

JERSEY SPARTAN ATHLETIC CLUB

HEALTH & SAFETY AND GOOD PRACTICE FOR COACHES, OFFICIALS AND HELPERS

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

RISK ASSESSMENT:

Before commencement of any activity, coaches should carry out a risk assessment of the proposed training area in line with the recommendations made by UKA.

TRACK:

Be aware at all times of other people using the facilities and show consideration to other coaching groups. In particular:

- 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
- Coaches of training groups should inform other training groups of their session and agree which areas they will work in
- Be especially cautious when there are throwing groups/athletes in operation -

NEVER CROSS THE IN-FIELD WHEN THROWS ARE IN PROGRESS

ROAD RUNNING:

- Young athletes under the age of 16 years should be supervised during road running sessions. E.g. Responsible persons at the front and back of the group
- Athletes should always wear reflective bibs/clothing after dark
- Coaches should know how many athletes are in the group
- Athletes should be informed of the route they will follow and the approximate distance to be covered

JUMPS:

- Sandpit should be dug over before use and raked between jumps
- Cone (or person) to be placed in front of take-off boards when the pit is being raked
- Boards need to be flush with the runway
- Keep clear of the runway when athletes are preparing to jump
- Use only undamaged poles of the correct specification for the athlete

THROWS:

- Ensure athletes are made aware of the dangers and safety procedures involved in throwing events
- Inform other training groups of the throwing areas in use
- Boundaries/sectors should always be appropriately identified during club sessions