

BISHOP *PLAYSPORT* ATHLETICS THROWING KIT

Important

When using the Bishop PlaySport Athletics Throwing Kit, please adhere to the following to prevent injury:

1. All athletes must be made aware of the dangers before each event.
2. All athletes must be attentive at all times.
3. All athletes should be shown the correct techniques of throwing before competing.
4. All equipment should be collected and stored safely and correctly before, during and after the event.
5. All the correct safety measures should be identified to the athlete before each event.
6. The weight of the implement should not exceed the recommended weight for each age group.
7. All the equipment should be in good serviceable condition.
8. Officials and coaches should be competent in the use, dangers and safety measures necessary when running such an event.
9. Athletes should never stand in front of the thrower – If a cage is not used they should always stand a safe distance to the side or behind the thrower.
10. Spectators should not be allowed to encroach into the competition areas and should be advised on a safe location by the officials.

If any of the above conditions cannot be met, the session should be cancelled.