



BIGGLESWADE ATHLETIC CLUB

Affiliated to: England Athletics; Association of Running Clubs; SEAA; and Bedfordshire AAA. Community Amateur Sports Club (CASC) Ref no. CH10577



President: Alistair Burt MP

Sandy Athletics Track Health and Safety Policy

Health and Safety Policy Statement:

Biggleswade AC is committed to a safe environment for all athletes, coaches, officials, volunteers, meeting organisers, spectators and other users of Sandy Athletics Track. We promote high standards of Health and Safety and ensure compliance with the relevant statutory requirements, and follow guidelines issued by British Athletics <http://www.britishathletics.org.uk/governance/health-safety/code-of-practice/>.

The responsibility for ensuring safety rests with everyone concerned – athletics, coaches, officials, volunteers, meeting organisers, spectators and other users of Sandy Athletics Track, all have a duty of care to ensure that the health, safety and welfare of themselves and others are not affected as a result of their actions at the track.

Athletes / users of the track, duties are to:

- Take reasonable care of their own health and safety, and any others who may be affected by what they do or don't do.
- Cooperate fully with Biggleswade AC on health and safety issues.
- Listen carefully to instructions from coaches, officials, volunteers and meeting organisers and do only what you are instructed to do so. Use equipment provided at Sandy Athletics Track or where they bring their own equipment correctly and as instructed by coaches, officials, volunteers and meeting organisers.
- Make sure the coach, officials, volunteers and/or meeting organisers have up-to-date emergency contact details and any relevant medical information for you.
- Meeting organisers to arrange suitable First Aid cover for the event being held at Sandy Athletics Track.
- Do not interfere with, or misuse, anything provided for health, safety or welfare (e.g. Stay outside roped-off throwing areas during training/competition, unless throwing at that point in time).



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Track Usage and Etiquette

Next to Sandy Athletic Track is the Liz Yelling building. On the side of this building is a sign confirming the key points and guidance for using the track safely. Below are more details on the safe use of Sandy Athletes Track and can be found in a separate document on the Track Hire Section of the Biggleswade AC website.

The use of Sandy Athletic Track is a safe and enjoyable place but with lots of individuals using the track for training, competitions and/or other events, the below rules must be followed for the safety of all.

Warming up - Training Only

When warming up use the outside 2 lanes, this should never be a 'race' but controlled steady jog to warm up the muscles. If stretching as a controlled group this should be done at the jumps fan or at the finish area on the outside of the track, never on the track unless it is being done by all at the same time. There could be another session going on, be aware of others, including the jumps fan area.

Lane Etiquette

Lane 1 should not be used in training, for interval training of 1 lap or more use lanes 2 and 3.

In races for events that are less than 1 lap (sprints – 100, 200, 300, 400 m, and hurdles the number of competitors may allow lane 1 to be vacant, this is common in most league competitions. This decision should be made by the starter, marksman and track referee in consultation, if the number of competitors allows for this. All longer races over 1 lap can be run in lane 1, at the usual break points etc., or the race distance and times will be incorrect.

Sprinters use lane 4 and 5, if multiple groups this can be split between home straight and back straight. Hurdles in lane 6, 7 and 8. These are only guidelines and every session, may allow other options.

Steeplechase water jump should only be full for the Steeplechase event. This should be monitored by the track staff, as soon as the event has been concluded the water must be drained away. Health and safety is paramount, for possible incorrect use – paddling, playing in the water, and also the athlete must have clean water to jump in. Stagnant old water may be diseased, plus any debris in the area must be removed.

Hurdles

Always hurdle the barriers where the 'legs' are pointing to the athlete, where the hurdle will fall down if knocked, and not the other way where the hurdle will not fall.

Recovery – Training Only

When on a session, athletes may be on recovery period, do not use the track to recover, others may still be using it. If an athlete hears the word 'TRACK' – you are in the way, move out of the way of the oncoming athlete who is most probably travelling at speed! General rule move to the outside. Be aware of hurdles or other barriers on the track.

Throws – Training Only

Throws should always be supervised by a coach. Long throws should where possible be controlled by horn (Discus, Hammer and Javelin). The horn indicates a throw is about to be carried out, and is a warning to those in the area be vigilant. Never retrieve an implement until all implements have been thrown and advised by a coach that it is ok to collect, generally retrieval is carried out when all implements have been thrown.



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Throws – Competition Only

The officials are in control during competitions and the use of the horn is mandatory. This is for the Health and Safety of all officials, to acknowledge the horn that they have heard it and are aware that a throw is about to take place. It is not the signal to the athlete that they can throw.

Where a javelin thrower uses the full length of the runway i.e. over the bend of the track, an official must be on hand to supervise the run-up and ensure that any track races are not interfered with by a javelin competitor running across an athlete on the track. A reasonable gap must be allowed, this may also have a situation where timing implements are being used in high class competitions and the current rule of time allowance in a throw may have to be considered lenient by the officials.

High Jump

Athletes jump from either side of the mat, so any warm-up should be supervised allowing athletes to come from either side, also some athletes may use more than the fan area to run-up. If this is the case, an official judge must supervise the area so as not to interfere with any races on the track; also any kerbing must be removed but returned to the correct place when competition is concluded. If kerbing is removed cones must be put down to mark the inside of the track, but it must not interfere with a jumper.

Long/Triple Jump Pit

Before training or competition, ensure that the sand is clean from any foreign bodies, is smooth for landing, athletes and spectators are not crowding the runway or pit. An athlete must have cleared the pit and sand acceptable before the next athlete runs down the runway.