

TRACK AND FIELD
TRIPLE JUMP, LONG JUMP

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
ALL GRADES			
<p>Equipment includes:</p> <ul style="list-style-type: none"> ● sand pit ● rake ● shovel or spade. 	<p>Use a pit filled with sand.</p> <p>Ensure that landing area is soft with plenty of sand and no foreign objects.</p> <p>Use a blacktop takeoff area that is firm and flat and a proper length.</p> <p>Dig pit at least once a season.</p> <p>Locate pits so they are removed from high traffic areas and away from other activity sites (e.g., ball diamonds).</p>	<p>No jumping when there are slippery conditions.</p> <p>Teach skills in proper progression.</p> <p>Train students to be rakers. As part of training, include rules such as:</p> <ul style="list-style-type: none"> ● remove rake before next competitor begins approach ● begin raking after competitor is out of pit ● rake sand into the middle of the pit rather than out to the sides. 	<p>Provide constant visual supervision during initial lessons.</p> <p>Provide on-site supervision after skills have been taught.</p>