

## Little Athletics Program for Schools (LAPS) Guidelines

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1. It is necessary for one (1) teacher to accompany each group of 30 students. Group sizes will be strictly no more than 30 students per presenter and teacher at any time. Teachers are encouraged to stand close to the presenter/instructing coach to allow easy communication of session objectives, coaching points and explanations. Teachers may take notes if they wish.
2. In the event of wet weather (or the forecast of extremely hot weather) the school is required to contact the presenter at least 60 minutes prior to the start of the scheduled session (eg by 8.30am at the latest for a 9.30am start).
3. Schools are to ensure adequate hydration of students by encouraging them to bring a drink bottle to the session/s.
4. Schools are required to provide a safe and suitable area for the conduct of the activities. Including adequate space, appropriate surfaces and equipment in good condition.
5. Schools are also encouraged to organise suitable indoor facilities such as a school hall in case wet weather eventuates during a session.
6. LATas will supply the majority of equipment for the running and throwing sessions.
7. **High Jump**  
If a school wishes to conduct high jump they must have adequate high jump bags, including uprights. High jump mats should :
  - cover an area of approximately 3600mm x 2400m,
  - be held firmly together with straps or ties,
  - the whole area should be covered by a one piece overlay.
  - High Jump mats must be already set up or easily accessible for presenters on the day.
8. **Long Jump**  
If a school wishes to conduct long jump they must have a safe, well maintained long jump pit.  
Prior to the presenter's arrival on the day, the long jump pit should:
  - be well fitted with soft sand, to the point where any "drop" between the surface around the edges of the pit and the top surface of the sand is avoided, or at least minimized
  - be dug over and all foreign objects removed
  - be long and wide enough to ensure a safe landing in the pit for all age groups, and
  - not feature any hard borders that participants may land or overbalance on to.
9. LATas presenters will pay utmost attention to safety, however they cannot take responsibility for the administering of any first aid procedures if required.
10. All LATas presenters will have a current Working with Children's check.
11. Any changes such as dates, times, venues, rescheduling, cancellation or extra coaching sessions which a school may require must be coordinated through the LATas Office – 1300 888 713; email [do@taslittleathletics.com.au](mailto:do@taslittleathletics.com.au)