***General Rules of Throwing Safety***

1. Never turn your back to the circle or runway
2. Never allow anyone else to turn their back to the circle or runway
3. Look before you throw, make sure the whole sector area is clear
4. Everyone throws, THEN EVERYONE RETRIEVES TOGETHER
5. Keep the sector and areas near the boundaries as clear as possible
6. Do not stand close to the circle/runway
7. Always stand ***behind*** the throwing areas
8. Walk the implements back, don’t throw them back
9. Never assume everyone is watching and aware of their surroundings
10. Stand back from the cage, the implement may still reach you through the netting, or bounce off a pole and ricochet back at you
11. Safety is an all-time, every day thing

In accordance with Hunterdon Central’s Athletic Department code of conduct, and in order to promote the general welfare/safety of our student athletes, please abide by the following:

1. Student athlete’s MUST stand behind the throwing areas
   1. For Shot Put, all athletes must stand away from the circle and behind the front of the circle.
   2. For Discus, all athletes must stand outside and away from the discus cage and behind the front of the cage.
   3. For Javelin, all athletes must stand away from the runway and behind the toe board.
2. Student athlete’s MUST retrieve implements together as a unit. No athlete is allowed to throw while anyone is retrieving an implement.
3. Student athlete’s should say “coming out” when getting ready to throw. Other athletes around should acknowledge the warning by repeating “coming out.”
4. ALWAYS exhibit good safety practices and measures while throwing/retrieving/waiting by focusing on the athlete executing the throw.

***I have read the rules above and have read the article “*Catastrophic Injuries Intensify Focus On Safety at Field Events*”. I understand the rules and will abide by them in a daily basis to ensure the health and safety of myself and fellow student-athletes.***

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Student-Athlete Date

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Parent/Guardian