
Track and Field - Track Events

Sprints/400m/800m/1500m/3000m/Relays

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.
- Check batons for cracks or splinters.
- Check safety of starting blocks if they are used.
- Starters pistols must be locked away when not in use.

Clothing/Footwear

- Appropriate clothing and footwear must be worn.
- No bare feet or socks without shoes.
- No turf shoes.
- Suitable gym clothing and footwear must be worn (this includes running shoes).
- Grades 6, 7 and 8 athletes may wear 5mm (.25") spikes on rubberized or asphalt tracks or 9mm (.5") spikes on gravel tracks.
- Track shoes with spikes removed must not be worn.
- No jewelry.

Facilities

- Determine that all facilities are safe for use.
- Athletes running off-site for practice must use approved route.
- All tracks must be inspected annually and maintained as necessary.
- Run-out areas must be in place for all running events, school halls and stairway running.
- "Blacktop" strips and open fields may be used if areas are suitable, smooth, clean, level and provide safe footing.

Special Rules/Instructions

- Skills must be taught in proper progression.
- Drills and competitions must be based on skills that are taught.
- Proper warm-ups and cool-downs must be included in all practices and competitions.
- For distance running practice, modify the length of route appropriately for the age and ability level of participant.
- Grade 6, 7 and 8 athletes who are wearing track spikes must be given instruction and practice on safe use.
- When running above distances in practice, athletes may be temporarily out of sight and must run in pairs or groups.
- Athletes must be made aware of ways to protect themselves from:

-
- UV rays (e.g., use of hat, sunglasses, sunscreen)
 - insects (e.g., repellent)

Parents/guardians must be made aware of any off campus activity and the means of transportation used.

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

- temperature
- previous training
- length of time athletes will be vigorously active

Adequate liquid replacement must be accessible.

Where school hallways or stairways are used for training purposes, the following appropriate safety measures must be in place:

- doors must not be opened into running area
- hallway protrusions must be clearly marked
- inform school community of times and locations of indoor practices
- hall double doors have to be secured open
- monitors must be positioned at corners
- floor surface must be dry and provide good footing

Indoor Running – use of hallways:

- no running to take place where there are glass doors or showcases
- position a safety barrier in front of doors
- put pylons at stop points and designate a slow down zone 10m (33') or more
- all classroom doors that open out have to be secured open, flush with hall wall

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

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

Supervision

On-site supervision for sprints, relays and hallway/stair running.

In-the-area supervision for middle distance (400m, 800m and 1500m).

Constant visual supervision of starter's pistol when in use.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.

Softball - Fast Pitch

Back Catcher – the role of a back catcher is to retrieve a ball and return it to the pitcher. The back catcher is not intended to catch a missed pitch. This person can stand behind home plate or stand a safe distance behind or beside the batter or stand behind the screen. The safety equipment required by the back catcher is determined by his/her placement relative to the batter. See specific sport safety guideline for instructions.

Catcher – a player who crouches behind home plate when the ball is pitched. The role of the catcher is to catch a pitch that goes past a batter (e.g., strike, ball, or swung on and missed).

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.

Wooden bats must not be cracked. All bats must have proper grip.

Bats/gloves must comply with the current Softball Canada Association rules, e.g., Amateur Softball Association bat policy (ASA2004).

The on-deck batter, batter, batboy/batgirl, base runners and athlete base coaches must wear a properly fitting batting helmet with flaps, covering both ears.

Helmet chinstraps are mandatory and must be worn as designed by the manufacturer.

Catcher must wear all equipment specified under Ontario Baseball Association (OBA) rules. i.e. all catchers are required to wear a mask with throat protector, helmet, chest protector, shin guards, cup and a cup-type supporter.

Warm-up catchers must wear a mask with throat protection.

Suitable pelvic area protection must be worn by all players.

All equipment not in use must be kept out of the practice/playing area.

Bases must be properly secured.

All equipment must be checked regularly by the coach/instructor to determine that it is in good working order.

Where pitching machines are being used, they must be inspected prior to use and be under the direct supervision of a teacher/coach.

Athlete umpire must wear mask and chest pad.

Clothing/Footwear

Appropriate clothing and footwear must be worn.

No metal or compound cleats. Molded cleats only.

No jewelry.

Facilities

Determine that all facilities are safe for use.

For indoor practices, playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.

Diamond must be level and groomed.

Practice fields must be level and away from traffic and other activities.

Backstops must be checked for broken wire prior to use.

Entrance gates to the playing field must be closed at all times.

Dugouts and/or players' benches must be screened to protect players.

Holes and severely uneven surfaces must be reported to the coaches, convener, athletes and officials. Coach must notify appropriate schoolteacher/ supervisor.

If, in the opinion of the umpire, and after consultation with both coaches, the field is deemed to be unsafe for play, the game must be rescheduled.

Prior to use, backstops, fences and fields must be checked for hazards. Any hazards found must be reported to athletes and appropriate officials. Modify the activity to avoid hazards, (e.g. mark hazards with cones, cover hole in fence with mat).

Special Rules/Instructions

Skills must be taught in proper progression.

Games must be based on skills taught.

Adequate liquid replacement must be accessible.

Athletes must be made aware of ways to protect themselves from:

- UV rays (e.g., use of hat, sunglasses, sunscreen)
- insects (e.g., repellent)

Appropriate sliding techniques must be taught to minimize the risk of injury.

There must be no head first sliding into base, other than returning from a leadoff position.

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

- temperature
- previous training
- length of time athletes will be vigorously active

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

Fitness development, appropriate to the level of competition, must be addressed.

Warm ups and drills (e.g., hitting, throwing, stretching) must each be in a dedicated area so that one activity does not present a hazard to another.

Players must be taught to lay down or drop the bat after hitting, not release it during the follow-through of the swing.

Pitchers are limited to the Softball Canada Association limits.

Players not involved in the game must be in dugouts or players' benches.

The location of spectators must not present a safety concern.

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

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

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

Supervision

On-site supervision.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.

Track and Field - Triple Jump/Long Jump

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 (.25") spikes on rubberized, asphalt and grass surfaces, and 9mm (.5") spikes on cinder tracks.
- Track shoes with spikes removed must not be worn.
- No hanging jewelry.

Facilities

- Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.
- Determine that all facilities are safe for use.
- Runway must be free from water puddles.
- 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') 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

- Skills must be taught in proper progression (e.g., short five step approach and build up to 15-17 -step approach).
- Competitions must be based on skills that are taught.
- Adequate liquid replacement must be accessible.

Athletes must be made aware of ways to protect themselves from:

- UV rays (e.g., use of hat, sunglasses, sunscreen)
- insects (e.g., repellent)

Parents/guardians must be made aware of any off campus activity and the means of transportation used.

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

- temperature
- previous training
- length of time athletes will be vigorously active

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

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.

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

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

Supervision

Constant visual supervision during initial skill instruction.

On-site supervision after skills have been taught.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.

High Risk Sport

Track and Field_High Jump

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.

Landing Mats:

Practices and tryouts (whether done in class or outside instructional time):

Landing surface must be a minimum of 1.5m x 3.6m x .5m (5' x 12' x 20") and in addition there must be a double layer of Velcro mats along three sides with no gaps.

Competition:

The landing surface (excluding the Velcro apron around the outside) must be a minimum of 1.5m x 6m x .5m (5' x 20' x 20"). There must be one layer of Velcro mats around the three sides with no gaps.

One mat, or mats in combination, may be used to meet or exceed the above minimums.

The above mats must be placed end-to-end, parallel to crossbar.

When two mats are placed end-to-end, use a cover or place a Velcro mat over the gap between crash mats.

Two jumping mats used end-to-end must be of the same thickness.

Check landing mats regularly for damage.

Cross Bars:

Do not use metal cross bars.

Bamboo poles must be tape wrapped before use.

Fibreglass poles are a good alternative.

Check bamboo and fibreglass poles for cracks before use.

Weighted rope or elastic may be used, rather than a crossbar, for practice.

Clothing/Footwear

No bare feet or socks without shoes.

Appropriate clothing and footwear must be worn.

Athletes may wear 5mm spikes on rubberized or asphalt jumping surfaces.

Track shoes with spikes removed must not be worn.

No jewelry.

Facilities

Determine that all facilities are safe for use.

Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.

Indoor and outdoor approach area must be smooth, traffic-free and provide good traction.

For indoor jumping, determine that the floor provides safe traction.

Special Rules/Instructions

Skills must be taught in proper progression.

Competitions must be based on skills that are taught.

Adequate liquid replacement must be accessible.

Athletes must be made aware of ways to protect themselves from:

- UV rays (e.g., use of hat, sunglasses, sunscreen)
- insects (e.g., repellent)

Bar monitors must stay in front and off to the side of standards prior to, and during, each jump.

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

- temperature
- previous training
- length of time athletes will be vigorously active

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

Stress short, controlled approach (e.g., between three and nine steps).

If athlete is using “flop style”, teach athlete to take off closer to the nearest upright on approach.

Determine that landing mats and Velcro mats are firmly secured and do not slide when landed upon.

Athletes who are wearing track spikes must be given instruction and practice on safe use.

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

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

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

Supervision

Constant visual supervision is required.

Head coach must demonstrate knowledge of event to principal or designate.

Coaching expertise for the head coach derived from at least one of the following:

- NCCP Competition Introduction – Part A or NCCP Level One Technical in Track and Field-Jumps if the latter is supported by the sport governing body
- attendance at a high jump clinic or workshop within the last three years
- past experience as an athlete or coach in that sport within the last 10 years

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

When landing surfaces are set up but not being used, deterrents for use must be in place (e.g., mark perimeter with cones, provide supervision, put mats in storage area, place sign on mats – “Use of mats requires supervision”).

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.