

High Jump



Activity scope

This document relates to student participation in training and competition for High Jump (scissor technique only) as a curriculum activity. [High Jump, Fosbury Flop](#) is covered under a separate risk assessment.



Minimum activity-specific qualifications for supervisors

- For a registered teacher:
 - [Get Active Queensland Accreditation Program](#) Athletics Coaching – Part A qualification, **OR**
 - Level Two accreditation from [Athletics Australia](#) – Athletics Coach Accreditation, **OR**
 - Competence (demonstrated ability/experience) in the teaching of high jump, **OR**
- For a leader other than a registered teacher:
 - Get Active Queensland Athletics Coaching – Part A qualification, **OR**
 - Level Two accreditation from Athletics Australia – Athletics Coach Accreditation.

Minimum activity-specific equipment/facilities

- A landing area that measures not less than 5 metres long by 3 metres wide. In each instance, the appropriate landing area depth needs to specifically consider the size of the athlete and height of the jump.
- The depth of the mat **must** allow the student to be able to land safely on their lead leg.
- Landing mats for scissor instruction in primary schools should be a minimum of 15cm.
- In all instances, deeper mats may be used if student size and jumping height have been considered.
- Landing areas should be strapped together or covered by a one-piece cover.
- Landing areas should not be stacked.
- A distance of approximately 10cm between the vertical planes of the crossbar and the front edge of the landing area.
- The bars for training may be collapsible or circular fibreglass as a preparation for competition. **Triangular bars cannot be used.** Only use circular fibreglass bars for competition.

Activity-specific hazards/risks and suggested control measures

- Assess suitability of jumping area (e.g. level, debris, pot- holes/divots in ground, line markers and dryness).
- Clear the landing area before students start their approach.
- Provide supervision at approach, landing and take-off areas.
- Check all equipment before use.
- Upright bases should not be placed under mats where there is a possibility of landing on these metal frames with the lead landing foot.
- Ensure that mats are carried by hands at the side and not carried aloft on backs, shoulders or heads.
- Instruct students regarding safety procedures in the use of spikes, where appropriate.
- Ensure that sufficient mats and padding of appropriate thickness and density are available.
- Guidelines/codes of practice are established for this activity, refer to [Athletics Australia](#).



Useful activity-specific links

- Athletics Australia
<http://www.athletics.com.au/home>
- Athletics Australia – Member Protection Policy
<http://www.athletics.com.au/About-Us/Constitution-Policies>
- Get Active Queensland Accreditation Program
<http://www.nprsr.qld.gov.au/community-programs/education-training/accreditation-program/index.html>
- *High Jump Fosbury Flop* - Curriculum Activity Risk Assessment guideline
<http://education.qld.gov.au/curriculum/carmg/pdf/high-jump-fosbury.pdf>

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