

	 As Easy as Walking No Footwork Literally for more info: www.throwlikeyour.com/widener	Widener's Throw Like Youri Hammer Event When: Sunday, September 6, 2026 Where: Widener University One University Place Chester, PA 19013 Special thanks to Head Coach Vince Touey Insured by  Valerie Abraham-Rogers, Broker	
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Hammer Throwing Safety

A reminder to all participants and spectators at Widener's Throw Like Youri Hammer Event.

The hammer throw is a dangerous event to everyone around the circle, cage, and throwing sector. Impact from a hammer, or even a wire, will almost certainly result in serious or even fatal injury.

SAFETY IS NUMBER ONE

The hammer circle, cage and throwing sector at Widener University can be used only during official hammer throwing sessions. Any use outside these sessions may result in the participant(s) being asked to leave the area.

Before throwing, every thrower must make sure that no one is in the throwing sector.

Participants should not crowd the net during throwing sessions. Moreover, during warm-ups people should not be standing near the cage, especially with their back turned. Always err on the side of caution.

Everyone should remember to never turn their back or look away from the circle while in the field. Always assume a thrower is or could be entering the circle to throw at any time. Retrievers, after bringing a hammer back to the cage area, should walk backwards or to the side with their heads turned toward the cage when returning to their position next to the sector line.

Throwers and coaches seated or standing around the cage should be well back of the net. Understand that all nets have some give. Place chairs at least a foot or two outside of the farthest point which you can pull the net outside the circle.

Hammers can hit the top of posts and come over the top of cages, landing in areas around the cage which are thought to be safe. A thrower can lose control on any throw into the net.

Throwers should not do winds or turns with a hammer outside the cage. This is extremely dangerous. However, it is okay to turn with or wind a safe object, such as a traffic cone or broom, outside the cage as part of warming up.

Thank you for your attention to this Safety Reminder
Carl D Shields
ThrowLikeYouri.com/Widener