Track and Field - Triple Jump/Long Jump

Generic Section

Elementary - Interschool 2016

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Rake.

Shovel or spade.

Keep rake, shovel, and spade away from pit and run-up when not in use.

Determine sand pit is appropriate in size for all jumpers.

Clothing/Footwear

Appropriate clothing and footwear must be worn.
No bare feet or socks without shoes.

Grade 6, 7 and 8 athletes may wear 5mm (0.25”) spikes on rubberized, asphalt and grass surfaces, and 9mm (0.5”) spikes on cinder tracks.

Track shoes with spikes removed must not be worn.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity and local athletic association. Where jewellery is not addressed by the governing body of the sport/activity or the local athletic association, refer to the Generic Section.

### Facilities

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check ‘walk through’ in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).
- If route is off school property, determine that athletes are not crossing busy intersections unless directly supervised.

Runway must be free from water puddles and must provide safe footing and traction.

Pits must be filled with sand to a minimum depth of 30cm (12”).

Determine landing area is well-raked and free of foreign objects.
Determine take-off area is firm and flat and is located between .5m-1m (1’6”-3’4”) from the front edge of the landing area.

In triple jump determine that the take-off areas are at an appropriate distance from the pit to allow for a safe landing on the second phase (step).

Dig pit at least once a season.

Pits must not be located in high-traffic areas or near other activity sites, (e.g., ball diamonds).

---

**Special Rules/Instructions**

Determine and follow school/board emergency procedures, including accessibility to a vehicle, for transportation of an athlete to hospital.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation (see Generic Section).

Athletes must receive training or information on concussion prevention and awareness specific to the activity prior to participating. Athletes must not participate in the activity until this instruction has been received.

Fair play and rules of the sport must be taught and strictly enforced.

Skills must be taught in proper progression (e.g., short five step approach and build up to 15-17 step approach).

No student may participate in a competition without prior skill development and practice.

A student athlete’s fitness level must be commensurate with the level of competition.

Parents/guardians must be made aware of any off campus activity and the means of transportation used.
Refrain from jumping if there are slippery conditions.

Establish a procedure to initiate jumping.

Grade 6, 7 and 8 athletes wearing track spikes must be given instruction and practice on use.

If athletes are rakers, they must be trained. As part of training, include rules such as:

- remove rake before next competitor begins approach and hold rake prongs downward
- begin raking after competitor is out of pit
- rake sand into the middle, as opposed to out to the sides
- rakes not in use - prongs face downward.

Determine that spectators and participants stay back from pit and runway.

**Environmental Considerations**

Before involving athletes in outdoor activity, coaches must take into consideration:

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [see Appendix F - Lightning Protocol]).
Supervision

Constant visual supervision during initial skill instruction.

On-site supervision after skills have been taught.

First Aid

An individual who takes responsibility for providing first aid to injured athletes must be present during the entire practice/competition.

Also see Generic Section to view complete safety requirements.