “skid”.

2. For discus events the cage is an important part of the safety equation. However, not all cages conform to UKA regulations and even regulation cages have their flaws. Non-conforming cages are often not high enough to contain all errant throws. On regulation cages the netting should have enough “give” in it to retard the force of the implement but this causes its own problems and throwers and officials can potentially put themselves in danger by standing too close to cage netting.

Fig XXX



3. There are examples of when cage netting has had holes or weaknesses and implements have travelled through even the smallest openings and caused serious injury to officials and spectators. Often netting is tied back too tightly or looped over tied downs which defeats the energy absorbing characteristics for which it was intended and can cause implements to “rebound” back towards the athlete.

4. In order to ensure the continued safety of the cage, the venue should ensure that the netting is inspected by a competent person/consultant at least every 12 months. [new]
5. Flags/ropes should be placed well outside the sector lines and spectators and media (photographers/cameramen) should be kept well outside the sector area.
6. Event organisers, meeting managers and referees should ensure that discus throwing events are programmed so as not to present a hazard to other events.
7. Where long, triple or pole vault runways are located on the infield discus throwing must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.

ACTIVITY SAFETY

1. The meeting manager or organiser should ensure that all personnel who are liable to enter the infield are made aware of all safety considerations.
2. Ensure all throws and practice throws only take place from the circle. Within the cage, and under supervision of a suitably qualified and competent official.
3. Warm-up throws should only be allowed in the actual event area under the supervision of an event official. An official should retrieve all throws and athletes should not be allowed to retrieve their own implements.
4. Event officials should carry and not throw implements to the side.
5. Warm-ups need to be well organised. For example having throwers warm up in competition order.
6. In the case of the longer throwers allow 4 or 5 athletes to take their turns and then have officials pick up the implements and return them.
7. Always keep the impact area clear during warm-ups and place limits on where implements can be used, i.e. circle only.
8. Check all implements before starting warm ups and have the field retriever check them each time they return
9. Have adequate retrievers and officials to oversee athlete warm-up.
10. Officials in the field must be out of the sector during throws. Officials at the circle or runway need to be safely positioned away from the cage
11. During the warn up observe how the discus reacts to the landing area (for example: a wet, hard infield may cause the discus to skid/bounce more than usual)
12. Prior to the competition (before warm up), all competitors should be made aware of the safety procedures.
13. Ensure both gates are correctly positioned and locked before each throw in accordance with UKA rules.
14. Competitors should be called up in 2s or 3s i.e. Number 15 to throw, 27 to get ready, nine to follow etc.
15. The event leader must first check that the circle is clear.
16. Officials should never stand nearer than 2metres to the netting when throwing is taking place.
17. Ensure that only officials are allowed forward of the mouth of the throwing cage, except when athletes are allowed to retrieve under supervision.
18. The event leader must stand with the athlete at the entrance to the cage while the athlete takes up his/her starting position.

19. The event leader must sound a warning horn to alert other officials that a throw is imminent. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the throwing sector that a throw is about to commence and is not a signal for them to commence throwing. Note: During a trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence especially for the officials within or in the proximity of the throwing sector.
20. When all officials and other personnel in the danger zone have acknowledged the sounding of the horn the athlete should be permitted to take up position in the circle to commence their throw and the time will begin at this point.
21. Officials responsible for marking long throws must be particularly vigilant when facing the sun and wear a cap or hat if appropriate?
22. Officials should not run within the throwing sector in wet, slippery conditions.
23. Once the throw has been taken and the measurement recorded the procedure is repeated for each athlete throughout the competition.
24. During warm up and competition, the retrieval of implements will be undertaken by event officials. If there are insufficient officials the athletes will be directed by the event leader to retrieve implements at the end of a round or as appropriate. Any system of implement retrieval must take place under the control of the event leader
25. Stop any event where safety might be compromised whether it is your event or another.

disability

Throw Frames

- Ensure that there is a suitable area for securing frames.
- Ensure that suitable holding devices are provided.
- Assistance in transferring athletes between wheelchairs and throwing frames, if required, should be carried out by suitably qualified persons.

Throwing Implements

- Ensure that implements are not transported by athletes in classes:F32-F34, F51-F58 & F11.
- Ensure that an athlete has complete control of an implement before total release during transfer to them
- Ensure that VI athletes are informed when sector is clear.

EVENT DAY SAFETY CHECKLIST – DISCUS THROW

DISCUS THROW CHECKS	
Concentric ring is properly installed	
Circle is swept	
Drainage holes are clear so that surface water drains away	
Cage opening and position of the gates	
Gates move freely and be secured in both their open and closed positions	
Condition of cage and netting for holes & gaps	
Netting reaches specified height	
Netting is secured or ballasted at ground level	
Netting hangs vertically from the gallow arms and is not tied to the uprights, particularly at the mouth of the cage where the width should not exceed 6m.	
Check that netting tension has sufficient retardation and minimal bounce	
Cage mouth is required distance from centre of circle	
Cage mouth is of correct width	
Gates move freely to adjust	
Gates can be secured to give correct mouth width	
Landing sector is free from holes or divots and grass is mown	
Outer end of sector lines are marked by flags	
Central throwing area roped-off in accordance with UKA rules	
Ensure that discus surface; including metal rim is not damaged in such a way as to cause injury.	
Check that enough daylight/floodlighting to ensure safety	
Ensure that scoreboards are not less than 2m from officials' judging positions, or from athletes waiting to throw	
Ensure that scoreboards are well ballasted or secured at ground level	
Decide whether or not the wind strength has increased to such a degree that scoreboards are no longer safe to use	

JAVELIN THROW

SAFETY PROCEDURES FOR JAVELIN THROW

FACILITY/EQUIPMENT SAFETY

1. The javelin, like the discus is affected by aerodynamics and the wind. The impact area can also be very large. Wind direction should be considered when placing the roped area outside the sector lines. Like the discus, a javelin that lands flat can also “skid” for a long distance. When in doubt, place the rope as far outside the sector lines as possible.
2. Event organisers, meeting managers and referees should ensure that Javelin throwing events are programmed so as not to present a hazard to other events.
3. Where long, triple or pole vault runways are located on the infield Javelin throwing must not take place unless a separate risk assessment indicates that the standard of throwers will pose no risk to jumpers.

ACTIVITY SAFETY

1. The meeting manager or organiser should ensure that all personnel who are liable to enter the infield are made aware of all safety considerations.
2. At least one of the event judges should be suitably qualified.
3. If persons who are not suitably qualified are used they must be instructed in the safety procedures before the start of their duties.
4. Prior to the competition all competitors should be made aware of the safety procedures.

5. Javelin throwers should not be allowed to “spike” or throw practice throws outside the competition area.
6. Never stand behind a javelin thrower, they bring the javelin back before going forward, the back-end of a javelin can inflict a serious injury.
7. Competitors should be called up in 2s or 3s i.e. Number 15 to throw, 27 to get ready, nine to follow etc.
8. The event leader must first check that the runway is clear.
9. The official must stand on the runway while the athlete takes up his/her starting position.
10. The event leader must sound a warning horn to alert other officials that a throw is imminent.
11. When all officials and other personnel in the danger zone have acknowledged the sounding of the horn the athlete should be permitted to take up position on the runway to commence their throw and the time will begin at this point.
12. Once the throw has been taken and the measurement recorded the procedure is repeated for each athlete throughout the competition.
13. All safety procedures must also be followed during warm up.
14. Where track kerbing is in the run up line, ensure that it is removed before the event, placed in a safe area, and replaced after the event.
15. All throws must only take place from the runway in the direction of the throwing sector.
16. During a trial, officials should stand outside the sector lines, and must face the thrower. The warning horn must be sounded to warn that a trial is due to commence, especially for the officials within, or in the proximity of the throwing sector.
17. Throws must not commence until the supervising official signals to the athlete that it is safe to throw.
18. It must be emphasised to the athletes that the warning horn is to warn those within or in the vicinity of the sector that a throw is about to commence, and is not a signal for them to commence throwing.
19. When approaching a thrown javelin to mark the point of landing, or retrieve it, officials must approach the javelin from the side and not from the pointed tail end of the implement.
20. Implement must only be returned by hand, held vertically, or by mechanical device.
21. Ensure that only officials are allowed forward of the throwing line except when athletes are allowed to retrieve under supervision.
22. Officials should not run within the throwing sector in wet, slippery conditions.
23. Be aware of the effect of strong winds on the flight characteristics of a javelin in flight.
24. Be positioned upwind of flight during trials.
25. Ensure that any non-associated persons within proximity of the throwing sector are upwind of the flight path of the implement.
26. Javelins should always be stuck in the ground in the vertical position.
27. For Javelin picking, line them up across the field and let them throw 10-15 feet only and take them up one side across and back to the runway. This is normally adequate time.
28. All long throws must be from the runway.
29. Makes sure to tell the athletes the implement return procedure.

30. Stop any event where safety might be compromised whether it is your event or another.

Disability

Throw Frames

1. Ensure that there is a suitable area for securing frames.
2. Ensure that suitable holding devices are provided.
3. Assistance in transferring athletes between wheelchairs and throwing frames, if required, should be carried out by suitably qualified persons.

Throwing Implements

1. Ensure that implements are not transported by athletes in classes:F32-F34, F51-F58 & F11.
2. Ensure that an athlete has complete control of an implement before total release during transfer to them
3. Ensure that all implements are retrieved by officials or designated volunteers.
2. Ensure that VI athletes are informed when sector is clear.

EVENT DAY SAFETY CHECKLIST – JAVELIN THROW

JAVELIN THROW CHECKS	
Examine runway to ensure no worn or damaged areas.	
Remove excess water and/or grit, dirt	
Ensure that no obstructive check marks are placed on the runway	
Ensure measuring tapes do not encroach on the runway	
Landing sector is free from holes or divots and grass is mown	
Outer end of sector lines are marked by flags	
Central throwing area roped-off in accordance with UKA rules	
Check that enough daylight/floodlighting to ensure safety	
Ensure that scoreboards are not less than 2m from officials' judging positions, or from athletes waiting to throw	
Ensure that scoreboards are well ballasted or secured at ground level	
Decide whether or not the wind strength has increased to such a degree that scoreboards are no longer safe to use	

SHOT PUT

SAFETY PROCEDURES FOR SHOT PUT

FACILITY/EQUIPMENT SAFETY

1. A cage is not required for the shot put, so it is important that the impact area is roped off to prevent unauthorised spectators, athletes and officials from accessing to the area
2. Only designated shot put event officials and participating athletes should be within the cordoned area
3. Event organisers, meeting managers and referees should ensure that Shot Put events are programmed so as not to present a hazard to other events

ACTIVITY SAFETY

1. The meeting manager or organiser should ensure that all personnel who are liable to enter the landing sector are made aware of all safety considerations
2. At least one of the event judges should be suitably qualified
3. If persons who are not suitably qualified are used they must be instructed in the safety procedures before the start of their duties
4. Most accidents that tend to happen to officials during the shot put event are caused by a short lapse in concentration and it is important that both athletes and officials have to a continual awareness of each other's presence
5. Athletes should not be allowed to retrieve their own implements
6. Ensure all throws and practice throws only take place from within the circle and in the direction of the sector

7. During a trial, officials should stand outside the sector lines and face the thrower
8. Ensure that only officials are allowed forward of the throwing circle, except when athletes are allowed to retrieve under supervision
9. Implements must only be returned by hand or mechanical device
10. When rotational throwers or those using non-traditional techniques are competing ensure all officials are within a safe distance from the potential flight of the implements
11. Stop any event where safety might be compromised whether it is your event or another.

Disability

Throw Frames

1. Ensure that there is a suitable area for securing frames.
2. Ensure that suitable holding devices are provided.
3. Assistance in transferring athletes between wheelchairs and throwing frames, if required, should be carried out by suitably qualified persons.

Throwing Implements

1. Ensure that implements are not transported by athletes in classes:F32-F34, F51-F58 & F11.
2. Ensure that an athlete has complete control of an implement before total release during transfer to them
3. Ensure that all implements are retrieved by officials or designated volunteers.
2. Ensure that VI athletes are informed when sector is clear.

EVENT DAY SAFETY CHECKLIST – SHOT PUT

SHOT PUT CHECKS	
Safety sector roped off	
Circle is swept	
Drainage holes are clear so that surface water drains away.	
Check stop board to ensure it is tightly held in the concrete	
No significant splintering/damage to stop board.	
Landing sector is free from holes or divots and grass is mown (2cm recommended)	
Sector lines are clearly marked/taped	
Sector lines extend 2m beyond likely distances to be thrown	
Implement return chute (if available) is in place	