



Exchange Zone Safety

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Safety Moment



Safety is prioritized by ensuring the outgoing runner stays within their lane and the entire exchange happens within the designated zone.

Key rules include the outgoing runner waiting inside the zone, both runners' avoiding lateral movement, and the incoming runner passing the baton as the outgoing runner runs, not stopping to receive it.



Before the Race

Monitor Track Access:

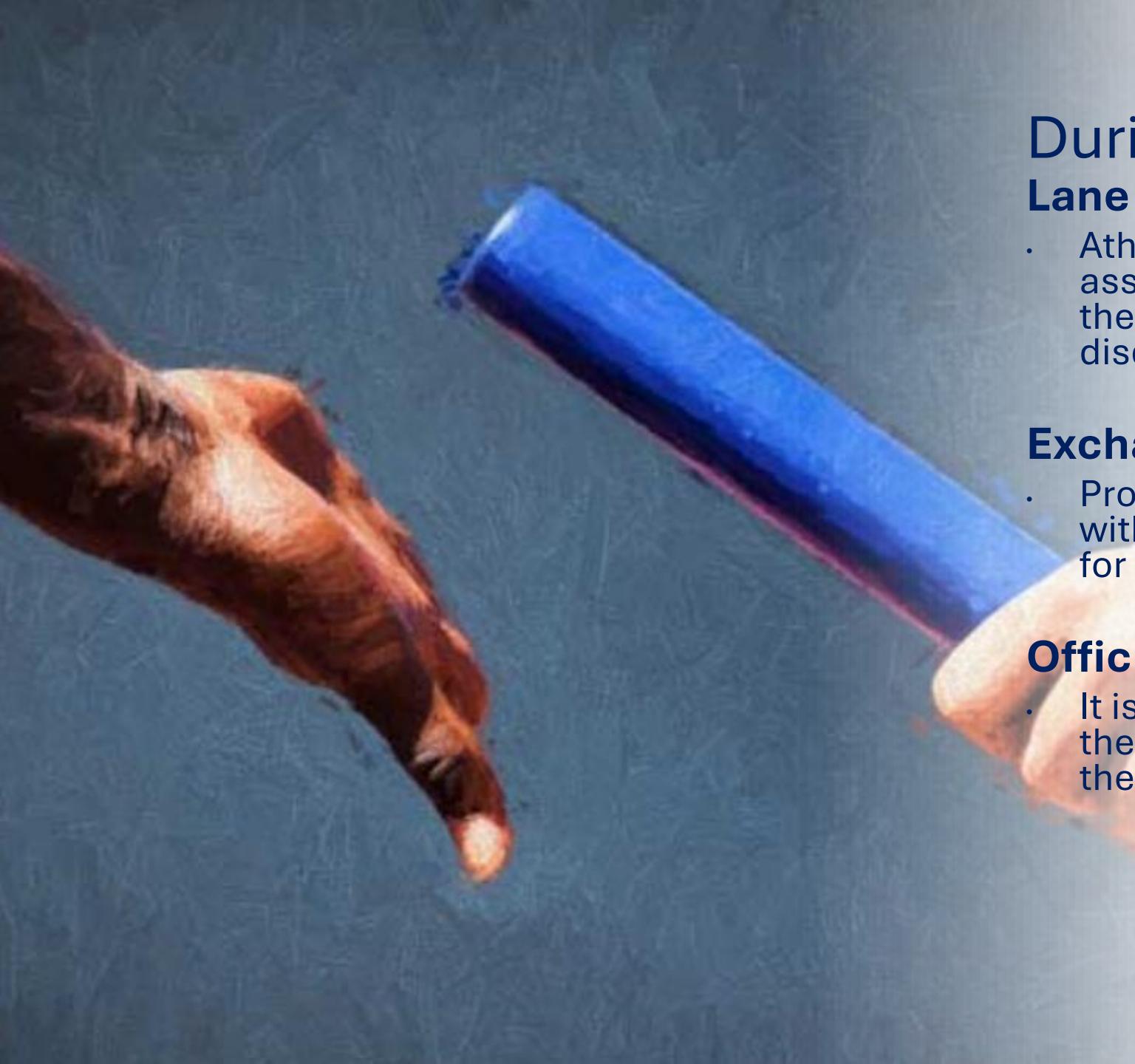
- Have volunteers at entry points to keep non-participants off the track and guide competitors to the correct staging areas.

Supervise Athletes:

- Coaches are responsible for their team's supervision before, during, and after the meet.

Provide Equipment:

- Each school should have its own equipment (batons..) unless meet management specific otherwise.



During the Race

Lane Integrity:

- Athletes in the must stay within their assigned lanes, as running on or over the boundary line can lead to disqualification.

Exchange Zones:

- Proper execution of baton exchanges within the designated zones is crucial for safety and fair play.

Official Positioning:

- It is key for the official to be position off the track in a location best to observe the exchange.

A photograph of a runner's legs and feet in motion on a track. The runner is wearing blue shorts and white running shoes. The background is blurred, emphasizing the sense of speed. The track surface is a light grey.

After the Race

Exit Safely:

- Athletes should exit the track at the finish line area or the nearest gate.

Clean Up:

- Coaches are responsible for ensuring their team's area is cleaned up after the meet.



General Safety

Safe Performance Zone:

- Consider establishing a zone around the track where no spectators or non-participants may sit or stand to prevent interference with the competition.

Official Safety Tips:

- Where to safely stand for visibility but not in the way.
- How to make sure competitors are ready without interfering with the race.
- Proper communication among officials at a zone.
- What officials should be looking for before, during, and after the exchange.



Questions?



THANK YOU