



St Kevins Amateur Athletic – Pole Vault Club

“SKAAC –PVC”

2016/17 Membership Fees:

Competing Member of SKAAC: Free
Competing Member of another Club: \$150

To register, please email Steve@stevecain.com.au confirmation of payment in to the following account:
BSB: 063 101 ACC: 0090 0765

Yearly membership commences April 1st and concludes March 31st

- These fees cover the use of the poles for training, competition and general equipment maintenance. They do not cover coaching fees or training membership at Box Hill Athletics Track)

POLE VAULTING ETIQUETTE (SKAAC Pole Vault Club)

Pole-vaulting with SKAAC poles can only take place due to the support of the St Kevins Amateur Athletic Club and its sponsors.

The following is a list of rules and practices for pole-vaulters:

1. Pole and training fees

Training fees are split to cover both the use of the Poles and the facilities in which training occurs (contributions to the maintenance of the mats, covers, stands, track etc). The SKAAC Pole collection has an estimated replacement cost of \$15,000 (the poles are owned by the Pole Vault Club). In addition to the “SKAAC Pole Vault Club” fees, vaulters are expected to fully support the SKAAC-PVC (EG, competing for the Club, working bees, fund raising functions etc...).

2 Fundraising

The pole fees do not cover the cost of maintaining the poles and other equipment so we may require some additional fund-raising.

3 Handling of poles

3.1 Increase the longevity of the poles

- a. Poles should be kept in their cases as long as possible.
- b. When they are taken out of cases poles must be kept off the ground.
- c. Poles must not be dropped (and never thrown).
- d. Poles must not be left close to the pit when athletes are vaulting.
- e. Poles must go back into the correct case.
- f. The bar supports must always be wound up out of the way of poles when the cross bar is not set.

3.2 Do not use competition poles for drills, use drill poles (where possible). Each time a pole is used it may be damaged, so reduce use whenever possible.

3.3 No tape is to be removed from a pole or sticky grip used without consulting the SKAAC-PVC Head Coach and all other users of the pole.

- 3.4 If possible poles should go back in a case bung first.
- 3.5 Do not let the handgrip get wet when it is raining.
- 3.6 Vaulters may not remove a bung from any pole unless the bung is damaged.
- 3.7 No vaulter is to modify a pole by cutting it in order to change the length.
- 3.8 When vaulting, quickly get out of the pit before talking to the coach, so the next vaulter can get started.
- 3.9 During competitions keep our poles on one side of the track and other poles on the other side. This reduces the chances of them getting confused. Also, after comps and training please try to clean up the area.

4 Transportation of poles

- 4.1 No pole should ever be transported without either being in a tube or cardboard cover. EVER.
- 4.2 If you take a pole from the ground for competition please ask permission first. Also, you must then return the pole(s) before the next training session.
- 4.3 If poles are required at two competitions on the same day, the athlete competing at the more important comp has precedence.
- 4.4 If you transport poles anywhere then you are responsible for them until they are returned.

5 Lending/Borrowing Poles

We do not lend or borrow poles, unless the SKAAC-PVC Head Coach or SKAAC President has given approval. A \$20 hire fee may be applied for the borrowing of poles.

6 General Maintenance and Benevolence

- 6.1 Help out. Please do your best to help with the pit and general carting around of stuff.
- 6.2 Wind stands up after use, this stops kids from swinging on the rubber bar and breaking the stands.
- 6.3 Keep people off pits unless the covers are off, the covers are very expensive and tear when jumped on. If kids are jumping on the covered pits politely ask them to stop and explain why.
- 6.4 Clip every clip when putting the cover on the pit. This reduces the stress on any individual clip.
- 6.5 Keep the pole shed tidy (poles on racks and in the correct cases) and lock it when you leave the track.
- 6.6 Mind your language.

7 Pole vault income

The Pole Vault Club policy is that athletes should pay the Head Coach ten percent of their pole-vaulting income.

8 Pole vaulting is fun.

Sorry for all the rules, but we need to look after the equipment. Enjoy this exciting event, encourage other to get involved and help each other out in our quest for "Air Time"!