



Little Athletics Chelsea

Starter co-ordinator / Starter

Duty Statement

Objectives

To ensure that each start is fair and gives each child an equal opportunity to perform to the best of their ability.

To ensure starting equipment is functional

Responsibilities (Starter co-ordinator)

To co-ordinate the available starters to ensure smooth running of track events.

To ensure all starting equipment is functional and report any issues to the Operations Manager

To ensure expendable items (starter cap) are maintained and report stock level to Operation manager

Liaise with Operation manager/Programmer/ Announcer for order of running of events

Ensure starting equipment is set up and tested prior to the start of the day's events

To ensure all safety requirements are maintained

Responsibilities (Starter)

To control all aspects of starting to ensure that each start is fair and gives each child an equal opportunity to perform to the best of their ability.

With the support of the Start Marshall allocate athletes to heats and lanes.

Nominate runner(s) who have made a "break" and issue "warning".

To ensure all safety requirements of the starting equipment are followed

Maintain line of communication with finish line co-ordinator

Ensure starting equipment is set up and tested after each starting relocation

Report any equipment issue to the starter co-ordinator / Operational Manager

Relationships

The Starter co-ordinator / starters shall report to the Operational Manager

Liaises with Operational Manager, Programmer, Finish line co-ordinator and Announcer

Accountability

The starter co-ordinator and all starters are accountable to the Operation manager

Duties

Recharge start signalling device every 4 to 6 weeks and fully charge prior to start of new season

Restock the cap storage tins for use by starters

Clean starting guns when required (Cleaning equipment supplied)

Set up start signalling device, large orange cones and small blue cones at start line

Assist with marshalling athletes

Ensure signalling device is functional when relocating the starting stand (test fire without cap to ensure finish line receives signal)

Pack up starting equipment at end of day and return pistols and caps to lockable storage area

Check athletes to ensure they are wearing their chest patch (No patch No play)

Procedure

For the 400m and above events starter to explain start procedure to athletes prior to race start.

Spikes can only be worn by athletes running in individual lanes (For the 800m and 1500m spikes are not permitted)

Athletes wearing spikes must use blocks (Athletes are responsible to return blocks at the end of the days events)

Prior to start of race or after a false start the finish line must give the all clear before the starter can start the race

Starter assistance required for event run in lanes over 100m (To be positioned at the end of lane 8 with the red/yellow board)

When running hurdle events the following must be checked by the starter controlling the event

1. Hurdle are at correct height for age group
2. Correct number of flights for event
3. Correct spacing of flights (refer to spread sheet fixed to starting stand for above information)
4. Hurdle knocked over during event are reset prior to starting of next event
5. Athletes are given a practise over the first hurdle prior to the start of their event

Equipment required by starter

Start gun

Start caps

Hearing protection (Ear muffs or Ear plugs Supplied)

Whistle

Electronic signalling device and mounting tripod

Starter vest and cap

Safety requirements

Restocking firing caps to storage containers must be carried out as per the training

Remove caps from starting gun when not in use

Cap storage container to remain sealed unless removing caps

Hearing protection must be worn when using starting pistol

Ensure 5 metre of clearance around starter when using pistols

Advise anyone within 5 metres of the starter to protect their hearing due to loudness of gun

Only trained personal to handle starting pistols and starting caps

Start guns and caps to be kept in a secure location when not in use

Starters Safety Issues

Noise hazard: *Caused by the firing of "Cap Guns" means that good quality industrial ear plugs/muffs should always be used.*

Fire Hazard: *The "Caps" used in starting guns are a potential fire hazard and should only be carried in a suitable container such as a leather pouch, plastic or wooden box.*

Starting procedure

Starter indicates procedure is about to commence by blowing a whistle, then the start commands as follows:

For laned events (normally including 400 m):

"On Your Marks"

"Set"

"Start Signal"

For unlaned events (normally events beyond 400 m):

"On Your Marks"

"Start Signal"

It is permissible for the athletes head and torso to be past the plane of the start line.

The start signal is not given until the Starter is satisfied that all athletes are steady. If the waiting time for athletes to be steady becomes excessive the command "Stand Up" may be given, this command cancels the start procedure. Additionally obstructions on the track or issues with the starting gun may require the command "Stand up" to be given.

If a false start occurs, i.e., one or more athletes gain an advantage ("break" or "fly") a second "Start Signal" is fired to abort the start ("false start" or "recall" signal).

Offending athletes are warned by the Starter and/or Recall Starter, a second (or third) false start by any previously warned athlete may lead to their exclusion ("disqualification").

If a false start occurs (a second firing of the gun) for age group Under 12 and above a warning is issued to the offending athlete that they may be disqualified if it occurs again

For age groups from under 11 and below the start advise the offending athlete to wait for the starting gun to fire

The finish line gives the all clear that the recording system has been reset

The starter restarts the race

Non recording of finish times

Should the recording system fail to record a time at the end of the race the athletes are advise to re-run the event

Athletes will be given time to recover (depending on the weather conditions and the distance of the event recovery time of up to 15 to 20 minutes would be acceptable)

Challenge of starting procedures

Any dispute of the starting procedure is to be raised with the Operational Manager