

# Safety Checklist

## Javelin

### Inspection routine

1. Inspect the surface of the runway for any protrusions or indentations. These can cause the athlete to lose their balance and potentially fall, causing injury
2. Make sure that the runway is swept and free of any grass, dirt or other material that may affect the traction of the competitors' shoes (all-weather surfaces)
  - on grass surfaces, be sure that the grass is not wet, nor that the surface is muddy
  - move the approach and arc if the surface is not adequate
3. Make sure that the red area is flagged off or otherwise partitioned so that non-competitors cannot wander into it
4. Make sure that the landing area will not create unusual bounces or ricochets.
  - don't allow anything foreign in the sector that may cause a bounce (i.e. markers)
  - large stones can be a problem as well
  - make officials, workers and others aware of wet grass that will cause the javelin to skid
5. Inspect the implement
  - check for a worn or frayed grip
  - look for cracks or breaks in the body that may cause the javelin to break
  - make sure that the metal head is securely fastened to the javelin

### General Considerations

- Implements should be carried back from the impact area, never thrown back
- Javelins should always be carried in a container, or when out of the container carried with the point down so that the implement is perpendicular to the ground

### Practice Considerations

- Consider having a meeting with parents of athletes (and the athletes) to explain your safety procedures and why throwing safety is important
- Use pennants or other visual devices to indicate where the light red zone is
  - as much as possible, keep ALL athletes out of the light red zone
- Practice/warm-up with implements does not begin until the coach is present
- Wind will greatly influence the flight of the javelin. Check wind conditions before throwing
- Inspect any implement that has come in contact with any hard surface (runway, stone, etc.) for damage
- Depending on the number of throwers and the number of implements, consider using "salvo throwing"
  - Assume that you have 5 implements and 10 throwers. Have the 1st 5 throwers each take a throw, then have the second five throwers retrieve them and take their throws.
  - No one enters the red zone until all of the implements have been thrown.
  - Never allow athletes to throw anywhere other than into the landing sector.
- When practice is over, all implements should be put away.
- Have a set time for practice.
- Never allow unsupervised practice. You may be liable for negligence if you allow the athlete to practice outside of direct supervision.
  - check with your school solicitor for more information
  - consider private liability insurance
  - organize a "throwing club" with USATF membership to provide an additional level of indemnity
  - understand how your state views the terms "negligence" and "reasonable care"

### Competition Considerations

## Coaches:

- Identify the head official so that if problems arise, you know who to address
- If you see a potentially hazardous situation, bring it to the attention of the head official IMMEDIATELY.
  - This is also true if a situation becomes hazardous during the course of competition.
- Don't assume that the head official sees the potential hazard and has corrected it.
- If the situation is not corrected, and you feel that there is potential for injury to your athlete or another athlete, seek out the head field judge and point out the hazard, and the fact that you have asked the chief judge to address it.
- If not satisfied, make the tough call - do you want your athlete to continue with the potential for harm?
- Document the hazard through a formal protest.
  - documentation is key should there be any situation that would arise

## Officials:

- When the runway is closed from further warm-ups, place a cone in the center of the runway near the toeboard. This provides a strong visual reminder for the athlete that the runway is closed.
- After each throw, whether using tape or electronic measurement, stand in the middle of the runway to obstruct the next competitor from attempting to throw until the officials in the impact area are ready to proceed.
- Be conscious of, and observe, wind conditions.
  - Remember: winds aloft can be different from winds at ground level.*
- Carry all implements back to the designated return area - never throw them back.
- If at all possible, ask meet management to do any mowing around the runway at least 2 days in advance of the competition, and to clear any grass clippings from the runway.
- Do not allow athletes or coaches into the impact area during warm-ups or competition.
- When athletes want to perform the "pick warm-up" (short throws of 5-10m), use the following procedure:
  - Line up the interested athletes parallel to the foul line.
  - Work up one side of the sector doing the picks as a group.
    - No one advances to get their javelin until all are ready to advance - keep the group together!
  - Word across the wide part of the sector.
  - Work back the other side of the sector to the foul line.
  - Cross the runway and repeat if needed.
  - **Remember:** the group always stays together under an officials supervision.
- Refer to the inspection routine guidelines above.

## Supplies

- broom and or squeegee
  - circles can get wet and slippery
- towels
  - not only for the shoes, but also for the implements
- leaf blower
  - effective, fast and efficient way to keep a circle or runway clear of water, leaves, grass clippings, etc.