

JERSEY SPARTAN ATHLETIC CLUB

HEALTH & SAFETY AND GOOD PRACTICE FOR ATHLETES

DURING CLUB SESSIONS, ALL ATHLETES MUST BE SUPERVISED BY A QUALIFIED COACH

GENERAL

- Report to a coach on arrival
- Inform your coach of any illness/injury that may affect your ability to train
- Always dress appropriately for the weather conditions
- Always wear appropriate footwear, in good condition
- Look after your implements and footwear - change spikes regularly and oil them before inserting them in shoes
- Young athletes should never leave training sessions without informing their coach

TRACK

- Do not use lane one for warming up
- When doing laps, whether warming up, cooling down or training - always run in an anti-clockwise direction
- If you hear someone shouting "*track*" you need to get out of the way quickly
Be especially cautious when there are throwing groups/athletes in operation -
NEVER CROSS THE IN-FIELD WHEN THROWS ARE IN PROGRESS

ROAD RUNNING

- Always wear reflective bibs/clothing after dark
- Always know the distance and route of the training run
- Never become separated from the running group - inform the person in charge of the group if you need to stop

JUMPS

- Only jump when instructed to do so by the coach in charge
- Never cross the runway in front of another athlete

THROWS

- Listen to the Health and Safety advice provided by the coach
- Only throw and retrieve when instructed to do so by the coach in charge
- Only throw within the designated throwing area
- **THROWING IMPLEMENTS ARE DANGEROUS WHEN IMPROPERLY USED**