The planning considerations that are common to all curriculum activities can be found in the CARA generic template. These must be considered as well as the activity-specific considerations outlined below.

Activity scope
This guideline relates to student participation in shot put as a curriculum activity, including skills development, training and competitions.

Risk level
- **Medium** risk: Teaching of shot put skills, training and competitions.

Minimum supervision requirements
- Supervise the throwing and landing areas at all times.

Minimum qualifications for supervisors
- A registered teacher with competence (knowledge and skills) in the teaching of shot put.
  - OR
- A registered teacher or other activity leader with Level 2 Club Coach accreditation from Athletics Australia. This course may be undertaken through the Get Active Queensland Accreditation Program.

Minimum requirements for equipment/facilities
- Highly visible markers to identify throwing and landing areas.
- Clearly marked exclusions zones.
- Equipment that is appropriately sized to match the ability and strength of students.
- Footwear appropriate to the surface, type of activity (i.e. training or competition) and age of participants.

Hazards and controls

<table>
<thead>
<tr>
<th>Hazards</th>
<th>Control measures</th>
</tr>
</thead>
</table>
| Environmental conditions      | • Consider using protective cages or improvised barriers (e.g. fence, hockey nets) when students are using the turn technique.  
• For competitions, ensure throwing and landing areas conform to International Amateur Athletic Federation specifications (rules 187 and 188). |
| Equipment                     | • Check all equipment for damage before and during use.                           
• Dry equipment before each throw if conditions cause dampness. |
| Manual Tasks                  | • Ensure shots are safely carried and that the total weight of shots transported together is appropriate for the person carrying them. |
### Hazards

<table>
<thead>
<tr>
<th>Student considerations</th>
<th>Control measures</th>
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<tbody>
<tr>
<td></td>
<td>Instruct students about safety rules before equipment is issued.</td>
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<td></td>
<td>Ensure that throwers are at least 3m apart for group instruction (linear throws).</td>
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<td></td>
<td>Ensure students are at least 5m (linear throws) behind the marked approach unless it is their turn to throw.</td>
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<td>Ensure no-one is in the exclusion zone or throwing sector when students are throwing and reinforce that they must not throw until it is clear.</td>
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<td>Instruct students to check that there is no-one in the throwing sector before commencing preparation to throw.</td>
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<td></td>
<td>Establish a system of commands to signal when students should retrieve equipment.</td>
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<td>Ensure throwing occurs in one direction. Do not allow return throwing.</td>
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<td>Ensure left-handed throwers are placed on the left side of the group for group instruction.</td>
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<td>Practise the turn with modified equipment or without a shot for group instruction.</td>
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<td></td>
<td>Ensure that if a shot is being thrown using the turn technique, only one individual throws at a time.</td>
</tr>
</tbody>
</table>

### Additional links

- Athletics Australia Facilities and Equipment  
- Australian Track and Field Coaches Association  
- International Association of Athletics Federations Competition Rules 2012-2013  
- Queensland Athletics Coach Education Overview  
- Queensland School Sport Unit  
  [https://queenslandschoolsport.eq.edu.au/Pages/default.aspx](https://queenslandschoolsport.eq.edu.au/Pages/default.aspx)
- Sports Medicine Australia Injury Fact Sheets  

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