

HEALTH & SAFETY PROCEDURES . . . THROWS POLICY

- **Club Members & parties booking the Track & Field facilities to be advised of the following policy.**
- **No Athlete at Childrens Club / Meeting or Schools Meeting can throw without supervision of coach or adult.**
- **Athletes should always be aware of who is throwing and where, and be in a safe place.**
- **All runners must stay outside of the designated throwing areas.**
- **When used for competition throwing sectors to be clearly marked by flags, cones or warning signs.**
- **Double check before throwing that the field is clear and make sure that any person involved in training and in the possible landing area is watching.**
- **When retrieving implements check that nobody is going to throw.**
- **Never throw an implement back towards the circle / run-up.**
- **When coaching someone doing drills always stay well behind them.**
- **No-one except the thrower should stand closer than 3m from the cage net.**
- **Immediately adjacent throwing areas (Discus/Hammer circles & Javelin) not to be used simultaneously.**
- **Athletics Whangarei will regularly check cages and ensure they are maintained to a safe standard.**
- **Facility users will immediately report any damage or need for repair.**
- **Athletics Whangarei will regularly check throwing implements to ensure they may be used safely.**

HEALTH & SAFETY PROCEDURES . . . JUMPS POLICY

- **High Jump Landing Area appropriate for level of competition.**
- **High Jump Landing Area correctly set up and checked for damage.**
- **Only one Athlete jumping at a time.**
- **Officials / Coach to determine surface safety of HJ Fan.**
- **Sufficient sand to ensure safe landing in Jump Pits**
- **Horizontal Jump Pits to be clear of any obstructions and dug over at regular intervals to ensure same.**
- **Only one Athlete jumping at a time.**

HEALTH AND SAFETY PROCEDURES . . . TRACK POLICY

- **Hurdles and SC Barriers to be maintained in good order**
- **Max. No. Hurdles on each Trolley: 12**
- **Athletes to be made aware of correct use of above**
- **SC Water Jump only to be used when fully filled**
- **Appropriate numbers of competitors in non-laned events**
- **Starter to have available hearing protection**