

ATHLETICS EQUIPMENT MAINTENANCE RECOMMENDATIONS



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1.0 INTRODUCTION

At Stadia Sports, we adopt a pro-active approach towards safety. Safety has always been a key element in our product design; indeed many products in the Stadia Sports range have been certified by the IAAF.

Part of safety is ensuring that your equipment is appropriately inspected and maintained. By following the recommendations and guidelines in this document, you will:

- (a) help to ensure the safety of the users of your equipment; and
- (b) help prolong the life expectancy of your equipment.

2.0 GENERAL MAINTENANCE RECOMMENDATIONS

Stadia Sports recommends that prior to each season, a competent and trained person should check all equipment to ensure that it complies with the necessary IAAF or UK athletics current specification.

This document details some useful tips to help you maintain your equipment as part of an on-going maintenance process.

3.0 TRACK SURFACE

The track surface should be visually inspected on a regular basis. Any damage, disintegration or excessive wear to the surface should be noted and attended to by a bona-fide athletics track surface consultant or installer.



4.0 CAGES

- When the cage is not being used, always keep the cage doors in the closed position with the drop bolts firmly inserted in the holes in the ground. Keep cages with a locking bar between the gates in the closed position at all times, unless the cage is being used.
- During winter months, Stadia Sports recommends that the main net should be lowered, preferably on a dry day, and placed in a well aired store, away from direct sunlight and rodents. These actions will both lengthen the life expectancy of the netting and reduce the risk of severe damage to the cage caused by high winds.
- The cage netting should be examined on a weekly basis for signs of wear. Single meshes that are broken can be repaired using suitable polypropylene twine. You should not attempt to repair large holes, as the strength of such a repair cannot be guaranteed.
- A weekly examination of pulley ropes for signs of fraying should also be undertaken. If in doubt, replace.
- Always ensure that the netting is pulled tightly up to the tops of the pulleys; this reduces

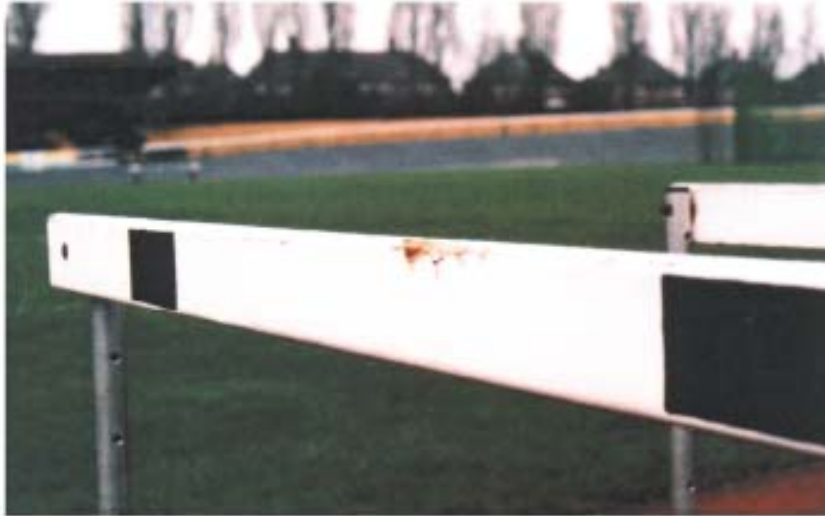


- chaffing of the pulley ropes.
- Examine door nets and securing cable ties for imperfections. Replace any cable ties that are broken or damaged. Replace the door netting itself, if necessary.
- Stadia Sports cages are made from galvanised steel, which require no maintenance. However it is important that all gate hinge bolts and lateral stay bolts are visually checked (this can be done from the ground). Remember to check the gatepost stays, if fitted.
- Hammer/discus cage netting should be examined regularly for signs of deterioration. Check that the netting is tightly fixed to the cage to ensure that stray implements are unable to pass through.
- Check that the cage gates are in good working order and are capable of being adjusted to the correct position.
- Ensure that the drainage to the circle is effective.

Following these few simple tips should ensure that you get long service from your cage. Should you require any further advice or need replacement netting, ropes, cable ties etc. then please contact Stadia on (01353) 668686.

5.0 HURDLES

- Top boards should be inspected to ensure that they are straight and are free of any sign of splintering. Please note that this applies to both PVC and wooden top boards.



- Check all hurdles for projecting bolt threads, as these could cause injury to an athlete.
- Spring clips on the height adjustment should be examined and replaced if necessary.
- The toppling force weights should be checked to ensure that they move freely and are capable of adjusting easily to the recommended toppling weight(s).
- Examine the locking device on the toppling force weights for wear and damage.
- Moving parts, such as the height tubes and toppling weights, can be lubricated using a non-sticky lubricant such as PTFE spray or Silicone spray, if necessary.
- Please note that **UNDER NO CIRCUMSTANCES SHOULD ORDINARY OIL BE APPLIED TO HURDLES**, as oil attracts dirt and causes more problems than it cures.

If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice

6.0 STEEPLE CHASE BARRIERS



- Top boards should frequently be examined for signs of rot.
- Top boards should be painted regularly and rotated to prolong the life of the product.
- If adjustable legs are installed, check the fixings for ease of movement.

If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice

7.0 LANDING AREAS

- Landing areas should be checked regularly to guarantee that they are assembled correctly. Check that all straps are securely fastened so that no separation or 'bottoming out' can occur.
- Landing areas should be checked for soft spots, particularly in those areas that are subjected to frequent use.
- The spike proof cover should be examined for wear and splitting. Inspect the foam inside the spike proof cover for signs of disintegration.
- Ensure that landing areas with clipped-on-covers have all clips and rings attached and fastened. Pull fully skirted covers securely into position.
- A high jump landing area should be moved periodically to prevent excessive wear to take off areas.
- All metal landing area covers should be checked for sharp projections/edges. If any are found, they should be attended to by a capable engineer immediately.



If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice

8.0 POLE VAULT UPRIGHTS

- All securing nuts and bolts should be checked regularly for tightness.
- Slider band guide wheels should be adjusted to eliminate excessive movement irregularities.
- Winch side plates should be examined for wear, as this indicates misalignment of the tape.
- Base runway castings and slider bands should be inspected for damage and replaced as necessary.
- To assist the uprights movement on the base runway, PTFE or Silicone Spray can be applied.
Oil should not be used under any circumstances.

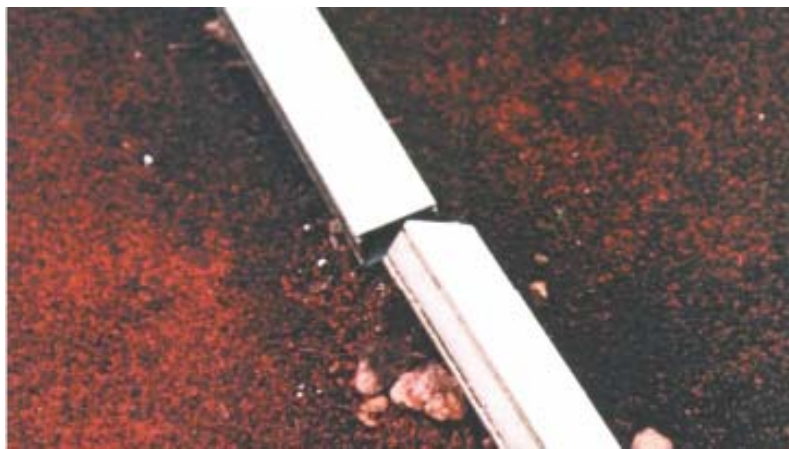
9.0 HIGH JUMP UPRIGHTS

- Always ensure that the uprights are straight and true.
- Check that the sliders in the lath rests are in situ.
- Examine the cursor height adjuster for correct movement. Replace the bolts etc. if necessary.
- Check that the thumbscrews are correctly fitted and lock the lath rest securely.

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10.0 TRACK CURBING

- Track curbing lengths should be interconnected securely and fitted to the ground firmly.
- The curbing should be examined for sharp edges. If any are found, they should be attended to by a capable engineer.



- Check plastic curbing regularly for signs of shattering and breakage.
- Track curbing, where installed, should be securely fixed to the ground.

11.0 IMPLEMENTS

11.1 Shot

- Shot should be cleaned and inspected regularly for excessive damage.
- Shot should be weighed to ensure that they are accurate.

11.2 Discus

- Discus should be examined for damage to the rim and side plates.
- Discus should be weighed to ensure that they are within tolerance levels.
- The discus centre bolt should be checked regularly for tightness. However, please ensure that the bolt is not over tightened.

If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice

11.3 Javelin

- Inspect the javelin to ensure that it is straight and true and for general wear.
- Check that the grip on the javelin is tight to the implement and adequately secured.
- Javelins should be weighed to ensure that they are within tolerance levels, although javelins rarely change weight unless visible damage has occurred.

11.4 Hammer

- Hammers should be weighed to ensure that they are accurate.
- The wire should be checked to ensure that it is not excessively distorted and that adequate “turns” secure it to the handle and head.
- The handle should be examined for distortion.
- The head should be inspected for excessive intrusions. Particular attention should be paid to the swivel, ensuring that it is in good condition and is securely screwed into the head.

12.0 GENERAL TRACK EQUIPMENT

12.1 Long Jump & Triple Jump

- Take off and blanking boards should be stable and level with the runway to prevent any trip hazard.
- No jump indicators or “dummy” replacements should be stable and fitted in place without distortion.



If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice on action to be taken

- Long/triple jump pits should be dug over regularly, checking for any stray foreign bodies such as glass, dog waste and so on.
- Only correct grade sand should be used for top ups. Sand levels should be checked and subsequently maintained.



- Adjusters should be regularly lubricated to ensure correct alignment of the boards.
- Examine the plasticine in the no jump indicators before use; replace as necessary.

12.2 Starting Blocks

- The nuts and bolts on the starting block should be checked for security and tightness.
- Spikes should be inspected to ensure that they are of the correct length and in good condition.
- The facing on the footpads should be examined for wear and replaced as necessary.

12.3 Wind gauges

- Batteries should be removed when not in use.
- Wind gauges should be returned for re-calibration annually.

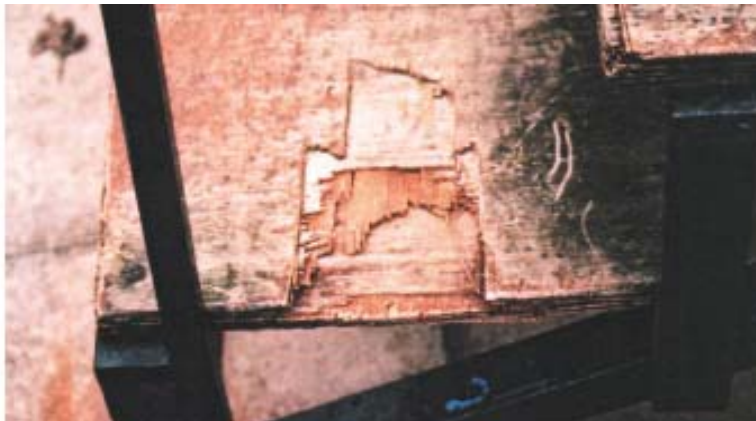
12.4 Laths

- Laths should be checked for splinters.
- Ensure that the ends are securely fitted.

If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice.

12.5 Judge's Stands/Starter's & Winner's Rostrums

- Examine for general condition.
- Ensure that the steps are sound, especially those of the wooden variety.
- Replace any worn or broken treads or arrange for a capable engineer to do so immediately.



12.6 Judge's Flags

- Ensure that you have sufficient supplies.
- Check that the flag is securely tied to the stick.

12.7 Relay Batons

- Ensure that you have sufficient supplies.
- Check the batons for indentations/distortions.

12.8 Measuring Tapes

- Ensure that you have sufficient supplies of each length of tape available.
- Check that the tapes are wound correctly and are stored in dry conditions.

12.9 Scales

- Should be checked and re-calibrated regularly by a qualified engineer. Please contact Stadia on 01353 668686 for further information on this service.

If any of these problems are applicable to your equipment, then please contact Stadia on 01353 668686 for advice

12.10 Scoreboards

- Check all number units for wear and damage; replace as necessary.
- Check that the lap bell is operating correctly.

12.11 Other Equipment

Stadia Sports recommends that you carry out a visual check and inventory of all other items used, such as:

1. Rakes, spades and brooms
2. Warning horns
3. Plasticine rollers
4. Course marking tape
5. Lane and distance markers
6. Spare plasticine
7. Kit boxes

Whilst every care has been taken to ensure that the recommendations made in this document are accurate, Stadia Sports accepts no responsibility for any consequences of following these guidelines. Recommendations are generic and not product specific.