

TRACK AND FIELD JAVELIN

JAVELIN is not a recommended in-class activity for students from kindergarten to grade 9 and is a high-risk activity at all grade levels. Schools are encouraged to consider alternative program options to replace high-risk activities. Teachers who wish to instruct a high-risk activity like javelin require written permission from the board of education.

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
SECONDARY LEVEL			
Have inexperienced students use a blunted javelin or a substitute javelin such as a hockey stick minus the blade.	<p>Use a runway that is smooth and flat.</p> <p>Use a throwing area that is free of obstacles and completely free of traffic.</p> <p>No other activity in the area where the javelin is being thrown.</p>	<p>Teach students to lead and throw with the elbow to avoid elbow injuries.</p> <p>Enforce the "all throw" and "all retrieve" rule when more than one student is participating.</p> <p>Have spectators and non-competing athletes remain behind the throwing area.</p> <p>Teach skills in proper progression.</p>	Provide constant visual supervision.