

Heads Up! Track and Field Safety Guidelines for Throwing Events

Risk Alert

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www.usipwa.us

Questions?

If you have any questions regarding this risk alert, please contact your local agent, or your Clear Risk Solutions Risk Manager directly at 800.407.2027.

Coaches:

Please make sure to “coach” your student athletes regarding the safety elements of all throwing implements. It is extremely important athletes remember, they may not be the only ones throwing when they are warming up. Therefore, should they immediately run to retrieve the implement, they are potentially at risk for a severe injury. When throwing and retrieving an implement, remind the athletes to make sure to check and see if there is anyone else throwing at the same time. This is especially important with the shot put.

Anytime there is a multiple throwing facility, (more than one toe board and circle allowing multiple throwers), participants need to be aware of anyone else nearby throwing at the same time. We recommend a stoppage of action after participants throw from multiple circles to allow all participants to retrieve their implements.



Supervisors:

It is imperative your supervision skills are constantly focused on the throwing area. Our best practice recommendation is for the supervisor to control the area in allowing time for participants to throw during warm-ups. When there are multiple throwing areas in use, call for a stop in the action, while athletes are allowed to retrieve their implements.

IMPORTANT REMINDER: AT NO TIME SHOULD ATHLETES BE IN THE MEASURING AREA WHEN ANOTHER THROWER IS PREPARING TO THROW

Administered by: