

## High Jump Checklist

To be completed by the coach responsible for High Jump at the school

School: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

School Number: \_\_\_\_\_ Principal's Name: \_\_\_\_\_

### Equipment

- A fully stocked first aid kit must be readily accessible.
- A working communication device (e.g., cell phone) must be accessible.
- Determine that all equipment is safe for use.

### Landing Mats:

- The landing area must be a minimum mat surface of 3m x 5m x .5m (9'X15'X20") as per IAAF Standards.
- Landing surfaces for practices must be a minimum of 1.5m x 3.6m x 0.5m and in addition there must be a double layer of Velcro mats along three sides with no gaps
- Fibre-glass crossbars must be used in competition.
- Regularly check crossbars for cracks.
- Weighted rope or elastic may be used for warm-up or practice.
- Checks mats regularly for damage and repair or replace as necessary.
- Jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered (top mat) to prevent an athlete from slipping between pits upon landing.

### Clothing / Footwear:

- Appropriate clothing and footwear must be worn.
- No bare feet or socks without shoes.
- Students may wear 5mm spikes on rubberized or asphalt jumping surfaces.
- Track shoes with spikes removed must not be worn.
- No jewellery

### Facilities

- Determine that all facilities are safe for use.
- Indoor surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.
- Indoor and outdoor approach area must be smooth, traffic-free, and provide safe traction.

## Special Rules / Instructions

- Skills must be taught in proper progression.
- Competitions must be based on skills that are taught.
- Bar monitors must stay in front and off to the side of standards prior to and during each jump.
- Determine that landing mats are firmly secured and do not slide upon impact.

## Supervision

- Constant visual supervision is required for initial skill instruction.
- Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.
- Head coach must demonstrate knowledge of event to principal or designate.
- Coaching expertise for the head coach derived from at least one of the following:
  - NCCP Competition Introduction – Part A or NCCP Level One Technical in Track and Field – Jumps if the latter is supported by the sport governing body
  - attendance at a track and field clinic or workshop within the last three years
  - past experience as an athlete or coach in that sport within the last 10 years
- When landing surfaces are set up but are not being used, deterrents for use must be in place, (e.g., mark perimeter with cones, provide supervision, put mats in storage area, place sign on mats “Use of mats requires supervision”).

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date: \_\_\_\_\_