

# SAFE CONDUCT OF EVENTS

## Javelin

Check out the simple suggestions below on ways that you can keep the kids safe if you are helping out with the Javelin at Little Athletics.

### Event site:

- Ensure that all javelin activities are set up a safe distance away from other activities.
- Considering the age and ability level of the group, the javelin landing area must be of adequate length to contain the implements thrown.
- All javelin throwing should be conducted within a clearly defined throwing area. It is recommended that the throwing sector area and runway be marked with highly visible markers to prevent access by non-participants.
- The runway and launch area must be dry and free from any loose materials.
- Throwers waiting for their turn should be kept away from the runway and back behind the delivery line. Spectators and throwers waiting their turn should not be permitted to stand along the sector lines.

### Equipment:

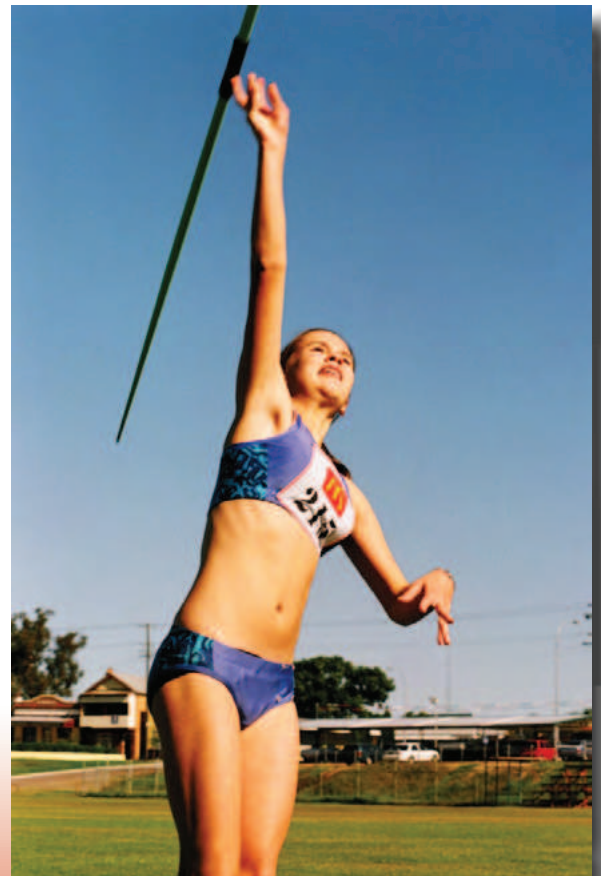
- Ensure that the correct weight javelins are used.
- Javelins should be in good repair. For example, withdraw from use those with damaged grips.
- Javelins should not be used without supervision.
- Javelins that are not being used should be kept under supervision and in a spot where they are not accessible for athletes to play with.
- NEVER leave javelins stuck in the ground at an angle. They should always be stood vertically.

### Instructions to athletes:

- Explain the potential dangers of the javelin event.
- Javelins should always be carried in a vertical position with the point down.
- The tail of the javelin can be just as dangerous as the point, so instruct the athletes to always be aware of who is in your immediate vicinity when you are holding a javelin.
- Javelins may not be used unless athletes are specifically instructed to do so. i.e. No one picks up a javelin unless told to do so.
- No participant is to commence their throw until they are instructed to do so.
- When spikes are not being worn, athletes should be advised to show particular caution in the delivery stride before throwing and also as decelerating.

### Officials:

- Officials should carry, not throw a javelin back.
- Officials should stand on the outside of the sector lines and always be alert.



Look out for more safety tips for other events in future issues of the Run for Fun E-News!