



Throws and Jumps Safety Clinic Friday April 26th

Teachers are invited to register for the Throws and Jumps Safety Clinic on Friday April 26th, 2019 hosted by the Ottawa Lions Track and Field Club.

Under OPHEA regulations it is mandatory that all School Teachers know the risks associated with the sport, ways to minimize the risks, procedures and rules to ensure safe play.

Throws coach, Corey Wingate, and jumps coach, Lesile Estwick, will be serve as clinic instructors.

When: Friday April 26th, 2019 | 4pm-6pm

Where: Terry Fox Athletic Facility

What: The clinic offers the opportunity for teachers to:

- Understand proper safety procedures outlined under the OPHEA Safety Guidelines
- Learn how to minimize the risks associated with throws and jumps
- Learn from experienced instructors the best methods for coaching throws and jumps events safely

How Much? \$25

A certification is provided upon completion of the clinic.

For any questions, please contact cwingate@ottawalions.com