



Axe Safety Coaching Certification

## [Definitions](#)

### [Section 1 - Throwing](#)

### [Section 2 - Equipment and Field](#)

### [Section 3 - Participants](#)

### [Section 4 - Coaching](#)

### [Section 5 - Trick Shots](#)

### [Section 6 - First Aid](#)

## **Definitions**

**Participant:** Any person on the premises not actively holding an axe.

**Thrower:** Any person currently holding an axe, with or without the intent to throw

**Coach:** Any person that has completed the axe throwing certification process, usually a staff member.

**Lane:** The throwing field where axes are thrown. Includes floor, ceiling, side walls, and target

**Trick Shot:** Any throwing technique listed in Section 5 that does not meet the requirements of throwing techniques listed in Section 1. All trick shots must be accompanied by a coach.

## Section 1A - Throwing (Separated Lane Facility)

**1.1** No axes are to be thrown until a coach has given full instruction and demonstration to all participants

**1.2** Axes may be thrown no closer than 12ft and no further than 16ft from the target

**1.2.1** A thrower must have forward foot at or inside throwing range while throwing

**1.3** Axes may only be thrown by holding the handle and never by holding the blade.

**1.4** Radius Rule - No participants may be within 4 feet of another participant while throwing an axe

**1.4.1** A coach may stand near participants while training but must stand a minimum of 2 ft away and may not stand directly behind or in front of participant.

**1.5** Technique

**1.5.1** Axes may only be thrown in a vertical orientation, raising the axe above the head and releasing forward (see trick shots for exceptions).

“Side arm” style throwing is prohibited.

**1.5.2** Thrower must always face target while throwing. Backwards throwing is prohibited

**1.5.3** Thrown axe should only complete approximately one rotation when thrown.

**1.5.4** A thrower may only throw one axe at any time (see trick shots for exceptions)

**1.6** No participant shall be beyond the marked safety line (20') while a thrower is active in the lane.

**1.7** Axes are not to be handed off between throwers. Always place an axe in a designated place and allow the next thrower to pick it up.

**1.8** When removing an axe from a target, a thrower should place two hands on the handle to prevent injuries

**1.9** If at anytime, a participant or thrower feels that conditions have become unsafe, it must be reported to a coach immediately.

## Section 1B - Throwing (Combined Lane Facility)

**1.1** No axes are to be thrown until a coach has given full instruction and demonstration to all participants

**1.2** Axes may be thrown no closer than 12ft and no further than 16ft from the target

**1.2.1** A thrower must have forward foot inside of throwing range while throwing

**1.3** Axes may only be thrown by holding the handle and never by holding the blade.

**1.4** Radius Rule - No participants may be within 3 feet of another participant while throwing an axe

**1.4.1** A coach may stand near participants while training but must stand a minimum of 2 ft away and may not stand directly behind or in front of participant.

**1.5** Technique

**1.5.1** Axes may only be thrown in a vertical orientation, raising the axe above the head and releasing forward (see trick shots for exceptions).

“Side arm” style throwing is prohibited.

**1.5.2** Thrower must always face target while throwing. Backwards throwing is prohibited

**1.5.3** Thrown axe should only complete approximately one rotation when thrown.

**1.5.4** A thrower may only throw one axe at any time (see trick shots for exceptions)

**1.6** Only two active throwers may be beyond the 20 ft safety at any time

**1.7** Axes are not to be handed off between throwers. Always place an axe in a designated place and allow the next thrower to pick it up.

**1.8** When removing an axe from a target, a thrower should place two hands on the handle to prevent injuries

**1.9** Throwers within a combined lane must throw axes at the same time

**1.9.1** A thrower may not proceed to the target until both throwers have completed their throw and all axes have come to a complete stop

**1.10** If at anytime, a participant or thrower feels that conditions have become unsafe, it must be reported to a coach immediately.

## Section 2 - Equipment and Field

**2.1** All equipment and field conditions must be inspected before every event

### **2.2** Axes

**2.2.1** Axe conditions must be solid and unbroken without observable imperfections or weaknesses.

#### **2.2.1.1** Wooden Handles

1. No splinters or cracks
2. Handle is securely seated in axe head and does not wiggle or move
3. Smooth to the touch or taped

#### **2.2.1.2** Steel Handles

4. No burrs or sharp edges
5. All steel handles must be wrapped or encased in a soft material such as rubber or tape

**2.2.1.3** Axes with fiberglass handles are not suitable for throwing, therefore are not permitted

**2.2.1.4** Blade must not have any noticeable burrs or damage capable of injuring a participant while throwing or handling the axe

**2.2.2** Axe must weigh no less than 1.5lbs and no more than 3.5lbs

**2.2.3** Axe length must be no less than 14 inches and no more than 20 inches

### **2.3** Lane

**2.3.1** Lane must be clear of all obstacles that could pose a danger to other participants during play

**2.3.2** Walls between lanes must be substantial enough to protect participants in adjacent fields during play from the direct impact of a thrown axe.

**2.3.2.1** Separator walls must protrude no less than 8 feet from target

#### **2.3.3** Construction

**2.3.3.1** Each field of play must be a minimum of 20 feet in length, 10 feet in height, and 4 feet in width

#### **2.3.3.2** Side Walls

1. Side walls shall be a minimum of 10 feet high
2. Side walls must be top tied into either the facility or each other with a spacing of no more than 8' between each brace.

#### **2.3.3.3** Target Walls

1. Target walls should be a minimum of 1-3/4" thick wood (typ. 1-3/4" backer board) covering the target wall to 9' above floor. A minimum of 3/4" thick wood should cover any area above 9' for the remainder of the target wall.
2. See Targets for target construction

#### **2.3.3.4** Ceiling

1. Ceiling must be covered by fencing or wire mesh to prevent thrown axes from making impact with building structure, but allowing light and/or safety measures, such as sprinklers, to remain effective

#### 2.3.3.5 Floors

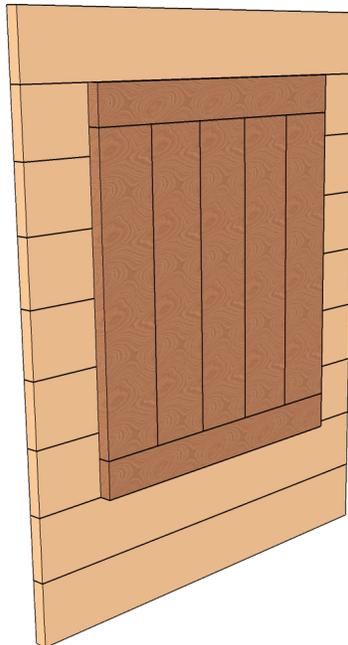
1. Floors must be of a material suitable to prevent damage to axes while being thrown.
  - a. Acceptable materials include wood, mulch, foam, rubber, turf
  - b. Unacceptable materials include concrete, metal, asphalt

#### 2.3.3.6 Lighting

1. Lighting must be sufficient in all areas of playing field as not to create a hazard for participants

#### 2.3.3.7 Targets

1. Targets should consist of at least one layer of wood, a minimum of 1- $\frac{3}{4}$ " thick
2. All target wood must be applied with grain patterns in a vertical orientation. End grain is also acceptable. See example below for target boards in a vertical orientation with a horizontal header and footer.



#### **2.3.3.8** Markings

1. All lanes will be clearly marked on the floor to show a 12 feet mark from target to indicate the front of the throwing range
2. All lanes will be clearly marked on the floor to show an additional mark no further than 16 feet from target to indicate the rear of the throwing range
3. All lanes will be clearly marked on the floor to show a 20 feet mark from target in red to indicate the safe zone for participants
4. A sign must be clearly posted within the lane that indicates only one participant with an axe may cross the red safety marker

**2.3.3.9** All materials secured for targets and lanes should be secured using screws and not nails, allowing them to be disassembled and replaced easily.

## Section 3 - Participants

### **3.1 Age**

**3.1.1** There is no minimum or maximum age requirement for throwing

**3.1.1.1** Any participant under the age of 18 must have a consent and waiver signed by a parent or legal guardian.

### **3.2 Strength**

**3.2.1** All participants must be able bodied enough to, without physical assistance, throw an axe from the minimum 12ft mark and strike the target wall without the axe touching the floor first.

### **3.3 Consent**

**3.3.1** All participants must have read, understood, and physically or digitally agreed that they have a full understanding of the dangers of axe throwing, including dangers that are created both by the participants and not, such as misuse of equipment or equipment failure.

**3.3.2** Participants under the age of 18 must have consent from a parent or guardian to participate

**3.3.3** Any consent and waiver presented to a participant must have been previously approved by a local legal expert.

### **3.4 Apparel**

**3.4.1** Close toed shoes are required to throw axes

**3.4.2** Any excessively loose clothing that could obstruct a thrower's movement or vision while throwing an axe is not permitted.

## Section 4 - Coaching

**4.1** Any person that will be instructing participants in axe throwing must have completed the axe throwing safety certification process prior to instructing.

**4.1.1** A staff member of an axe throwing facility that has not completed the certification process is still considered a participant and is not eligible to instruct other participants

**4.1.2** A staff member in training may instruct throwers, but a coach must be present at all times.

**4.2** Coaches must inspect the throwing lane and all equipment before allowing participants to throw. See section 2 for inspection details

**4.3** Coaches may stand no closer than 2ft from a thrower and always stand behind and to the side while coaching. Never directly behind or in front.

**4.4** Coaches may hand axes to participants within the lane but never by holding the blade. Always pass an axe by holding higher on the handle so the participant can grab the handle.

**4.5** A thrower should never be active where a coach cannot actively see the thrower

**4.6** Coaches must communicate the "Main Safety Rules" to all participants during instruction:

1. No throwing until approved by a Coach
2. ONE Axe ONE Lane - unless accompanied by a Coach
3. Do not hand an axe off. Always lay down and pick up.
4. All non throwers MUST stay behind the marked safety line
5. Never touch the blade - Use only the handle of the axe
6. Axes MUST be thrown by holding the handle in a vertical orientation
7. Single rotations, forward facing throws only
8. Forward foot must be at or in front of the furthest line of the marked throwing range (12ft-16ft)
9. Report any unsafe conditions or activities to a coach or staff member IMMEDIATELY

**4.7** Coaches must remain with the coaching area to ensure throwers are maintaining proper safety technique at all times.

**4.7.1** A coaching area must be clearly marked at the end of each lane.

## Section 5 - Trick Shots

**5.1** A coach must accompany any thrower attempting an trick shot at any time, even if the thrower has shown competence with trick shots

**5.2** Permitted Trick Shots

Double Axe - One axe in each hand or together

Underhand - Single or double axe

**5.3** Non Permitted trick Shots

“No Look” or backwards facing

Double rotation

1-½ rotations - where the axe begins the throw backwards

More than 2 axes

Side-arm

**5.4** An additional axe should never be thrown while an axe is currently in the target

## **Section 6 - First Aid**

In the event of an injury during participation, is the responsibility of the coach to assess the situation and act accordingly.

### 6.1 Assess the situation and act

6.1.1 If the participant is awake and talking, explain who you are and ask them if it is ok for you to help.

1. Always wear body substance isolation equipment (e.g. latex gloves) when dealing with any body fluids such as blood.
2. If the injury appears minor to the participant, provide access to first aid kit on premises.
3. If the participant perceives the need for basic or advanced care beyond the capabilities of the first aid kit, call emergency services (911).

6.1.2 If the participant is not conscious appears to have an altered level of consciousness, call emergency services (911).

### 6.2 Every facility must have at least one easily accessible and clearly marked first aid kit

6.2.1 Every first aid kit must be inspected and resupplied no later than the first day of each month and after each use.

### 6.3 If there is ever any doubt about a first aid situation, call emergency services (911)