



Moycarkey Coolcroo A. C.

Safety in Athletics

Moycarkey Coolcroo Athletic Club's Safety & Method Statement

Moycarkey Coolcroo Athletic Club has a duty of care for all its athletes **Parents/guardians and anyone who uses our facility in Littleton**, to ensure that as far as possible they have a safe environment to train, practice and perform the sport of athletics.

Moycarkey Coolcroo Athletic Club has a duty of care for all its coaches, trainers and helpers, to ensure that as far as possible they have a safe environment to train athletes in the sport of athletics. A first aid kit will be available on-site to take care of any minor injuries, The first aid kit shall include emergency numbers and other relevant information to take care of any severe injury as speedily as possible. See below:-

MOYCARKEY COOLCROO A.C. EMERGENCY PROCEDURE



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<u>EXTERNAL EMERGENCY CONTACTS</u>		
Emergency Response Agencies	112/999	
Local Police	Thurles – 0504 25100	Templemore – 0504 32620
Nearest Hospitals	South Tipp General Hospital, Clonmel 052 6177000	St. Luke's General Hospital, Kilkenny 056 778 5000
	Nenagh Hospital 067 31491	Department of Emergency Medicine: University Hospital Limerick, Dooradoyle 061 482343
Shannondoc	Thurles/Nenagh/Roscrea 1850 212 999	
NSPCC	Helpline:	0808 800 5000
Child and Family Agency	Unit 3, St. Camillus Hospital, Shelbourne road, Limerick	061 588688
Club Child Officer	Billy Purcell	087 2467226
Club Child Officer	Corrie Dwyer	087 7440662
Club Child Officer	Kay Cantwell	086 8382517



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A Roll Call will be taken at all Club Training Sessions. It is the responsibility of all Parents/Guardians to note the correct times for training & to collect their child/children on time after each Club training session unless they have specifically consented to their child/children leaving training unsupervised (such consent is included in the Annual Club Juvenile Registration Form). All other Parent/Guardians shall ensure that their children are supervised.

Participation of Juvenile Athletes in Road Races

It is the policy of Moycarkey Coolcroo AC that all our underage athletes adhere to the following guidelines in relation to Road Races:-

The recommended age groups for juveniles are as follows:-

- Up to 11 years 1 mile;
- 12 to 13 years 2km,
- 14 to 15 years 3km;
- 16 to 18 years 5km.
- Athletes **must** be 18 years of age to compete in events of 10,000m and over.

This is in line with AAI recommendations as contained in the current AAI Competition Booklet.

Should a parent/guardian still wish their child(ren) to take part in a road race exceeding the above recommended distances appropriate to the child's age, it is the policy of Moycarkey Coolcroo AC that the athlete may not represent the Club & run in the Club colours in that particular race.

Younger children require a higher level of supervision than do older athletes. Adequate supervision must be provided to prevent sport and non-sports related injuries as well. If younger athletes need to attend the bathroom during training sessions & where practicable, an adult of the same gender should accompany them to the door of the bathroom, wait outside & accompany them back to the session again.

If weather is such as to cause sickness or ill health to young athletes, training sessions should be cancelled.



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Each athlete should come to training dressed in the proper attire (ie. tracksuit, tracksuit bottoms & hoodie). It is advisable that all athletes wear a few layers of clothes & a warm hat during cold weather & sun block and a cap during warm weather. All athletes should also wear proper supportive footwear. Younger Athletes & Beginners are not permitted to train in spikes. For all Training Sessions, each athlete should bring a drink with them so that they can hydrate themselves during training & avoid overheating. Water is the best option, but sports drinks are also acceptable.

Coaches should ensure that implements are well maintained and stored (particular care needs to be taken to see that hammers are hung on hooks and that spindles are kept free and oiled and that javelins are standing vertical). Ensure also that the cages, surfaces, and rims of throwing circles are safe.

Be conscious that grass and synthetic surfaces become slippery in wet conditions.

Instil good lane discipline into young athletes, warm up only in the outer lanes, observe local 'fast lane' arrangements, do not hold 'conferences' on the track, always be considerate of the needs of other track users. Consideration for others will lead to enjoyment for all.



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EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
DISCUS/HAMMER				
<p>Use a discus/hammer that is of a size appropriate for the age, gender and physical maturity of the Athlete.</p> <p>Use a discus that is free of cracks, chips and other damage. Check the discus/hammer regularly for damage. Check the hammer wire prior to each use to ensure connection is safe.</p> <p>Provide protective screening around the throwing area, or a wide open space with no other activity.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewellery.</p> <p>Wear sun protection in warm weather.</p>	<p>Use a landing area that is well marked and free of others during the activity.</p> <p>Choose a throwing area that is free of obstacles and completely closed to traffic and people. (No other activity in the area where discus is taking place.)</p> <p>Ensure that the discus/hammer circle area provides safe footing.</p>	<p>Require instructor, observers and athletes not throwing to be behind thrower (behind a screen).</p> <p>Teach skills in proper progression.</p> <p>Establish safe throwing and retrieving procedures.</p> <p>Instruct athletes in safety prior to teaching and practice.</p> <p>Establish precautions to ensure the safety of all athletes before any activity with the discus/hammer begins.</p>	<p>Provide constant visual supervision.</p>



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High Jump/Pole Vault				
<p>Use a landing area that is appropriate for the age, size and skill level of the athletes. The minimum mat size is a single 1.5 m x 3 m x 50 cm (5' x 10' x 20") mat.</p> <p>Wet rope or elastic may be used rather than a crossbar for beginners & younger athletes</p> <p>Check poles for cracks regularly.</p> <p>Check pits regularly for damage.</p> <p>Place standard utility mats around the landing surface with no gaps.</p> <p>No metal crossbars unless the athlete is an advanced/experienced jumper</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewellery.</p> <p>If jumping outdoors, wear sun protection in warm weather.</p>	<p>For both indoor and outdoor jumping, design area so that approach area is clear, smooth, dry and traffic-free.</p> <p>Indoor jumping only when the floor provides a non-slip surface.</p>	<p>Require athlete bar monitors to stay in front and to the side of standards at all times.</p> <p>Stress progressions and technique rather than competition.</p> <p>For High Jump, Stress a short, controlled approach (between 3 and 9 steps).</p> <p>For High Jump, if athlete is using "flop style", encourage take-off closer to the nearest upright on approach.</p> <p>Ensure that landing mats and velcro mats are firmly secured and do not slide when jumper lands.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p>



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HURDLES/STEEPLECHASE				
<p>Use "scissor" hurdles, light hurdles or loose crossbars for beginner's instruction.</p> <p>All hurdles with weights should be set for the proper weight to their height.</p> <p>All Steeplechase Barriers should be set at the correct height as per athlete age category.</p>	<p>No track spikes to be used by beginners/younger athletes</p> <p>Wear suitable gym clothing and footwear.</p> <p>No jewellery.</p> <p>If hurdling outdoors, wear sun protection in warm weather.</p>	<p>Use an appropriate area that provides a flat, clear surface.</p>	<p>Instruct students on how to set up equipment properly.</p> <p>Modify heights and distances to accommodate different ability levels.</p> <p>Teach skills in proper progression.</p> <p>Steeplechase Barriers will only be /adjusted by coaches/adults.</p>	<p>Provide on-site supervision.</p>



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JAVELIN				
<p>Have inexperienced athletes use a blunted javelin or a substitute javelin such as a turbo javelin.</p>	<p>Wear appropriate clothing and footwear.</p> <p>No jewellery.</p> <p>Wear sun protection in warm weather.</p>	<p>Use a runway that is smooth and flat.</p> <p>Use a throwing area that is free of obstacles and completely free of traffic and people.</p> <p>No other activity in the area where the javelin is being thrown.</p>	<p>Teach athletes to lead and throw with the elbow to avoid elbow injuries.</p> <p>Enforce the "all throw" and "all retrieve" rule when more than one athlete is participating.</p> <p>Have spectators and non-competing athletes remain behind the throwing area, and to either side.</p> <p>Teach skills in proper progression.</p> <p>Instruct athletes in safety prior to teaching & practice.</p> <p>Establish precautions to ensure safety of all athletes before any activity with the javelin begins.</p>	<p>Provide constant visual supervision.</p>



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Shot Putt				
<p>Use only shots designed for indoor activity in the indoor program, and ones suitable for outdoor, outdoor.</p> <p>Use equipment of appropriate size and weight for age and strength of athletes.</p>	<p>Wear suitable footwear and clothing.</p> <p>No jewellery.</p> <p>Wear sun protection in warm weather.</p>	<p>Use a landing area that is well marked and free of people during activity.</p> <p>Use a putting area that is safe underfoot.</p>	<p>Establish safe routines for putting and retrieving of shots. Have only one specified putting direction, completely free from traffic and people.</p> <p>Teach skills in proper progression.</p> <p>Transport all shots safely to and from throwing area.</p> <p>Use only standing shot-put technique (no spin).</p> <p>Instruct athletes in safety prior to teaching & practice.</p> <p>Establish precautions to ensure safety of all athletes before any activity with the shot begins.</p>	<p>Provide constant visual supervision.</p>



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Cross Country Training				
None	<p>Wear suitable footwear and clothing.</p> <p>No spikes of any kind for beginners/younger athletes.</p> <p>Wear shoes.</p> <p>Wear sun protection in warm weather.</p> <p>No jewellery.</p>	<p>Use outdoor areas that are designated for running, clearly marked, away from other activities, checked for hazards, and that provide safe footing.</p> <p>Inspect all tracks annually and maintain as necessary.</p>	<p>Teach the skills associated with running in a progression of developmental steps.</p> <p>Include proper warm-ups and cool-downs in all coaching sessions.</p> <p>For cross Country running, modify length of run so it is appropriate to the age and ability level of the participant.</p> <p>Take into account:</p> <ul style="list-style-type: none"> • temperature and weather of the day • Previous training and length of preparation. <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision for sprints and relays.</p> <p>When running above distances, athletes may be temporarily out of sight. Thus, running in pairs or groups is advised.</p>



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SPRINTS, 400 m, 800 m, 1500 m, 3000 m, WALKS, RELAYS				
<p>Use plastic or aluminium relay batons.</p>	<p>Wear suitable footwear and clothing.</p> <p>No spikes of any kind for beginners/younger athletes.</p> <p>Wear shoes.</p> <p>Wear sun protection in warm weather.</p> <p>No jewellery.</p>	<p>Use outdoor areas that are designated for running, clearly marked, away from other activities, checked for hazards, and that provide safe footing.</p> <p>Inspect all tracks annually and maintain as necessary.</p>	<p>Teach the skills associated with running in a progression of developmental steps.</p> <p>Include proper warm-ups and cool-downs in all coaching sessions.</p> <p>For indoor sprinting in hallways:</p> <ul style="list-style-type: none"> • no running where there are glass doors or showcases • position a safety barrier in front of doors • put cones at stop points. <p>For distance running, modify length of run so it is appropriate to the age and ability level of the participant.</p> <p>Take into account:</p> <ul style="list-style-type: none"> • temperature of the day • Previous training and length of preparation. <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision for sprints and relays.</p> <p>Provide in the area supervision for middle distance (400 m, 800 m and 1500 m) events.</p> <p>When running above distances, athletes may be temporarily out of sight. Thus, running in pairs or groups is advised.</p>



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TRIPLE JUMP, LONG JUMP				
Equipment includes: <ul style="list-style-type: none"> • sand pit • rake • Shovel or spade. 	No spikes of any kind for beginners/younger athletes Wear suitable clothing and footwear. Wear shoes. No jewellery. If jumping outdoors, wear sun protection.	Use a pit filled with sand. Ensure that landing area is soft with plenty of sand and no foreign objects. Use a blacktop takeoff area that is firm and flat. The pit should be inspected prior to each training session & will be dug as necessary. Locate pits so they are removed from high traffic areas and away from other activity sites	No jumping when there are slippery conditions. Teach skills in proper progression. Train athletes to be rakers, as part of training, include rules such as: <ul style="list-style-type: none"> • remove rake before next competitor begins approach • begin raking after competitor is out of pit • rake sand into the middle of the pit rather than out to the sides. 	Provide constant visual supervision during initial sessions. Provide on-site supervision after skills have been taught.