

Track and Field High Jump

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Landing Mats <u>Practices and tryouts</u> (whether done in class or outside instructional time); Landing surface must be a minimum of 1.5m x 3.6m x .5m (5' x 12' x 20") and in addition there must be a double layer of Velcro mats along three sides with no gaps.</p> <p><u>Competition:</u> The landing surface (excluding the Velcro apron around the outside) must be a minimum of 1.5m x 6m x .5m (5' x 20' x 20"). There must be one layer of Velcro mats around the three sides with no gaps.</p> <p>One mat, or mats in combination, may be used to meet or exceed the above minimums.</p> <p>The above mats must be placed end-to-end, parallel to crossbar.</p> <p>When two mats are placed end-to-end, use a cover or place a Velcro mat over the gap between crash mats.</p>	<p>No bare feet or socks without shoes.</p> <p>Appropriate clothing and footwear must be worn.</p> <p>Students may wear 5mm spikes on rubberized or asphalt jumping surfaces.</p> <p>Track shoes without spikes may not be worn.</p> <p>No jewelry.</p>	<p>Determine that all facilities are safe for use</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.</p> <p>Indoor and outdoor approach area must be smooth, traffic-free and provide good traction.</p> <p>For indoor jumping, determine that the floor provides safe traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Competitions must be based on skills that are taught.</p> <p>Adequate liquid replacement must be accessible.</p> <p>Students must be made aware of ways to protect themselves from:</p> <ul style="list-style-type: none"> • UV rays (e.g., use of hat, sunglasses, sunscreen) • insects (e.g., repellent) <p>Bar monitors must stay in front and off to the side of standards prior to, and during, each jump.</p> <p>Before involving students in outdoor activity, teachers must take into consideration:</p> <ul style="list-style-type: none"> • temperature • previous training • length of time students will be vigorously active <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).</p>	<p>Constant visual supervision is required.</p> <p>Head coach must demonstrate knowledge of event to principal or designate.</p> <p>Coaching expertise for the head coach derived from at least one of the following:</p> <ul style="list-style-type: none"> • NCCP Level One Technical in Track and Field-Jumps • attendance at a high jump clinic or workshop within the last three years • past experience as an athlete or coach in that sport within the last 10 years <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p> <p>When landing surfaces are set up but not being used, deterrents for use must be in place (e.g., mark perimeter with cones, provide supervision, put mats in storage area, place sign on mats – "Use of mats requires supervision").</p>

<p>Two jumping mats used end-to-end must be of the same thickness.</p> <p>Check landing mats regularly for damage.</p> <p><u>Cross Bars:</u> Do not use metal cross bars.</p> <p>Bamboo poles must be tape wrapped before use.</p> <p>Fibreglass poles are a good alternative.</p> <p>Check bamboo and fibreglass poles for cracks before use.</p> <p>Weighted rope or elastic may be used, rather than a crossbar, for practice.</p>			<p>Stress short, controlled approach (e.g., between three and nine steps).</p> <p>If student is using “flop style”, teach student to take off closer to the nearest upright on approach.</p> <p>Determine that landing mats and Velcro mats are firmly secured and do not slide when landed upon.</p> <p>Students who are wearing track spikes must be given instruction and practice on safe use.</p> <p>Parents/guardians must be made aware of any off-campus activity and the means of transportation used.</p> <p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation (see Generic Section).</p> <p>A student athlete’s fitness level must be commensurate with the level of competition.</p>	
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Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.