



THROWING SAFETY



IMPLEMENTS (SHOT PUT & DISCUS)



SHOT PUT



DISCUS



SHOT PUT RING



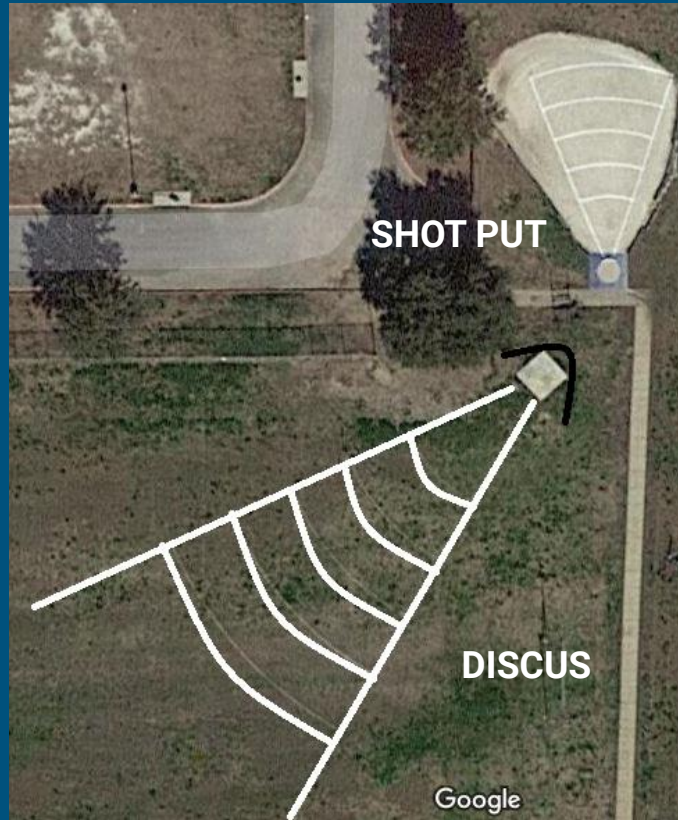
DISCUS RING



SAFETY PROCEDURES

1. **NEVER** PICK UP A SHOT PUT OR DISCUS WITHOUT A COACHES PERMISSION
2. **NEVER** THROW A SHOT PUT OR DISCUS WITHOUT A COACHES PERMISSION/SUPERVISION
3. **NEVER** THROW A SHOT PUT OR DISCUS WHILE SOMEONE IS IN THE THROWING AREA/FIELD
4. **ALWAYS** STAND BEHIND THE THROWING RING(S)
 - a. STAND BEHIND THE DISCUS NET (DO NOT STAND ALONG THE SIDES OF THE THROWING FIELD)
 - b. STAND BEHIND THE SHOT PUT RING
5. **ALWAYS** BE AWARE OF YOUR SURROUNDINGS
 - a. MAKE SURE YOU LOOK AROUND BEFORE WALKING INTO A RING OR ONTO THE THROWING FIELD

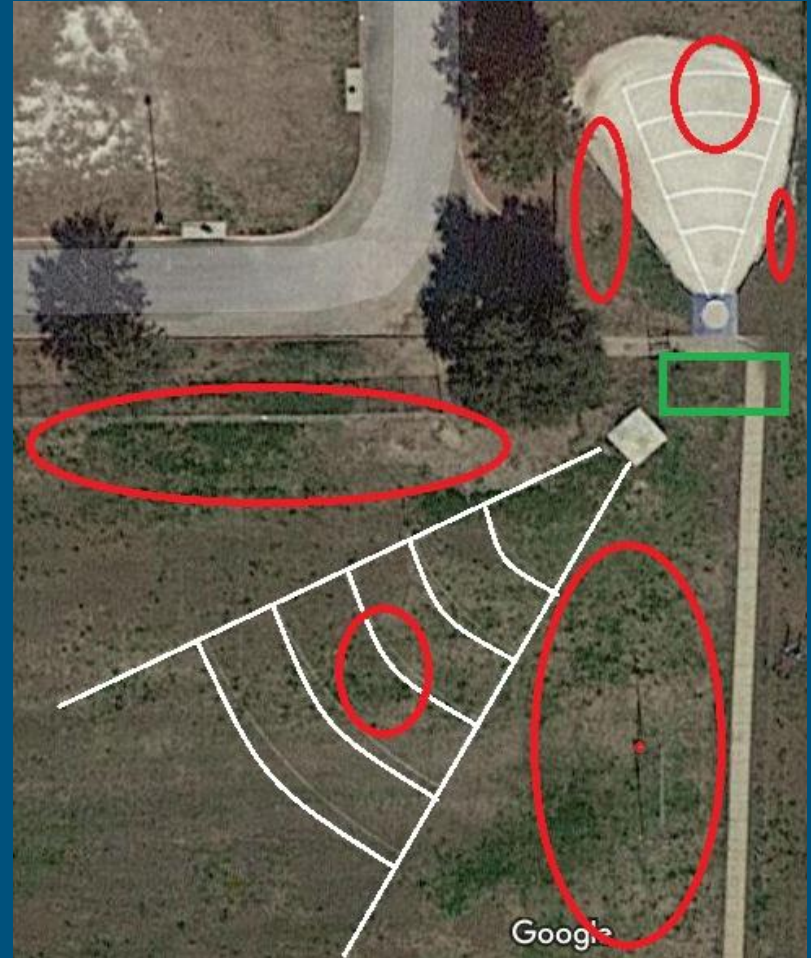
THROWING FIELD/AREA



No Go Zones

Areas where you SHOULD NOT BE:

*Do Not stand in the circled areas
while you are waiting



General Info

You can do BOTH shot and discus

Keeping 4-5 kids per grade level

Taking 3-4 kids per week to each meet

Practice MAY end around 430 if you are just a thrower

Parent meeting Thursday, 2/20 @ 5:30pm in Hernandez Cafeteria