

# High Jump, Fosbury Flop



## Activity scope

This document relates to student participation in training and competitions for Fosbury Flop, High Jump as a curriculum activity. [High Jump](#) is covered under a separate risk assessment.



## Special considerations

- Fosbury flop high jump is unsuitable for class groups. Only students **aged 10 and over** may be engaged in Fosbury flop high jump. Students who show promise in lead up activities may be chosen for development in small, specialised groups.

## Minimum activity-specific qualifications for supervisors

- An adult with:
  - Level Two accreditation from the [Athletics Australia – Athletics Coach Accreditation](#) or [equivalent](#), **OR**
  - [Get Active Queensland Accreditation Program](#) Athletics Coaching – Part B.

## Minimum activity-specific equipment/facilities

- A landing area that measures not less than 5 metres long by 3 metres wide. In each instance, the appropriate landing area depth needs to specifically consider the size of the athlete and height of the jump. The landing area needs to contain sufficient materials to provide a constant deceleration area to ensure athletes do not feel the firmness of the ground upon landing.
- Flop technique needs to occur on flop mats of appropriate thickness and density with consideration given to the age of the mats.
- In all instances, the landing mats for flop instruction should be a minimum of 40cm.
- Landing areas should be strapped together or covered by a one-piece cover.
- Landing areas should not be stacked.
- A distance of approximately 10cm between the vertical planes of the crossbar and the front edge of the landing area.
- Consider using one safety strap attached to the cross bar (see Glossary on next page).
- Ensure that the bars for training are collapsible or circular fibreglass as a preparation for competition. **Triangular bars cannot be used.** For competition, only use circular fibreglass bars.

## Activity-specific hazards/risks and suggested control measures

- Assess suitability of approach area (e.g. level, dry, suitable line markers, free of debris and pot holes/divots).
- Clear the landing area before students start their approach.
- Ensure there is supervision at approach, landing and take-off areas.
- Check all equipment before use.
- Ensure that mats are only carried by hands at the side, not carried aloft on backs, shoulders or heads.
- Instruct students regarding safety procedures in the use of spikes, where appropriate.
- Ensure that sufficient mats and padding of appropriate thickness and density are available.
- Guidelines/codes of practice are established for this activity, refer to [Athletics Australia](#).



## Useful activity-specific links

- Athletics Australia  
<http://www.athletics.com.au>
- Athletics Australia Coaching  
<http://www.athletics.com.au/coaches>
- Australian Track and Field Coaches Association  
<http://www.atfca.com.au/coacheducation.ews>
- Get Active Queensland Accreditation Program  
<http://www.nprsr.qld.gov.au/community-programs/education-training/accreditation-program/index.html>
- *High Jump* – Curriculum Activity Risk Assessment guideline  
<http://education.qld.gov.au/curriculum/carmg/pdf/high-jump.pdf>

## Glossary and other information

- Safety Straps: Catches the crossbar if knocked by the jumper.

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