

NHSSP Athletics Competition

Age groups / categories

Rural Schools
LDSSA Schools
NHSSP Finals

Team

Rural Schools

For schools part of the Rural Schools Sport Association.

A complete team requires a minimum of 2 boys and 2 girls from years 2 - 6.

LDSSA Schools

For schools part of the Letchworth and Baldock District School Sport Association.

A complete team requires a minimum of 4 boys and 4 girls from years 2 - 6.

NHSSP Finals

For schools that qualify or are invited.

A complete very small school team requires a minimum of 2 boys and 2 girls from years 2 - 6.

Complete Small and large teams requires a minimum of 4 boys and 4 girls from years 2 - 6.

Format

Rural Schools

Athletes can compete in a maximum of 3 scoring events (1 run, 1 jump or throw, 1 relay)

Schools will be split into a 'small' and 'large' competition based on the number of pupils in KS2.

LDSSA Schools

Athletes can compete in a maximum of 3 scoring events (1 run, 1 jump or throw, 1 relay)

Schools will be split into a 'small' and 'large' competition based on the number of pupils in KS2.

NHSSP Finals

Athletes can compete in a maximum of 3 scoring events (1 run, 1 jump or throw, 1 relay)

Schools will be split into a 'very small', 'small' and 'large' competition based on the number of pupils in KS2.





NHSSP Summer Athletics

Registration Sheet



1	School name	
2	Lead member of staff	
3a	Number of boys	
3b	How many SEND	
4a	Number of girls	
4b	How many SEND	
5	Total number of BAME (Black, Asian and Minority Ethnic)	

Please bring this sheet along with you and hand in to the event organiser upon arrival.

Be sure to let the event organiser know whether you have any pupils that cannot have their photograph taken. Photos are put onto the nhssp website and twitter feed.



Event Details Rural Schools Athletics (or 'Very Small' Schools at the NHSSP Finals)



Events

- Each competitor can compete in up to three events;
 - 1 run (sprint or middle distance)
 - 1 jump or throw (these take place at the same time)
 - 1 relay
- Children competing in both the 600m race (Years 5 & 6) and the jump or throw, should go to their race first.
- A full team requires a minimum of 2 boys and 2 girls in Years 2, 3, 4, 5 and 6.
- Scoring for events will be; 8 points for 1st place, 7 points for 2nd place, 6 points for 3rd place, etc.

Throwing

- Throwing events are for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Each child will have 3 opportunities to throw the Kwik cricket ball.
- Children may take a run up before throwing, as long as they don't cross the line.

Standing Long Jump

- The standing long jump events are for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Each child will have 3 jumps.

Middle Distance Running

- The middle distance run of 600metres is for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Athletes running the 600m and taking part in a jump/throw should go to their race first then straight to their field event as they are taking place at the same time.

Sprint Running

- These events are for Years 2, 3, 4, 5 and 6.
- **One** girl and **one** boy competitor per year group
- Year 2 – 40m, Year 3 – 50m, Year 4 – 60m, Year 5 – 70m, Year 6 – 80m.

Relay Running

- Children will run around the track (anti-clockwise) for the relay.
- They will need to receive the baton from behind when they are running.
- **Two** boys and **two** girls per year group to run in a mixed race.
- Year 2 will run 40m per leg, Year 3 and 4 will run 50 m per leg and Years 5 and 6 will run 70 m per leg.



Event Details
Hitchin / LDSSA Schools
(or 'Small' and 'Large' Schools at the NHSSP Finals)



Events

- Each competitor can compete in up to three events;
 - 1 run (sprint or middle distance)
 - 1 jump or throw (these take place at the same time)
 - 1 relay
- Children competing in both the 600m race (Years 5 & 6) and the jump or throw, should go to their race first.
- A full team requires a minimum of 4 boys and 4 girls in Years 2, 3, 4, 5 and 6.
- Scoring for events will be; 8 points for 1st place, 7 points for 2nd place, 6 points for 3rd place, etc.

Throwing

- Throwing events are for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Each child will have 3 opportunities to throw the Kwik cricket ball.
- Children may take a run up before throwing, as long as they don't cross the line.

Standing Long Jump

- The standing long jump events are for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Each child will have 3 jumps

Middle Distance Running

- The middle distance run of 600metres is for Years 5 and 6 only.
- **One** girl and **one** boy competitor per year group.
- Athletes running the 600m and taking part in a jump/throw should go to their race first then straight to their field event as they are taking place at the same time.

Sprint Running

- These events are for Years 2, 3, 4, 5 and 6.
- **Two** boys and **two** girls per year group (A and B runners will run in separate races).
- Year 2 – 40m, Year 3 – 50m, Year 4 – 60m, Year 5 – 70m, Year 6 – 80m.

Relay Running

- Children will run around the track (anti-clockwise) for the relay.
- They will need to receive the baton from behind when they are running.
- **Four** boys and **four** girls per year group to run in separate races.
- Year 2 will run 40m per leg, Year 3 and 4 will run 50 m per leg and Years 5 and 6 will run 70 m per leg.

General Points

- Each competitor will need to wear clear school identification. All sprinters need the letter A or B on their shirt depending on which race they are in.
- The starter will use a starting clapper, the children will hear: marks, set, and then a clap noise to set them off.
- If they hear a whistle after they have started, there will have been a false start. Athletes will need to return to the start of the race.
- Please remind your competitors and supporters of the Code of Conduct regarding behaviour at any of our sports events.
- Schools are responsible for their own First Aid.
- Remind children to bring sun hats, sun screen and plenty of water, as well as appropriate layers for the unpredictable British weather!
- Refreshments will not be available to buy at the event.
- Each school will be given an area for assembly and viewing. Please ensure that your children stay in this area.
- Spectators are asked to stay off the running track at all times.
- Please bring along a bin bag for litter collection to ensure your area is left clean.



North Herts School
Sport Partnership



North Herts School
Sport Partnership

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Participated in the North Herts School Sport Partnership
District Athletics Competition

Signed: *J Livermore*

Jay Livermore

North Herts School Sport Partnership

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Risk Assessment Form**Organisation:** North Herts School Sport Partnership (NHSSP)North Herts School
Sport Partnership

Event: NHSSP Athletics		Event Organiser: Jay Livermore	
Event Details: Ridlins Athletics Track		Date of Event: 9 th June / 7 th July 2020	
Assessment by: Jay Livermore		Date: 1 st September 2019	Date for review: 1 year
Hazard / Risk	Control Measures	Comments / Actions	In place Y/N
Transport Children, staff, leaders, drivers	Schools / staff are required to make travel arrangements to and from the venue. Each school given 5 parking permits and only drivers with a permit will be allowed to enter the carpark – NHSSP will staff the entrance to the car park. Coaches not permitted into the carpark – can use the turning circle on Gresley Way.	Due to changes in parking regs, all schools have been advised only 5 cars per school may enter car park, and no coaches. NHSSP phoned every school to check the arrangements made (parent cars or coach) and to talk through options and restrictions. According to conversations, all schools will adhere to parking rules. If parking issue persists, it is likely NHSSP will have to discontinue the event at Ridlins Athletics Track.	Y
Activity Children, staff, leaders, volunteers	All events and sports leaders are monitored by adults with appropriate CRB, first aid qualifications, and coaching badges if suitable. All equipment safe and appropriate for age group; checked before use and is fit for purpose. List of activities: Sprint races, relay races, ball throw, long jump	Suitable allocation of staff, volunteers and leaders to activities to ensure supervision needs met. Equipment collected and checked prior to the event.	Y

Facilities Children, staff, leaders, volunteers	Inspection of venue to ensure the event is safe to take place. Removal of any dangerous items a safe distance from the activity area. Knowledge of nearest toilets.	All sites checked beforehand.	Y
Medical and care needs of young people Children and staff	School staff are responsible for the medical needs of their participants. Schools should have a first aid kit, first aider and telephone with them in case of emergencies. School staff are responsible for making the Event Organiser aware of any additional needs.	Participants should wear school kit and school staff should wear kit and / or their school ID badges so they can be identified by NHSSP. NHSSP staff and volunteers will be in appropriate kit that makes them identifiable.	Y
Emergency Procedures Children, staff, leaders, volunteers	The Event Organiser will brief school staff at the start of the event to advise them on the emergency procedures and where the nearest toilets are. School staff should have registers / team sheets with them.	Briefing before the event will ensure staff know their role during an emergency procedure. Copies of team sheets given to Event Organiser.	Y
Child Protection Children	NHSSP staff CRB / DBS and safeguarding trained. Schools to advise NHSSP of any children who cannot be photographed, they will be issued with a green wristband for easily identification. NHSSP photographer will be in relevant kit for ID purposes. Prohibited use of cameras, unless taking photos of own participants. The event is taking place on a community site, therefore spectators are permitted. However, must adhere to the code of conduct provided.	Ask school staff at the start whether they have any participants who cannot be photographed so they can be issued with green wristbands and removed from any photographs taken. School staff should wear kit and / or their school badges for ID purposes. NHSSP code of conduct emailed out beforehand to all attending schools. It is the schools responsibility to ensure this message is passed on to those attending the event.	Y
Disability access Those with a disability	Venue is fully accessible with adequate accessible toilet facilities. School staff responsibility to let the Event Organiser know if they are bringing participants with a disability.	Inspection of site beforehand. Inform relevant participants / schools of accessible routes.	Y
Name: Jay Livermore		Signed: <i>J Livermore</i>	Date: 1 st September 2019