

TRACK & FIELD

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC TRACK & FIELD

The Track & Field squad extends a competitive opportunity to all students. Because the season is long and demanding and will require specialized conditioning, it is imperative that certain responsibilities, cautions and considerations be understood as prerequisites to squad membership.

PREPARING FOR PRACTICE OR CONTEST

- 1) Select well fitted clothing appropriate for:
 - a) Heat retention in cold weather
 - b) Heat dissipation in warm or humid weather
 - c) Warm-up/warm-down before and after competition and practices
- 2) Select and change spikes or shoes for various surfaces.
- 3) Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
- 4) In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
- 5) Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
- 6) Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
- 7) If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

- 1) Be alert to slippery floors.
 - 2) Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
 - 3) Keep floors free of litter. Place all personal belongings in assigned locker.
 - 4) Close and lock locker door when away from your assigned locker.
 - 5) Keep soap and shampoo in shower room.
 - 6) Use foot powder in designated areas.
 - 7) Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
 - 8) Identify incidents of foot or skin infections to coach(es) immediately.
 - 9) Put on spiked shoes at the track. MOVEMENT TO CONTEST/PRACTICE SITE
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- 1) Be alert to ramps leading to practice/contest areas.
 - 2) Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
 - 3) In approaching the track, be alert to locations of:
 - a) Starting blocks and hurdles
 - b) Relay exchange areas
 - c) Jump/Vault runways and landing pits
 - d) Shot/Discus/Javelin landing areas
 - e) Debris in or on landing pits

- 4) Stretch thoroughly and start your workout with easy running.
- 5) Debris in or on landing pits.

CAUTIONS SPECIFIC TO TRACK & FIELD

- 1) High jumpers must go through an instructional progression before using the "Fosbury Flop" in practice or contests (assumes coach is competent to teach this technique).
- 2) High jumpers and pole-vaulters must check the proximity of the standards to the landing pit.
- 3) Shot/Discus/Javelin thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot, discus and javelin.
- 4) Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
- 5) Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
- 6) Runners engaged in street work, as a method of distance conditioning must face traffic or use sidewalks. DO NOT wear radio or tape player headphones. Run in single file. Be alert at intersections. Avoid heavy traffic streets.
- 7) Avoid sudden stops on hard surfaces after sprinting.
- 8) Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
- 9) Dehydration can be dangerous. Water will be available at practices and contests. Athletes should drink water frequently.

EMERGENCIES

Because of the nature of track and field, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

- 1) Stop all practices, scrimmages or drills.
- 2) Call the coach to manage the situation if he is not already at the site.
- 3) Sit or kneel in close proximity.
- 4) Assist by:
 - a) Calling for additional assistance
 - b) Bringing first aid equipment or supplies to the site
 - c) Keeping onlookers away
 - d) Directing the rescue team to the accident site
- 5) Fire or Fire Alarm:
 - a) Evacuate or remain outside the building
 - b) Move 100 yards from the building
 - c) Be prepared to implement the emergency procedures outlined in #4.