



Athletics Training at Whitehall Athletics Arena

Health & Safety

1 . Track Rules

1.1 General Rules

It is essential that the running track and in-field is used safely and considerately by all users regardless of age or ability. **I-Pods or MP3 players are not to be worn within the Arena Area.**

The responsibility for safe use is down to you either as a coach or as an athlete on your own or as part of a group.

The running track is an area where you should expect others to be running near or past you. Provided you anticipate the use of the track by others you should not be placing yourself or others at risk of a collision.

The traditional call of "TRACK" means "Get out of my way!" The caller makes the assumption that athletes will get out of the way. Some scatter left, some scatter right and others not familiar ignore the call or freeze. If you are running on the line between lane 1 and 2 do not move in or out but keep running forward on that line.

Do not cross the grass inside the running track when any long throw training is taking place. This is exceedingly dangerous and selfishly demands extra caution from the throwers (long throws are hammer, discus and javelin).

1.2 Detailed Track Rules

- 1.2.1 Warming up, warming down and jog recovery runs should be done in the outside lanes 5 & 6 if necessary but where possible off the track.
- 1.2.2 The inside lanes 1 & 2 are to be used for timed runs and should not normally be used by sprint groups.
- 1.2.3 At the end of a run do not loiter on the track. Check left, right and behind you and safely and promptly get off the track.
- 1.2.4 When preparing to run, do not block the track for other users.
- 1.2.5 Always look to the right before moving from the infield onto the track.
- 1.2.6 It is the responsibility of the runner(s) approaching an athlete or group from behind to avoid the athlete(s) to be overtaken. Overtaking should be by going outside the other runner(s). The call of "TRACK!" should only be used to warn off anyone about

to encroach onto lanes 1 or 2 or as a warning and instruction to keep moving in the direction along or around the track.

- 1.2.7 Do not cross the infield when any hammer, discus or javelin throwing is taking place regardless of the distances being achieved.
- 1.2.8 Wear appropriate footwear for the training you are doing. Spiked shoes are essential for hurdling when the track is moist.
- 1.2.9 Coaches and athletes should be alert to the areas of the track in use so that their movement around the track does not impede the activities of other groups.
- 1.2.10 Track coaches should make each other aware of their intended session so that any possible disruption is avoided or kept to a minimum.
- 1.2.11 Hurdles should be placed on the track shortly before they are actually going to be used and removed immediately afterwards. The use of hurdles should be limited to lanes 7 & 8 for sprint hurdles and lanes 5&6 for 400 metre hurdles training.
- 1.2.12 Starting blocks should be placed on the track shortly before they are actually going to be used and removed immediately afterwards. They should be positioned to cause minimal impact on other track users (e.g. at the 110 metre start).

2. Field Events Rules

2.1 General

The essential features are that all equipment must be handled and used with care and that all training must be supervised.

It is vital that athletes are aware of the activity around them in order to avoid needless accidents. Tripping over equipment, dropping equipment and being hit by thrown objects need never happen. Staying alert, watching and listening are key factors in avoiding an accident. You are responsible for your own safety.

You should expect any hard surfaces around the high jump and pole vault beds to be covered. No hurdles should be on the track adjacent to the pole vault to ensure a safe escape for vaulters.

The long and triple jump pits should be dug or raked to ensure safe landings.

If you have to take equipment from the store to your activity area, ensure you cross the track without impeding any runners. Make sure ALL equipment is returned to the store after use.

Fundamentally, do not do anything that puts you or others at risk.

2.2 Long Jump and Triple Jump Rules

- 2.2.1 You must be certain the rake and any brush are well away from the pit before you take a jump. Rakes must be placed so that the teeth are pointing to the ground or held pointing away from the pit.
- 2.2.2 You must not take a jump unless a take off board or practice board is in place.
- 2.2.3 You must not take a jump unless the pit has been adequately prepared for use.
- 2.2.4 You must not take a jump unless the edges of the take off board and any blanks on the runway are level with the runway.
- 2.2.5 You must not start to take a jump until the pit is clear for your use and the coach or assistant has given permission.
- 2.2.6 You should not walk back along the runway to delay or impede any other user.
- 2.2.7 You must be aware that the track is being used by other athletes and you must check the track is clear before moving on to it.

2.3 High Jump and Pole Vault Rules

- 2.3.1 You must check that the equipment has been set up correctly for your use.
- 2.3.2 You must check that safety mats have been placed in position.
- 2.3.3 You must wear appropriate footwear. Spiked shoes are essential if the surface is moist.
- 2.3.4 You must not obstruct the approach run of any other jumper.
- 2.3.5 You must not jump until the bed is clear for your use and then have received permission to jump from the coach or assistant who must observe your attempt.
- 2.3.6 Poles must be handled with care and only ever use poles suitable for your weight and ability. Poles must not be allowed to overhang the track when being handled.
- 2.3.7 You must be aware that the track is being used by other athletes and you must check the track is clear before moving on to it.

2.4 Long Throw Rules

- 2.4.1 Throwing implements must be approached and carried at walking pace.
- 2.4.2 Javelins must be picked up by the tail with a thumb over the end and raised to the vertical. The implement must be carried at walking pace with the point towards the ground. When not in use javelins must be placed vertically in the throwing trolley or ground in a safe position away from the throwing area.
- 2.4.3 You must look around and make sure there is sufficient space before changing the position of the javelin.
- 2.4.4 You must not throw if anyone is in front of you. If anyone should remain in front of you, the coach or supervisor must sound the warning horn and verify that anyone forward of the throwing line has acknowledged that a throw is to take place before giving you permission to throw.

This is the proper competition procedure. The warning horn is used only to alert field judges and is NOT permission to throw.

- 2.4.5 You must only throw after you have been given specific permission to throw by a coach or assistant.
- 2.4.6 Athletes waiting to throw must remain clear of the runway behind the throwing line or well back from the cage and observe the throw. You must be certain that the implement is not heading in your direction.
- 2.4.7 You may collect your implement when it is safe to do so. Never rush after throwing to collect as others may throw in sequence. Once the group have thrown, the group should collect together.
- 2.4.8 Throw from the correct area – javelins from the runway, discus and hammer from within the cage using an appropriate circle.
- 2.4.9 Wear appropriate footwear. Flat soled shoes for discus and hammer and spiked shoes for javelin. Spiked shoes are essential when the surface is moist.
- 2.4.10 Use the weight of implement appropriate for your age group.
- 2.4.11 Implements must not be mishandled or played with between throws.
- 2.4.12 Hammer throwing may only be practised when the appropriate cage gate is closed.
- 2.4.13 Discus throwing may only take place when the cage gates are parallel to the sector line.
- 2.4.14 Javelin throwers must take care on the run up – not to encroach onto the track unless it is and will remain clear.
- 2.4.15 Hammer throwers must be aware that, though footballers should never be on the central grass when throwing is taking place, they have an indirect responsibility for their safety. All holes must be filled after a training session with the sand or soil and equipment provided

2.5 Shot Put Rules

- 2.5.1 Wear flat soled shoes.
- 2.5.2 Throw from the throwing circle only after receiving permission from the coach or assistant.
- 2.5.3 Use the weight of implement appropriate for your age group.
- 2.5.4 Do not put if anyone is in front of you and make sure others are not close to the circle.
- 2.5.5 Keep well clear of other shot putters throwing and watch their throws.
- 2.5.6 Throwing implements must be approached and carried at walking pace.
- 2.5.7 Implements must be placed in a safe position when not in use and must not be mishandled or played with between throws,