

Track events

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in running (track events) as a curriculum activity, including skills development, training and competitions.



Mandatory/special considerations

Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.

Hearing protection is to be worn by anyone using starting pistols or air horns. Consider, where possible, alternatives to starter pistols (e.g. electronic starting pistol, gas powered horn, whistle, portable PA system).

Carry starter caps in a rigid container. Don't carry starter caps loose in pockets or hands. Caps are explosives which are sensitive to ignition from friction and impact, especially in contact with hard surfaces. Limit the quantity of caps to the immediate number needed. Make sure the starter gun is only loaded when it is about to be used. Refer to Department of Natural Resources and Mines [Explosives Safety Alert](#).

Guidelines/codes of practice are established for this activity. Refer to [International Association of Athletics Federation \(IAAF\)](#), and [Athletics Australia](#).

Risk Level

- **Medium** risk: Teaching of track events skills, training and competitions – sprints, relays, middle/long distance, walks and hurdles.

Minimum supervision requirements

- Covered in the Planning Considerations section as outlined in the [CARA generic template](#).

Minimum qualifications for supervisors

- A registered teacher with competence (knowledge and skills) in the teaching of running events.

OR

- A registered teacher or other activity leader with [Level 2 Intermediate Club Coach](#) accreditation from Athletics Australia. This course may be undertaken through the [Get Active Queensland Accreditation Program](#).

Minimum requirements for equipment/facilities

- Sufficient space at any finish line to allow for deceleration.
- Environmental Protection Agency approved line marking materials (refer to your regional senior Occupation Health and Safety consultant for further information).
- Track facilities and equipment (where appropriate) that adhere, as close as practicable, to [International Association of Athletics Federation \(IAAF\) specifications](#).
- Relay batons (if used) that are regulation size and made of lightweight material, such as aluminium or plastic.
- Hurdles used for training beginners and primary school students to be of lightweight construction with weights placed not too far from the base of the upright for the height of the hurdle to allow safe tipping during competition.

- Footwear appropriate to the surface, type of activity (i.e. training or competition) and age of participants.

Hazards and controls

Hazards	Control measures
Environmental conditions	<ul style="list-style-type: none"> • Assess the suitability of all running surfaces (e.g. level, inclines, obstacles, type of surface, debris, potholes/divots in ground, line markers) before and during activity. Instruct and advise event participants as required.
Equipment	<ul style="list-style-type: none"> • Do not use finishing tapes in sprint activities. • If starting blocks are used in circular events, remove these immediately after the start to ensure they don't present a hazard to runners at the finish of the event. • For students to participate in bare feet, ensure the surface is appropriate and free of loose obstacles. Note: When competing on synthetic surfaces it is recommended that shoes be worn due to the risk of injury to the competitors' feet. If shoes are not worn, it is recommended that feet be taped. • Ensure spikes are not worn by students when learning baton changing. • Ensure length of spikes does not exceed 7mm for 10-12 age groups and conform to IAAF Competition Rules and local venue/surface standards for 13-19 age groups. • Ensure hurdle heights and spacings are set to facilitate skill levels and promote correct technique during the learning process. • Ensure hurdling takes place only in the direction for which the hurdles are designed.
Student considerations	<ul style="list-style-type: none"> • Directly supervise relay changeover areas at all times during competition with runners staying in their lanes during baton changes and for a safe period afterwards. • Ensure students are spaced sufficiently at the start of non-laned events to avoid collisions or spike injuries. • Ensure students have undertaken sufficient training before competing in distance events. • Brief students on sun safety expectations and heat stroke/fatigue/dehydration management. • Keep non-participants clear of the running track. • Instruct students in safety procedures for the use of spikes.

Additional links

- Athletics Australia Facilities and Equipment
<http://www.iaaf.org/about-iaaf/documents/technical>
- Australian Track and Field Coaches Association
<http://www.atfca.com.au/>
- Health and Safety Fact Sheet - Managing Noise in Manual Arts/Industrial Technology and Design Workshops
<http://education.qld.gov.au/health/pdfs/healthsafety/hearing-protection-factsheet.pdf>
- Managing noise and preventing hearing loss at work – Code of Practice 2011
https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0009/58176/managing-noise-preventing-hearing-loss-cop-2011.pdf
- Queensland Athletics Coach Education Overview
<http://www.qldathletics.org.au/Coaches/Coach-Education>
- Queensland School Sport Unit
<https://queenslandschoolsport.eq.edu.au/Pages/default.aspx>
- Sports Medicine Australia Injury Fact Sheets
<http://sma.org.au/resources-advice/injury-fact-sheets/>

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