

Return to Pole Vault and High Jump Plan
Valley Royals Track and Field Club
June 29th, 2020

Proposed Landing Pad and Safety Procedures for Pole Vault and High Jump

The idea of using a Microfibre Landing Pad for Pole Vault and High Jump is being **proposed**: We'd like to test microfibre Landing Pads to see if they would be durable enough to provide a barrier to help prevent contamination of the pit. The Landing Pad is made of two different colours of microfibre king-size sheets sewn together with stitching around their perimeter and microfibre fabric loops (made from microfibre pillow case cuffs in our prototype) sewn into the corners to thread bungee cords through that attach the Landing Pad to the metal rings on the perimeter of the pit. Microfibre sheets are tightly woven, with a thread count of 1500 threads per square inch, making it a very dense barrier as fabric goes. Since two sheets are layered together that's 3000 threads per square inch. It is also affordable, lightweight, strong, soft, machine washable and durable. A king size microfibre sheet set is available at Walmart for \$35 CAN (x2=\$70) and bungee cords—even the 48" length—cost less than \$3 CAN each. Therefore, this design is economically feasible for individual athletes to pay for the materials. Also, the design is simple so that most people with a sewing machine could make a Landing Pad (see design pattern in diagram section below).

Safety Procedures:

- These PV and HJ safety procedures are in addition to the club's overall Safety Plan. The Valley Royals Safety Plan is available at:
<https://valleyroyals.ca/covid-19-safety-plan/> .

One Athlete Per Pit in Testing Phase: During the test period, there would be only 1 athlete testing a Landing Pad per pit. *The Valley Royals have two Pole Vault Pits so can have two vaulters, one on each pit, testing Landing Pads* to see if they will work well to keep the pit clean for group practices and/or competitions in the future. Each vaulter would be vaulting on a separate pit and would have their own Landing Pad & regular bungee cords for attaching pad to the pit as well as their own PV poles, practice bungees and/or cross bars. One high jumper may be testing a Landing Pad on the club's high jump mats during the testing period as well.

Setting up and taking down the pits – Each athlete and coach would be responsible for bringing their own gloves with them. Gloves would be required for both set-up and take-down of the pit when moving landing mats, standards, and cross bars. After removing gloves, and before proceeding with practice, athletes would sanitize their hands.

Using Two Coloured Surfaces & Laundering Landing Pad Between Practices to Ensure Clean Surface Touches the Pit: Only one side/colour is touched by the athlete and the opposite surface/colour touches the pit. The Landing Pad can be washed in a regular washing machine on sanitary after each practice. Depending on how well it does in testing, it may provide a way for multiple athletes to vault on the same pit, each with their own Landing Pad. See photos below of a prototype Landing Pad being demonstrated.

Keeping the Pit Clean: To keep the Landing Pad affordable and easy to make, King Size sheets are the maximum area of the pit that can be covered. Most vaulters/high jumpers land in the same area of a pit—an area approximately the size of a king-sized sheet—so there is a very good chance that the athlete will drop onto the Landing Pad most of the time. If an athlete were to hit outside the Landing Pad area, disinfectant spray would be used on the pit topper in the spot where the athlete landed. To protect the pit in the long run, we recognize the need to keep the use of these cleaning products to a minimum, so this would be done on an as needed only basis.

The following Protocols are written for a future phase when Group Training or Competition has resumed...

Cross Bar – The cross bar would only be put up by the coach with the help of a pole. The coach would wear gloves when putting up the bar and when picking it up after a missed vault/jump. The bar would be sprayed and wiped down with a cloth and cleaner at the start of each practice and every time an athlete hit/touches it.

Practice Bungees – Each athlete would have their own practice bungee (used in place of the cross bar during practice) that would have a colour-coded tag to avoid confusion. At the start of practice, the athletes would tie their bungee, at the appropriate height, on one side of the standards. Before an athlete vaults/jumps the coach, (using an extension tool for PV), attaches the athlete's practice bungee to the opposite standard. The bungees would be removed in the same manor. Athletes would take their bungee home with them at the end of practice to avoid having them picked-up or used by other athletes. (These are Track & Field practice bungees made for PV and HJ and are not the same as the regular bungee cords being used to secure the athlete's landing pad to the pit)

Poles (pole vault only) – Each athlete would have their own pole(s), that only they would use during practice. Athletes would use alcohol spray to wipe down their pole(s) at the end of each practice (not at the start because poles must be dry to be safe to use).

Exiting mats after jump/vault with Landing Pad – Pits would be set up in a one-way fashion. Athletes would line up 2m apart at one side of the pit with their Landing Pads which are different colours on each side. The first athlete would lay out their Landing Pad on the pit (always with the same side down). The athlete would then walk to the end of the runway to prepare for their vault/jump. Vaulters would also have their pole with them. Each athlete would complete 2-3 vaults/jumps in a row to reduce the number of times the Landing Pads are changed. After an athlete completes their turn, they would exit the pit from the opposite side, taking their Landing Pad with them. The athlete would be careful fold the Landing Pad so the top folds in on itself keeping any sweat contained. Athletes would carry their Landing Pad by the corner loops & regular bungee cords around the back of the pit to place their Landing Pad aside—keeping space between it and anyone else's Landing Pad. Then athlete would return to the lineup, at least 2 meters apart, at the end of the line for their next vault/jump. Meanwhile next vaulter/jumper would have secured their Landing Pad to the pit and be ready to do their vault/jump set.

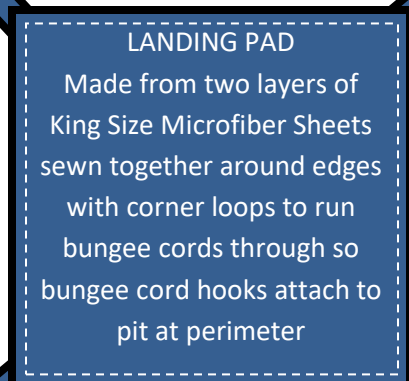
Diagrams:

LANDING PAD DESIGN

for use by individual athlete
on Pole Vault Pit
or High Jump Mat

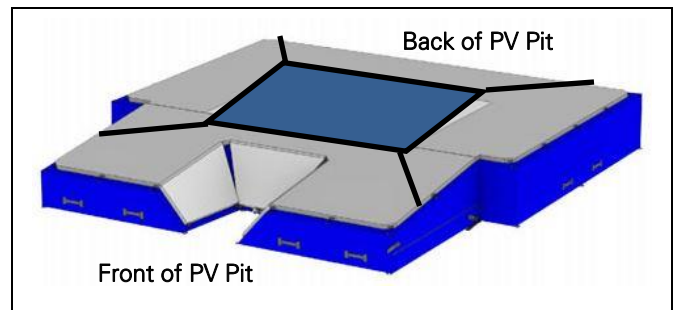
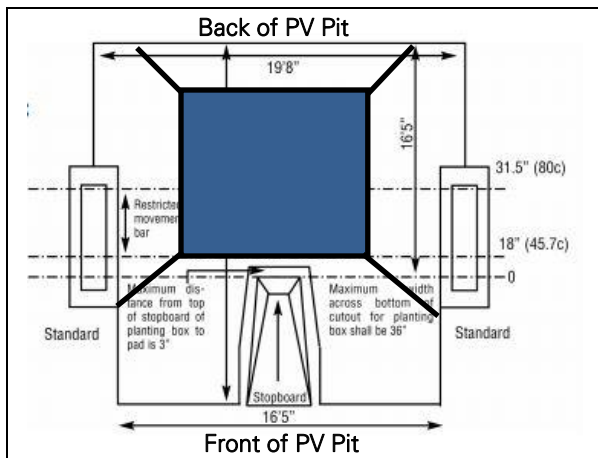
For Pole Vault: Thread **four 48-inch bungee cords** one through each corner loop attaching both hooks of each bungee cord to metal rings at perimeter of PV pit

For High Jump: Thread **two 12-inch bungee cords** through two corner loops attaching both hooks to the metal rings at front of HJ Mat. Thread **two 24-inch bungee cords** through two corner loops attaching both hooks to the metal rings at back of HJ mat.



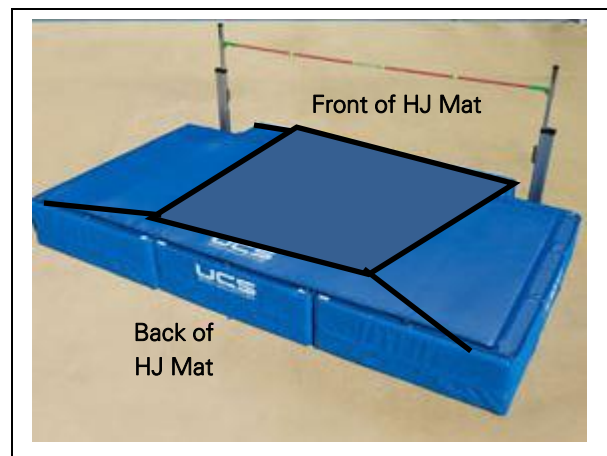
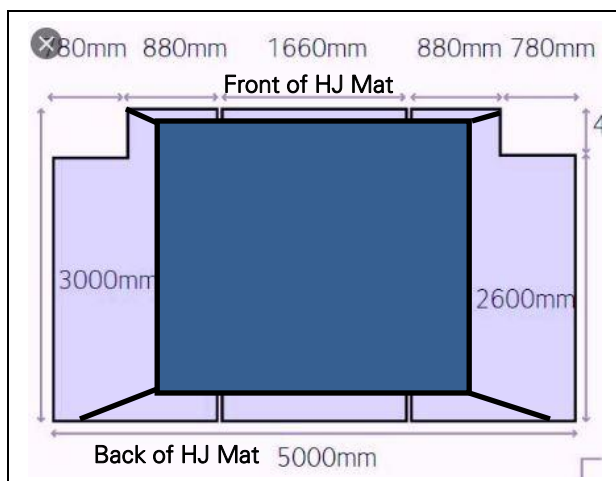
Microfibre **Corner Loops** stitched into LANDING PAD perimeter hem. These can be made from 2 Pillowcase Cuffs:

- Step 1: Cut the cuff off both pillowcases (Cuff is the finished edge with multiple fabric layers)
- Step 2: Open the seam so that cuff is one long flat piece.
- Step 3: Cut cuff into two equal lengths (Repeat 1-3 for the other cuff)
- Step 4 Take the four cuff pieces and fold them in half to create corner loops.
- Step 5 pin corner loops in between the layers of King Size microfibre sheets and sew them into the Landing Pad's perimeter stitching



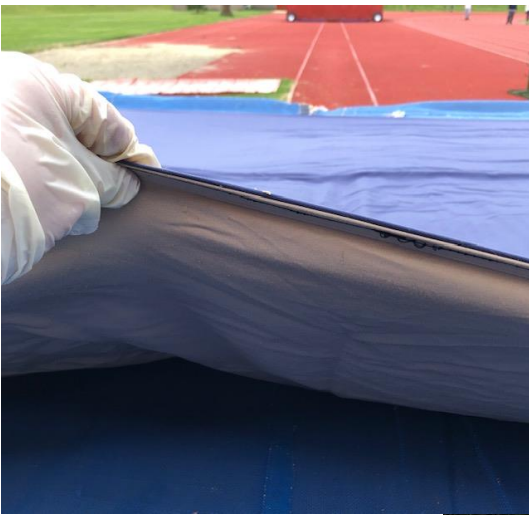
Approximate size of LANDING PAD on Pole Vault Pit

Approximate size of LANDING PAD on High Jump Pit



Demo Photos:

2-sided Landing Pad made from 2 different colours of King Size Microfiber Sheets. One colour touches the pit and the other colour is touched by athlete



48" Bungee Cord from Hardware Store is used to secure Landing Pad to PV pit. For HJ use much shorter bungees



Landing pad in place



Each bungee cord is threaded through fabric loops sewn into corners of Landing Pad



Both bungee cord hooks attach to ring on edge of pit where topper clips on



Landing Pad is lightweight and folds up to a very portable size—fits into the microfibre bag from one sheet set

Landing Pad demo...

