

THROWS SAFETY

This document provides a guide for conducting throwing events in a safe manner. It's not all-inclusive as specific venues, conditions, or situations may present hazards that are not addressed here. All event crews must be proactive and ensure that every official and volunteer is aware of and follows the safety procedures outlined below for every competition and warm-up.

All throwing events - applies to both warm-up and competition

- Report safety concerns to the referee and meet management and work with them to correct or mitigate the issues; if unsafe conditions can't be resolved officials should decline to conduct the event
- If conditions develop – such as weather, darkness, or other factors – that make the event unsafe, competition should be suspended. Portable lighting is rarely sufficient to safely conduct a throwing event.
- Ensure there's no actual or potential overlap between venues
- Ensure the landing area has no solid objects that could damage an implement or cause it to skip erratically, or holes or items that could trip an official or volunteer
- Ensure barriers are in place to keep all persons outside of runways, throwing areas, landing areas, and adjacent areas
- Designate safe areas for photographers outside the landing area
- Ensure all officials and volunteers are physically able to safely perform the tasks assigned to them
- Instruct all officials and volunteers to **never turn their back** on the circle or runway
- Instruct spectators & photographers near the landing area to **never turn their backs** on the circle or runway
- Instruct all officials and volunteers to **never use electronic devices** – including phones inside or outside of the landing area
- Instruct all officials and volunteers to **not stand in groups or engage in conversation** inside or outside the landing area
- Instruct all officials and volunteers that implements must be carried, not thrown or rolled, back to the athletes' area
- Instruct athletes to not enter the sector; implements are retrieved and returned only by the crew
- Instruct athletes not to use implements for practice while waiting for their next turn to throw
- An official should physically stand in the way of athletes on the runway or at the entry to the ring to prevent any attempt before all persons in the field are ready
- An official must supervise all warm-ups at the competition venue; no warm-ups in adjacent areas
- An official must supervise all javelin "picks" during warm-ups
- Ensure cage doors/panels/gates are properly closed for both right-handed and left-handed throwers
- Keep officials, coaches, athletes, photographers, and fans at least 8-10 feet from the circle or cage

Javelin Venue

- Check the runway for cracks, tears, and holes – anything that could snag a spike

Hammer & Discus Venue

- Check the dimensions of the cage – must meet minimum rules standards
- Check to ensure the integrity of the cage – no rips, tears, holes; no weak or weathered material
- Check to ensure adequate travel of the doors/panels/gates and an ability to secure them in place