



## THROWS SAFETY BULLETIN FOR COACHES AND OFFICIALS – OCTOBER 2017



All implements thrown during athletics training sessions and competition have the potential to be lethal weapons if not properly supervised at all times.

Whilst accidents remain rare, a recent fatality and a concerning number of accidents and near misses (summarised below), have highlighted a need for improved vigilance. Accordingly, UK Athletics has produced this safety bulletin as a means of reinforcing critical safety protocols as well as raising awareness of the potential dangers associated with throwing events.

### REPORTED THROWS INCIDENTS/NEAR MISSES 2017

Event	Training/ Competition	Summary of incident
Discus	Training	Athlete fatality caused by the collapse of a portable throws cage
Discus	Competition	Official struck on the shin by a discus
Discus	Competition	Official struck in the chest by a discus
Javelin	Training	Two members of public walking across infield area during javelin practice
Javelin	Competition	Javelin narrowly missed a field official the middle of the sector
Hammer	Competition	Hammer escaped over the top of a cage and landed 1m from an Official

### Managing throws safely – Coaches and Officials



For those coaching and officiating at venues where throws activity is taking place, it is vitally important to remain vigilant at all times.

Bystanders, spectators and even athletes are not always aware of the dangers associated with throwing events and it is your responsibility to inform and educate them for their own good and for your own peace of mind.

### Top five throwing safety essentials

1. NEVER, EVER turn your back on a throws circle or runway.
2. When coaching or officiating at venues with throws facilities you must remain alert to any throws activity that is taking place, even when this is conducted from within a safety cage.
3. Those officiating in infield areas must be suitably qualified, able to move quickly in all directions and have good eyesight, hearing, balance and mobility.
4. †A warning horn **MUST** be used for all hammer, discus, javelin and weight throw competitions (including warm ups). † *The ONLY exception to this is for British Athletics TV Events where additional safety measures and personnel will have been introduced to ensure the safety of all participants and officials.*
5. For your own safety and that of others, you should always follow the throws safety guidance contained within the [UKA Safe Codes of Practice for Track & Field](#) .

Further safety guidance is available for download from the UKA website:

- [UKA Throws Safety bulletin for Facility operators](#)
- [UKA Throws Safety bulletin for Event organisers](#)
- [UKA Long Throws safety statement](#)
- [UKA Safe Codes of Practice for Track & Field](#)
- [Risk Assessment guidance and templates](#)