



Throws Cage Safe Use Protocol

- Use of Templemore Athletics Club Throws Cage is only permitted by prior arrangement by booking with track management or relevant person in the club.
- The acceptance of any such booking or arrangement to use the Throws Cage is conditional on the understanding that you agree to and abide by all safe use protocols herein and relevant safety information displayed at the entrance to the cage. Any such failure to observe and abide by will render your booking/ arrangement null and void and non-refundable.
- No person, coach or group can use the Throws Cage unless they have undergone safety induction on the safe use of the Throws Cage or are acting directly under the supervision of a coach who has or is deemed to have received the safety induction by a relevant person in the club.
- All athletes/ persons under the age of 18 must be under the supervision of a coach who has completed the Throws Cage safety induction.
- Only persons/ athletes aged 18 years and over can use the Throws Cage unsupervised, provided they have been inducted in safe use practices.
- Only one person is permitted in the Throws Cage at any time.
- All persons must observe a 3-metre exclusion zone around the throws cage.
- Before using the Throws Cage, a Walk Around Inspection of the cage must be undertaken to ensure that netting is fully secured and in no event is any throwing permitted before nets are secured.
- Throwing circle and mat must be part of the Walk Around Inspection and swept and cleaned on a regular basis and before use if necessary.
- Implements that are permitted to be used in the Throws Cage are Discus, Hammer, Shot Put, and certain ball-type implements can be used for Javelin.
- All hammer wire ends at both handle and ball end must be wrapped with insulation tape to prevent the hammer getting stuck in the net.
- If an implement gets caught high up in the net, no attempt must be made to retrieve the implement. You must inform the relevant person(s) in the club and arrangements will be made to retrieve the implement safely.
- Undertake to implement all or any relevant safety control measures, as required by track management or relevant person. These additional control measures may arise in extreme weather conditions e.g., throwing of implements may be suspended in stormy conditions.
- To the purpose of these safe use protocols a “relevant person” is any of the following persons:
 - John Dwyer (Throws Coach and Athlete) – 087-9260226
 - Michael Hennessy (Throws Coach and Health & Safety Officer) – 086-8888723
 - Seamie Hartigan (Athletics Coach and Child Welfare Officer) – 083-3600583
 - Or any Officers of the Management Committee