



# PE Masters of Recall

## Athletic records

100m – 9.58s  
 200m – 19.18s  
 4x100m relay – 36.84s  
 Long jump – 8.96m  
 Discus – 74.35m  
 Javelin – 98.48m  
 Shot put – 23.56m

## Rules of jumping events

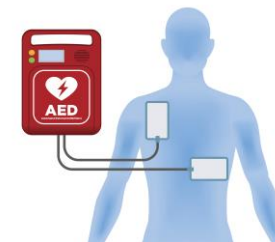
- Foot must be behind the take-off board
- Measurements are taken from the edge of the take-off board to the indentation in the sand closest to the take-off board
  - Take off on one foot

## Defibrillator

Defibrillators are devices that apply an electric charge or current to the heart to restore a normal heartbeat. If the heart rhythm stops due to cardiac arrest, a defibrillator may help it start beating again

## Rules of track events

- Must stay in the lanes assigned
- A team/individual must not drop the baton otherwise they are disqualified.
  - Must set off after the gun sound
- Must change baton in the changeover area



## Safety of throwing events

- Must throw from behind the line
- No one can be stood in the throwing zone
  - Walk to collect equipment
- Carry equipment by the side of the body



## First aider

A first aider is a person trained to take care of individuals involved in an emergency. Particularly, first aiders look after injured or ill patients who need immediate medical care. They also ensure that their patients are safe and away from further harm



## First aid kit

First aid kits are usually in a green box with a white cross and should be easy to find. This box or bag containing basic medical equipment such as bandages to give immediate medical help in an emergency.

