

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**TRACK
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

B. Emergency Action Plan is outlined, on file in the Athletic office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____	Date _____
Sign _____	Date _____
Sign _____	Date _____
Sign _____	Date _____

C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stop.” Each coach has read and understands.

Sign _____	Date _____
Sign _____	Date _____
Sign _____	Date _____
Sign _____	Date _____

D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.

E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids.

F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”

G. Always warm-up and stretch properly.

H. Report all injuries to the coach and trainer.

I. Never cross the track, runway, or throwing area without first looking both ways.

J. Never enter an area of a field event to practice unsupervised by a coach.

K. When running, do not cross over lanes when slowing down.

- L. Warm-up and warm-down should be done in the inside lane.
- M. Never practice an event that you have never done without supervision of a coach.
- N. Always be alert when running on the track and also when recovering.
- O. Safety procedures have been reviewed by all athletes.
- P. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.

LONG JUMP – TRIPLE JUMP – HIGH JUMP

- A. Do not attempt these events until properly warmed up and conditioned.
- B. Always check pits and runways for any foreign objects.
- C. Always practice techniques as taught by your event coach.

POLE VAULT

- A. Never practice unsupervised.
- B. Always check pit, runways, and vaulting box for foreign objects.
- C. Always practice proper techniques as taught by your event coach.
- D. Never use a pole which is under your weight.
- E. Do not stand near the front of the vaulting pit unless catching a released pole. Then stand well back of the pit until the pole is released.
- F. Always provide proper landing facilities as specified by the National Federation Rules. When possible provide additional landing mats.
- G. Keep the vaulting area clear of spectators.

SHOT – DISCUS

- A. Never turn your back in a throwing area.
- B. Always be alert during practice and warm-up.
- C. Never walk across a throwing sector if someone is in the ring preparing to throw.
- D. Always practice proper throwing techniques as taught by your event coach.
- E. Always be alert when near all throwing areas.