

IMPORTANT: THROWS SAFETY GUIDANCE



Background

In May 2018 there was an incident at an athletics track where a hammer thrown from a regulation UKA combined hammer and discus cage (located adjacent to the 200m start), carried all 6 lanes of a track and landed amongst a group of athletes with the hammer wire and handle striking one of the athletes and causing a leg injury. Clearly, the injury could have been far worse - even fatal - and as a result UKA has commenced a review of all throws cage designs and their location within the infield.

NEW Safety guidance

To ensure user safety during the period of review UKA has introduced additional guidance for the safe management of hammer and discus throwing that is applicable to both training and competition situations. Facility operators, competition providers and clubs are advised to review the guidance below and immediately implement the relevant safety control measures contained in the following matrix.

Note: The findings of the safety cage review will be circulated at the end of the 2018 Outdoor Season and further safety guidance issued if this is deemed as necessary.

2018 Throws Safety Guidance – Applies to both training and competition

Note: The main difference between an IAAF and a UKA cage is the distance from the centre of the hammer circle to the front of the cage (see measurements marked in orange on pages 9-14)

Type of cage	IAAF combined discus & hammer cage - single circle	IAAF Combined discus and hammer cage with separate throwing circles	UKA Combined discus and hammer cage – single circle	UKA Combined discus and hammer cage with separate throwing circles	IAAF Discus Cage	UKA Discus Cage
Location of the cage	<i>The guidance below applies to both discus and hammer throws</i>					
Finish Line	✓	✓	† No throws	† No throws	✓	† No throws
D#1 (between finish and 1500m start)	✓	✓	* <40m throws only	* <40m throws only	✓	* <40m throws only
1500m start	Extra caution required for left handed throwers	Extra caution required for left handed throwers	Extra caution required for left handed throwers.	Extra caution required for left handed throwers.	✓	Extra caution required for left handed throwers.
200m start	✓	✓	† No throws	† No throws	✓	† No throws
D#2 (between 200m and 100m start)	✓	✓	* <40m throws only	* <40m throws only	✓	* <40m throws only
100m start	Extra caution required for left handed throwers	Extra caution required for left handed throwers	Extra caution required for left handed throwers.	Extra caution required for left handed throwers.	✓	Extra caution required for left handed throwers.
External throws areas	Subject to risk assessment including an assessment of the throws danger zone and implementation of control measures where necessary: perimeter fencing, restricted public access etc.					

† UKA recommends that no throws take place from cages located in these positions. However, if the venue / competition provider conducts a risk assessment and implements control measures that reduce risks to acceptable levels (For example: Cordoning off danger zones and programming hammer/discus training/competition at times when no other users will be using the venue), then this will be deemed as an acceptable interim measure for 2018.

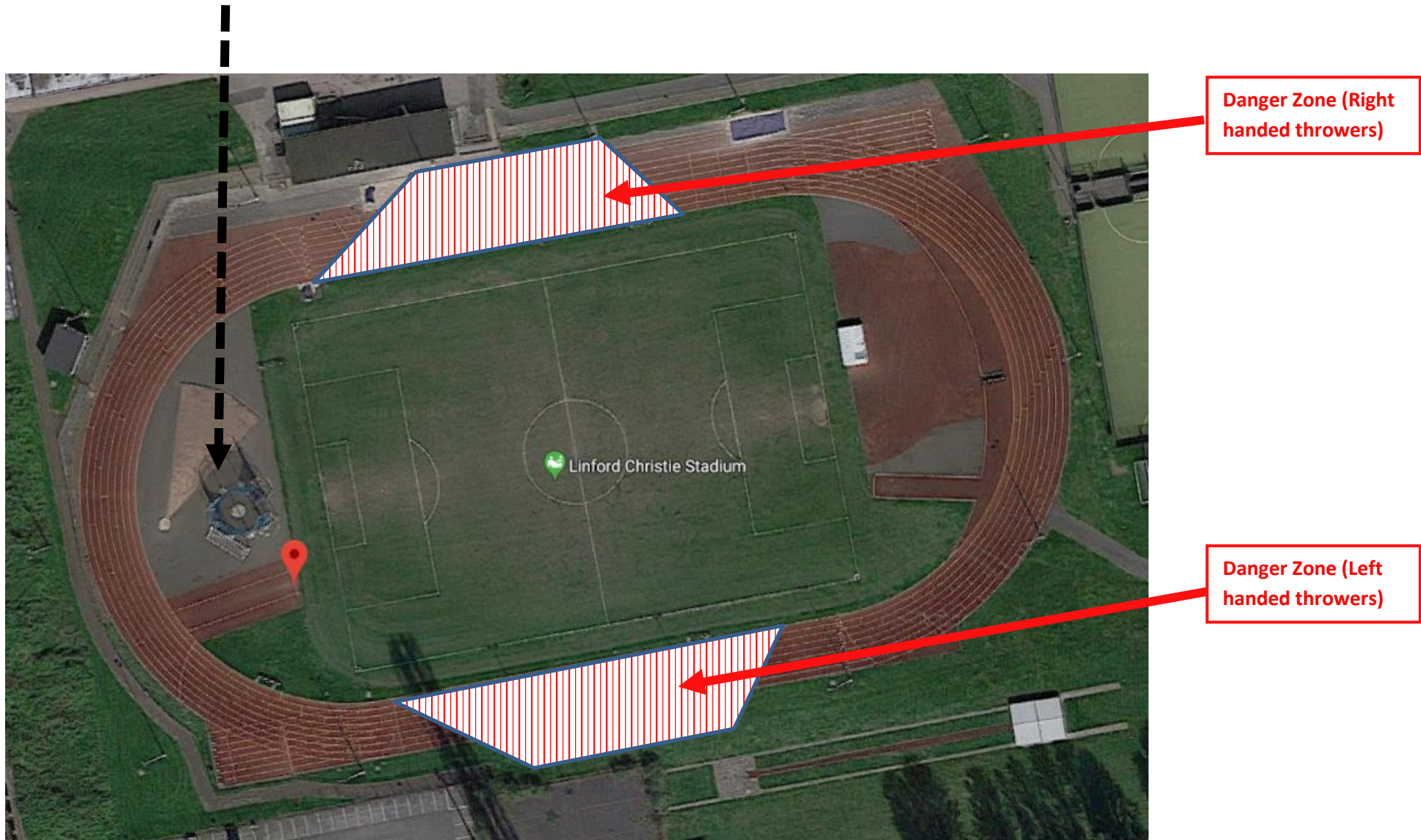
* UKA recommends that restricted length throws take place from cages located in these positions. However, if the venue / competition provider conducts a risk assessment and implement control measures that reduce risks to an acceptable level (For example: Cordoning off danger zones and programming hammer/discus training/competition at times when no other users will be using the venue), then this will be deemed as an acceptable interim measure for 2018.

Cage position: Finish Line



Danger Zone (Right handed throwers)

Cage position: D#1 (between finish and 1500m start)



Cage position: 1500m start (Recommended)



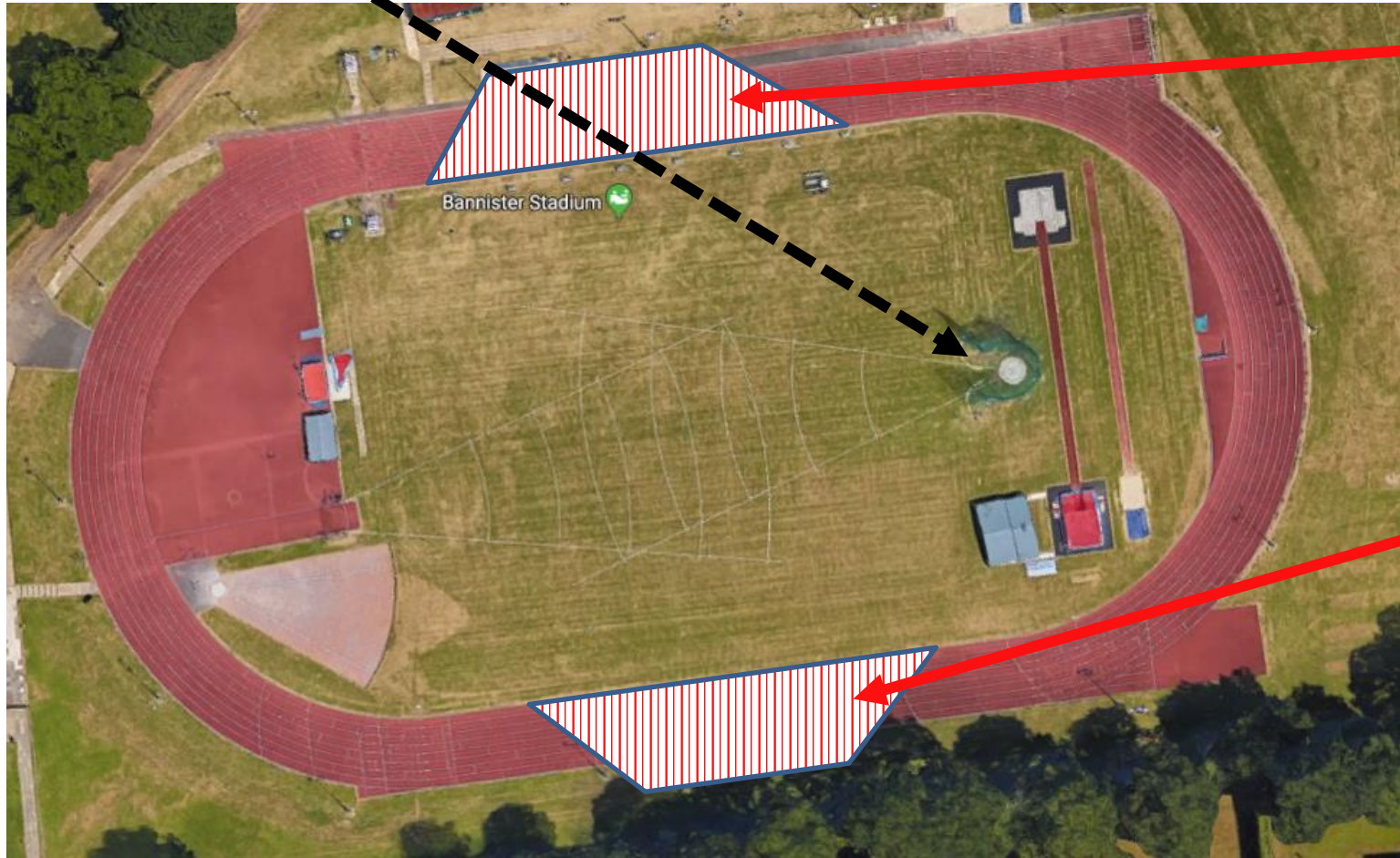
Danger Zone (Left handed throwers)

Cage position: 200m start



Danger Zone (Right handed throwers)

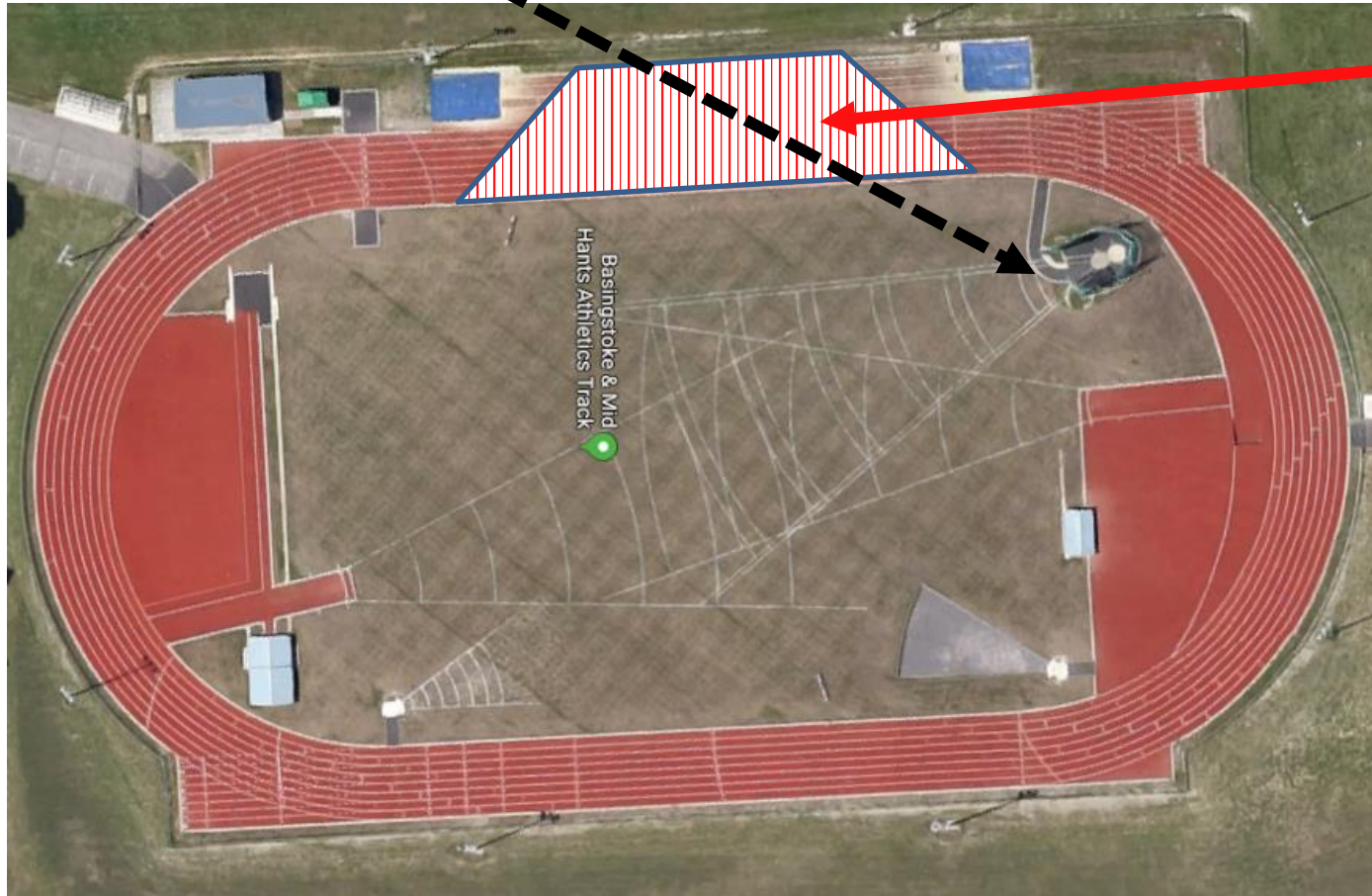
Cage position: D#2 (between 200m and 100m start)



Danger Zone (Left handed throwers)

Danger Zone Right handed throwers

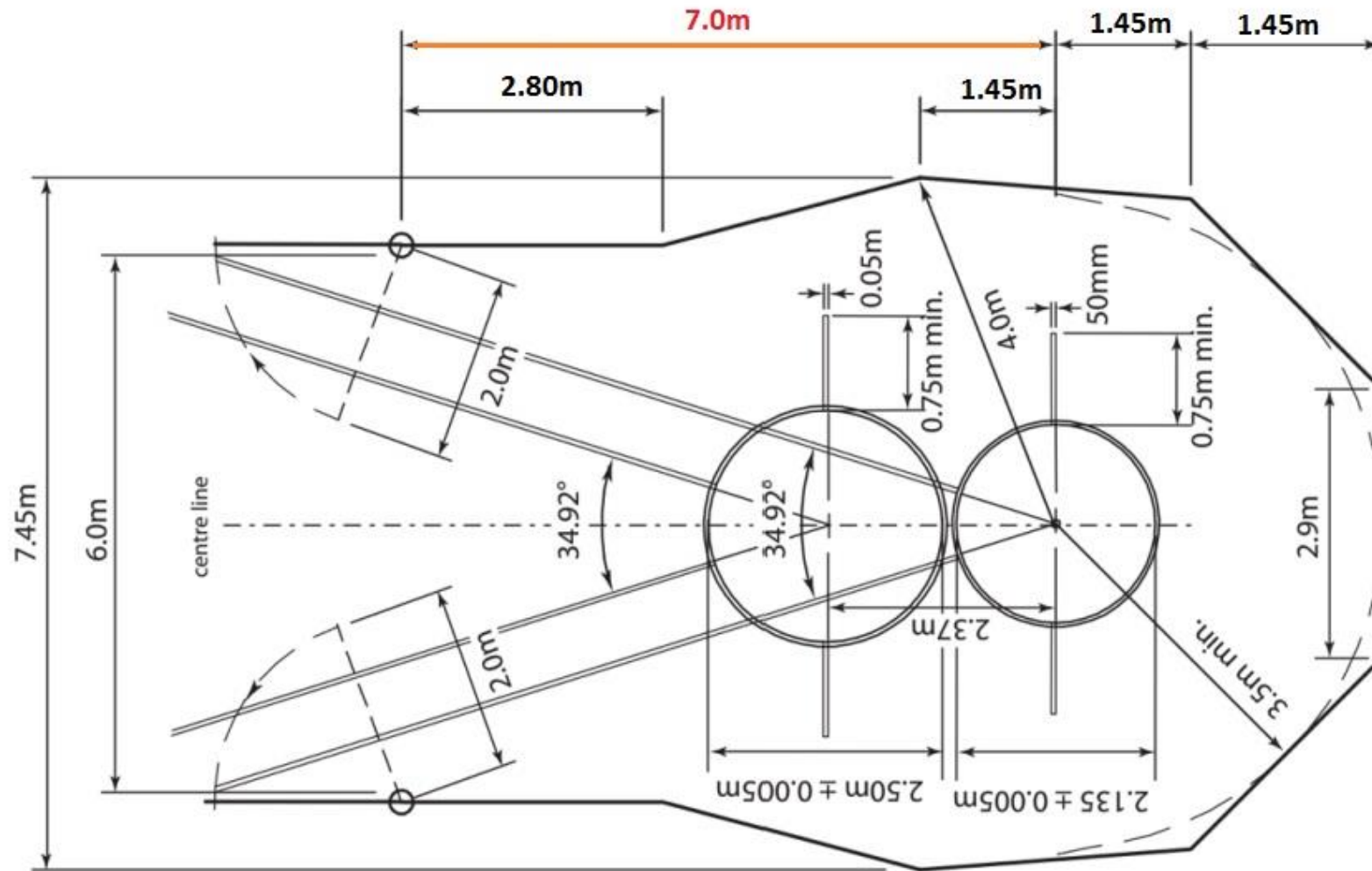
Cage position: 100m start



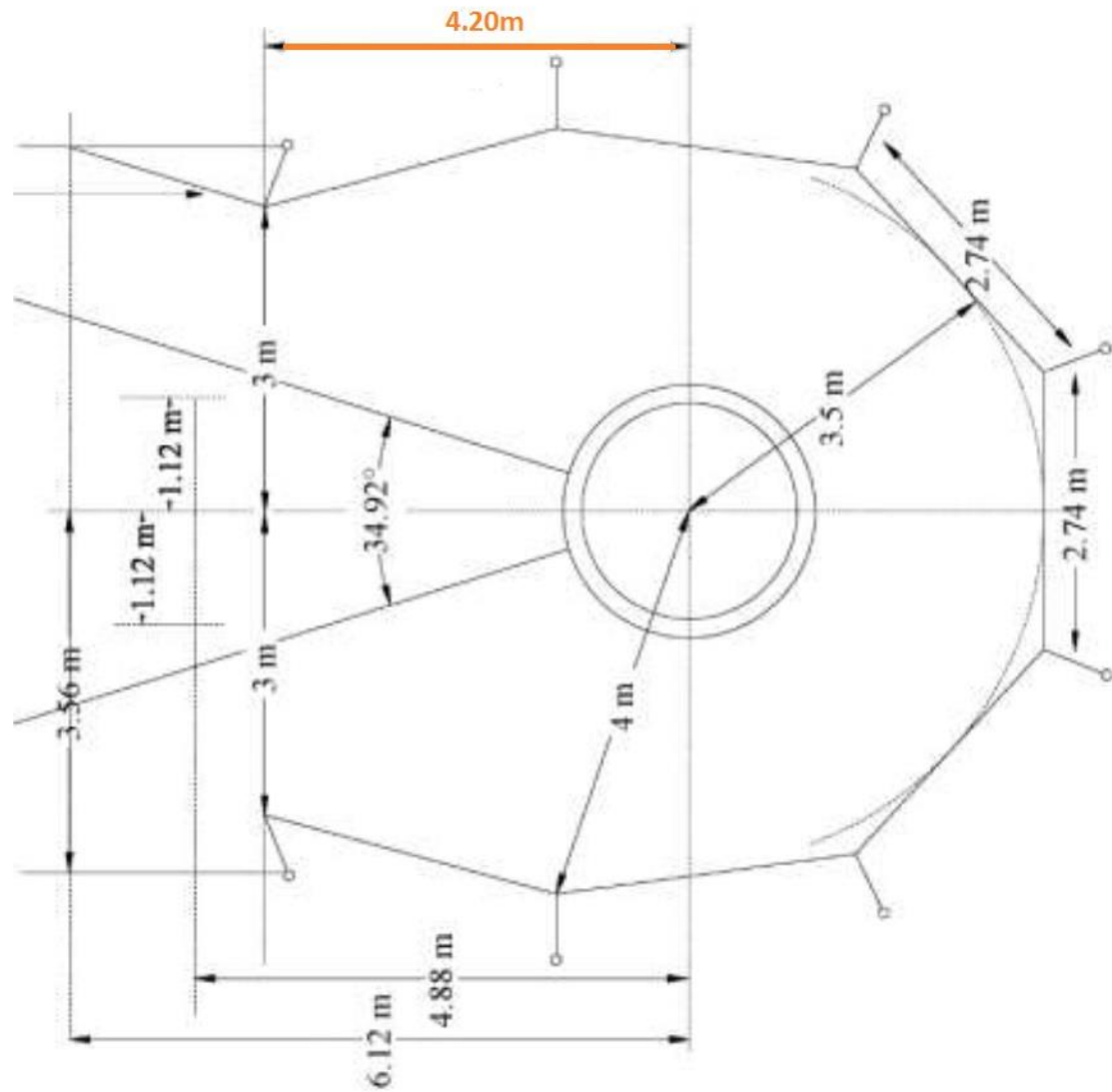
Danger Zone (Left handed throwers)

Cage Type: IAAF Combined discus and hammer cage with separate throwing circles. (Dimensions in m).

Note: Hammer circle is located at the rear of the cage.

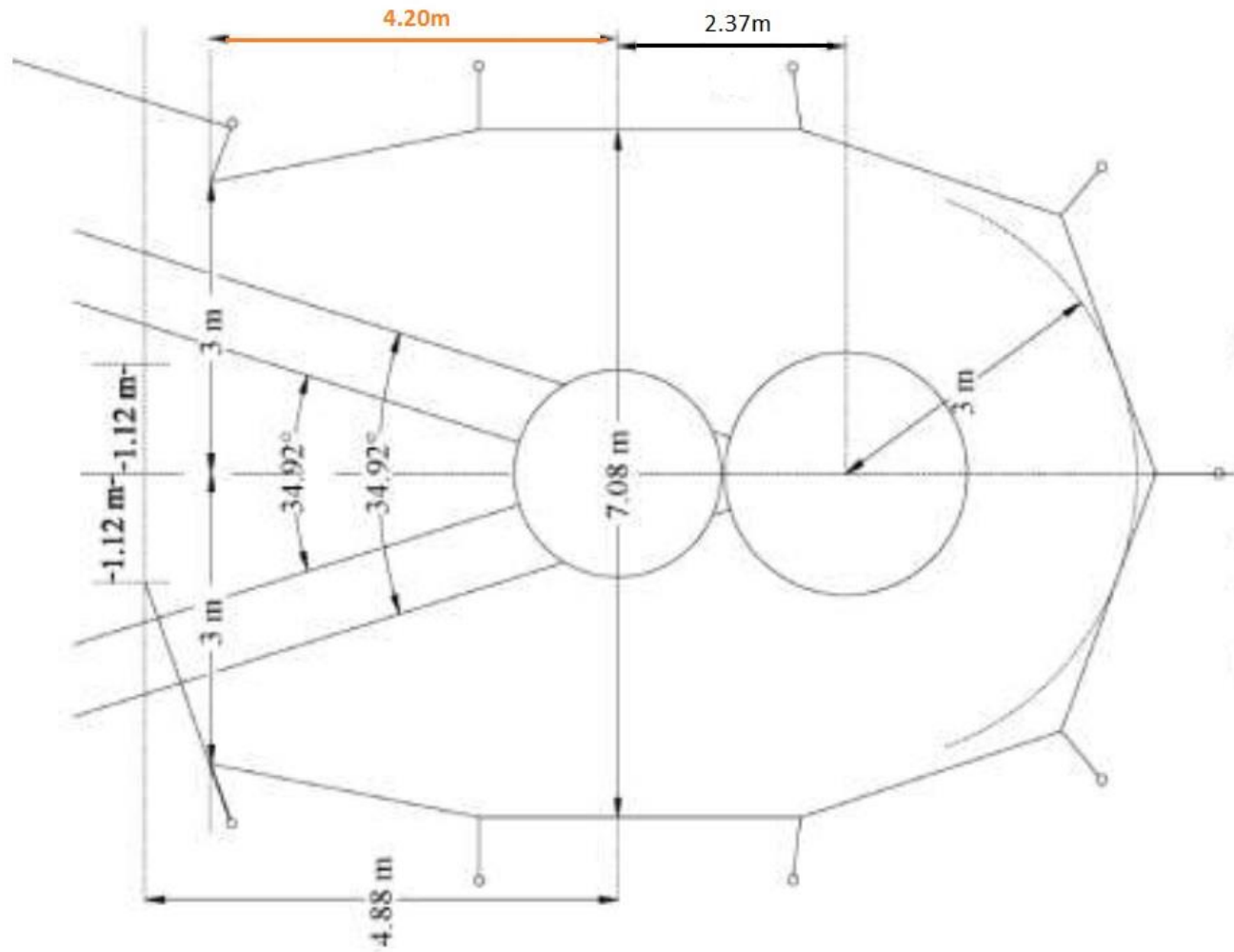


Cage Type: UKA Combined discus and hammer cage with concentric throwing circle. (Dimensions in m)

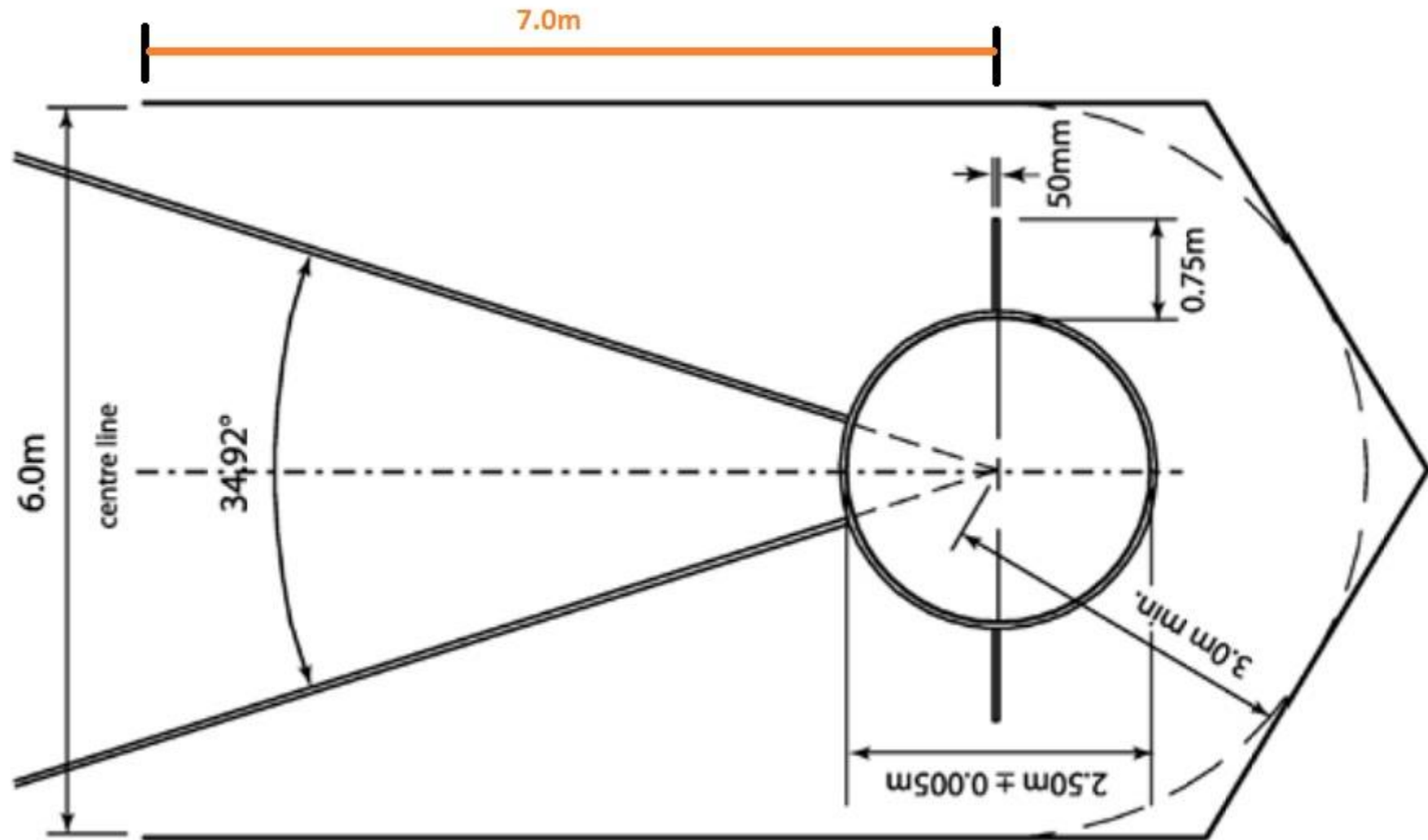


Cage Type: UKA Combined discus and hammer cage with separate throwing circles. (Dimensions in m).

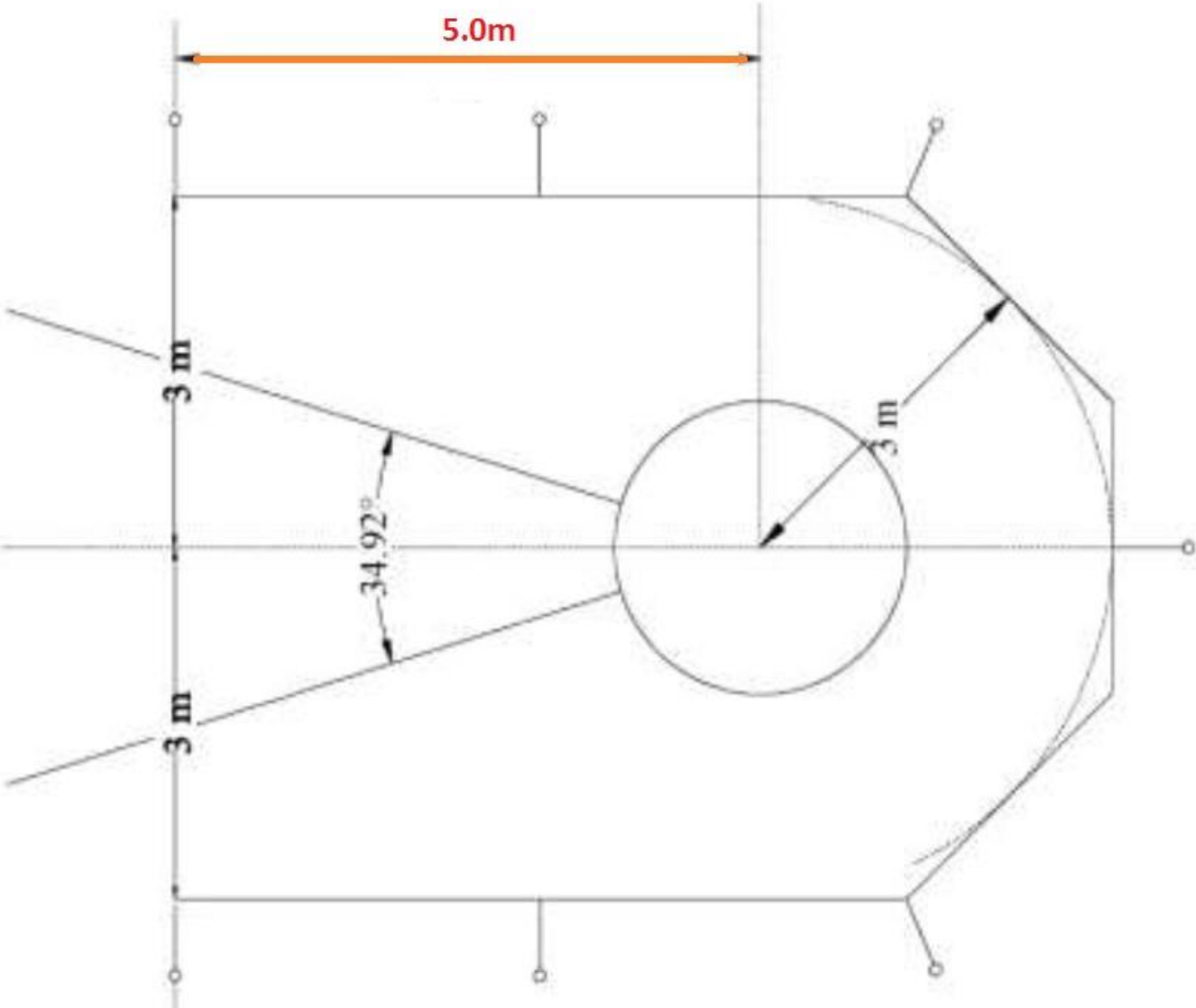
Note Hammer circle is located at the front of the cage)



IAAF Discus only Cage



UKA Discus only Cage



ADDITIONAL GUIDANCE

For further information on throws cage safety and the safe management of throwing activity please click on the links below:

General Throws/Cage safety guidance

- [SAFETY VIDEO - Throws Cage](#)
- [Risk Assessment Guidance and templates](#)
- [Safe Code of Practice for Training](#)
- [Risk Assessment - Outdoor Throws Training](#)
- [Safe Athletics: Track & Field safety guide for competition](#)
- [Risk Assessments - Outdoor Throws Competition](#)

2017 Throws Safety Bulletin

- [Throws Safety Bulletin \(2017\) - Coaches & Officials](#)
- [Throws Safety Bulletin \(2017\) - Event organisers](#)
- [Throws Safety Bulletin \(2017\) - Facility Operators](#)
- [Long Throws Statement 2017](#)

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