

## Track and Field - Discus

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Discus size must be appropriate for the size, age and fitness level of the student.

Discus must not be cracked, chipped or otherwise damaged and must be checked regularly.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Fundamentals of Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

Playing surface and surrounding area must be free of all obstacles and must provide safe footing and traction.

The throwing area must be free of obstacles and completely closed to traffic (no other activity must be located in the area where discus is taking place).

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe facilities.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

The landing area must be well marked and void of people during the activity.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
  - Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
  - Coaches must determine that students are not crossing busy intersections unless directly supervised.
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#### Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible symptoms to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation to the activity and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Establish and provide safe throwing and retrieving procedures.

Instruction must be given in safety prior to practice.

In practices, where a protective screen is not in place, students and spectators must be in a designated area a minimum of 15m (49') directly behind thrower.

During practices thrower or monitor must determine that everyone within landing distance is watching the throw.

During competitions there must be a protective screen.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

### Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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### Supervision

Constant visual supervision is required for initial skill instruction.

Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.

### Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - discus coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Sport Coach Course
- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - discus, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

### First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance, Red Cross) that includes CPR B or C and training in head injury management;

- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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Also see Fundamentals of Safety section to view complete safety requirements.

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## Track and Field - High Jump

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Landing Mats:

- The landing area must be a minimum mat surface of 3m x 5m x .5m (10'X16.5'X20") as per IAAF Standards.
- Check mats regularly for damage and repair or replace as necessary.
- Jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent an athlete from slipping between pits upon landing.

Cross Bars:

- Fibreglass crossbars must be used in competition.
- Regularly check crossbars for cracks.
- Weighted rope or elastic may be used for warm-up or practice.

High Jump Standards:

Check standards regularly for damage. Repair or replace as needed.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. Students may wear 5mm spikes on rubberized or asphalt jumping surfaces. No track shoes with spikes removed permitted. Socks without shoes permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

Activity and surrounding area must be free of all obstacles (e.g., tables, chairs).

Approach areas must be smooth, traffic-free and provide safe footing and traction.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the area modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

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## Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals c](#)

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

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

High-jump landing surface must not butt up against a wall and must be a minimum of 1m (3'3") from any wall and any other permanent structures.

Determine that landing mats are firmly secured and do not slide upon impact.

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

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program facility/program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision is required for initial skill instruction.

Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.

Use of mats requires supervision.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - high jump coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Sport Coach Course

- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - high jump, having knowledge of the activity (e.g., appropriate skills and progressions) and current skills outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

## First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance, Red Cross) that includes CPR B or C and training in head injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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## Track and Field - Hurdles

### Secondary - Interschool 2018

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Check for safety of hurdles (e.g., stable, no splinters, cracks or other hazards).

Check safety of starting blocks if they are used.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. Track spikes as allowed by competition facility or the [International Association of Athletics Federations](#) (IAAF) rules. No bare feet without shoes permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Fundamentals of Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

All tracks must be inspected annually and maintained as necessary.

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

Activity in appropriate area, which provides a clear, flat surface.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Run-out areas must be in place.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

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#### Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible risks to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Instruct athletes how to set up hurdles properly, so that knocked hurdles will not resist hurdler's fall.

Determine that hurdles are set at the correct height and with the correct spacing.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

### Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision is required for initial skill instruction.

Following initial skill instruction on-site supervision is appropriate.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

## First Aid

An individual who takes responsibility for providing first aid to injured athletes through the entirety of a practice and/or competition must follow the school board's concussion protocol and the school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response).

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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## Track and Field - Javelin

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Javelin must be appropriate in size for the age and strength of the athlete during practices.

For competitions, OFSAA rules are: Girls, 600g. Boys midget and junior, 600g. Boys senior, 800g.

Javelin must not be cracked, bent or otherwise damaged and must be checked regularly.

Turbo javelins/turbojavs and other equivalent commercially made equipment may be used for practice. No homemade equipment.

Ensure equipment joints and noses are tight before throwing.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Fundamentals of Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the area modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe facilities.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

The throwing area must be free of obstacles and completely closed to traffic (no other activity can be located in the area where javelin is taking place).

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

The landing area must be well marked and void of people during the activity.

The run up area must provide safe footing and traction.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
  - Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
  - Coaches must determine that students are not crossing busy intersections unless directly supervised.
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#### Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Skills and techniques associated with the javelin throw must be taught in proper progression. The importance of throwing techniques must be emphasized.

Instruction in safety must be given prior to practice.

Establish safe routines for throwing and retrieving of the javelin.

Javelins must be carried safely to and from practice/competition area (e.g., the javelin must point downwards and not be carried on or over the shoulder).

Javelin must never be thrown back to throwing area.

All participants must receive instruction on the importance of safety procedures when throwing, retrieving the javelin after a throw and return to the safety zone or area prior to throwing.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into account their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision is required.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - javelin coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.

- Past experience within the last 3 years as a coach in track and field - javelin, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

## First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance , Red Cross) that includes CPR B or C and training in head injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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## Track and Field - Pole Vault

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

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

Check crossbars and fiberglass poles for cracks regularly.

Landing Pits:

- Landing pits must be specific to pole vaulting and be a minimum of 5m (excluding the front pieces) x 5m x 0.8m as specified by the [International Association of Athletics Federations](#). The front pieces must be at least 2m long.
- Landing mats must not slide on impact.

Poles:

- Poles must be approved as specified by the International Athletic Federation (IAAF).
- Poles must be appropriate to weight of athlete.
- Bamboo poles must be totally wrapped with tape before using.

Standards:

- Standard must be secure and vertical.
- Check standards regularly for damage and repair or replace as needed.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. Track spikes as allowed by the [International Association of Athletics Federations](#) and competition facility.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the area modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe facilities.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Approach must be clear of obstacles, clean and free of puddles and provide safe footing and traction.

Vaulting trough must be solid and free from cracks or splinters.

Front edge of vaulting trough must be flush with runway.

Run-up area markings must prevent other participants from interfering with competitor in progress.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

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## Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into account their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision.

Instructor must be near take off area during practice.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - pole vault coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator

- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - pole vault, having knowledge of the activity (e.g., appropriate skills and progressions) and current skills as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

## First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance , Red Cross) that includes CPR B or C and training in head injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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## Track and Field - Shot Put

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Shot must be of appropriate size and weight for the age and fitness level of the athlete. Visit [Athletics Ontario](#) for recommended weights.

Only shots designed for indoor use can be used in the gym.

Towel/rag to dry shot.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. No track spikes permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

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

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Landing area must be well marked and void of people during activity.

Outside putting circle must provide safe footing and traction.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment, and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

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#### Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible risks to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Establish safe routines for putting and retrieving of shots.

Establish a safe routine for transporting shots to and from the throwing area.

Shots must never be thrown or rolled back to throwing area.

Where a protective screen is not in place, students and spectators must be in a designated area at least 4m (12') behind the toe-line.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

### Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program facility/program coordinators), the higher standard of care must be followed.

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### Supervision

Constant visual supervision is required for initial skill instruction.

Following initial skill instruction and after all safety concerns have been emphasized, on site supervision is appropriate.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

### Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - shot put coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Sport Coach Course
- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - shot put, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

### First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance , Red Cross) that includes CPR B or C and training in head injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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Also see Fundamentals of Safety section to view complete safety requirements.

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## Track and Field - Steeplechase

### Secondary - Interschool 2018

#### Higher Risk Activity

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Barriers must be free of splinters, cracks or other hazards.

Where water pits are used, steeplechase barriers must be securely in place.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Fundamentals of Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

Practice surfaces must be free of debris and provide safe footing and traction.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the area modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe facilities.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Water pit must not be used in practices and competitions unless it is filled with water.

Prior to each use, coach/convener must inspect running area to determine it is safe for use.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment, and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

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

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
  - Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
  - Coaches must determine that students are not crossing busy intersections unless directly supervised.
- 

#### Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Safety](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation to the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision is required for initial skill instruction.

Following initial skill instruction on-site supervision is required.

On-site supervision is required for set up of barriers.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

At least one track and field - steeplechase coach must possess one of the following coaching qualifications:

- NCCP Competition Coach - Club Coach Course
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), as addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - steeplechase, having knowledge of the activity (e.g., appropriate skills and progressions) and current as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit [coach.ca](http://coach.ca).

## First Aid

The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance, Red Cross) that includes CPR B or C and training in head injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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## Track and Field - Track Events

### Secondary - Interschool 2018

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

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#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Check batons for cracks or splinters.

Check safety of starting blocks, if they are used.

Starter pistol must be locked away safely when not in use.

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. 5mm spikes on rubberized or asphalt tracks or 9mm spikes on cinder tracks may be worn. No track shoes with spikes removed are permitted. No bare feet or socks without shoes permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

All tracks must be inspected annually and maintained as necessary.

Athletes running off-site for practice must use approved route.

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

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the area modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe facilities.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

“Blacktop” strips and open fields may be used if areas are suitable, smooth, clean, level and safe footing and traction.

Run-out areas must be in place for all running events, school hall and stairway running.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, end zones and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult Appendix G - Safety in Activity Rooms, for safety precautions when using non-gym areas.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

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

- Coaches must do a safety check ‘walk through’ in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

#### Indoor Running - Use of Hallways and Stairs

At turnaround or end points, designate a safety or slow down zone (e.g. using pylons).

Designate a safety zone (e.g. using pylons) for all doors that open out into the hall.

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

- all classroom doors that open out have to be secured open, flush with hall wall
- hallway protrusions must be clearly marked
- inform appropriate staff members of times and location of indoor practices
- no running to take place where showcases presents a hazard
- hall double doors have to be secured open
- monitors must be positioned at corners
- floor surface must be dry and provide good footing
- stairways must have a railing
- students must be instructed on safety procedures for running stairs (e.g. one step at a time, blind spots, spatial awareness, using railings for balance, maintaining body contact, personal space)

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## Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals of Physical Education](#))

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

When running above distances in practice, students may be temporarily out of sight and must run in pairs or groups.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental Considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into account their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guidelines); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program facility/program coordinators), the higher standard of care must be followed.

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## Supervision

On-site supervision for sprints and relays.

In-the-area supervision is required for middle distance (400m, 800m and 1500m, 3000m and hallway/stair running).

Constant visual supervision of starter pistol when in use.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked posted indicating that students are not allowed to use the gym unless appropriately supervised.

### Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

### First Aid

An individual who takes responsibility for providing first aid to injured athletes through the entirety of a practice and/or competition must follow the school board's concuss the school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response).

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Also see Fundamentals of Safety section to view complete safety requirements.

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## Track and Field - Triple Jump/Long Jump

### Secondary - Interschool 2018

#### Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

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

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

Shovel or spade.

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

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#### Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn. Athletes may wear spikes up to 9mm (.25") on rubberized, asphalt, grass or gravel surfaces. No track shoes without spikes or socks without shoes permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSAA](#), and local athletic association. Consult the [Safety](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

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#### Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the coach.

Surface and surrounding area must be free of all obstacles and must provide safe footing and traction.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Runway must be free from water puddles.

Pits must be filled with sand in accordance with the [International Association of Athletics Federations](#) (IAAF) rules (30 cm/12").

Determine landing area is well raked and free of foreign objects.

Determine take off area is firm and flat and swept if 'blacktop'. Boards must be level and firmly attached.

For the long jump, there must be a distance of 1m (3'4") to 3m (10') between take-off board and front edge of pit.

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 and after heavy rain.

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

Pits must have a minimum width of 2.75m (9').

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult the [Fundamentals of Safety](#) for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm-up or conditioning run:

- Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.

- Coaches must determine that students are not crossing busy intersections unless directly supervised.

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## Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult [Fundamentals c](#)

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board's transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation and the need for obtaining parent/guardian permission.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

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

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

Refrain from jumping if there are slippery conditions.

Establish a procedure to initiate jumping (e.g., remove a cone from the take-off board when ready).

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 down

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

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

## Environmental considerations

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into account their school board/school's protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Guidelines); and
- insects (e.g., mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity program coordinators), the higher standard of care must be followed.

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## Supervision

Constant visual supervision during initial skill instruction.

On-site supervision after skills have been taught.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked and posted indicating that students are not allowed to use the gym unless appropriately supervised.

## Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P - Coaching Expectations.

### First Aid

An individual who takes responsibility for providing first aid to injured athletes through the entirety of a practice and/or competition must follow the school board's concussion the school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response).

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[Also see Fundamentals of Safety section to view complete safety requirements.](#)

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