General maintenance instructions for athletics equipment from Nordic Sport Sales

Fixed equipment in metal (rings, boxes, sleeves and similar)
Make sure that these products are not filled with water and that drainage works. If necessary, dry these products and keep them covered when not in use. Lubricate required parts regularly to reduce friction and surface rust.

Freestanding metal equipment (garages, ground frames, lids, uprights, hurdles and similar)
Lubricate required parts regularly to reduce friction and surface rust.
Store uprights, hurdles, carts etc in a dry space under roof when they are not in use.
Contact the supplier if problems arise from the above, which cannot be fixed by the required personnel.

Wooden equipment (bars for steeplechase hurdles, stop boards and similar)
Dry these products regularly and preferably keep them covered or under a roof when not in use.
In order to increase the lifespan of wooden products, it is suggested that you maintain the products once a year with a protective layer of varnish and, if necessary, painting.

Landing areas
Use only approved spiked shoes on the landing areas.
Clean with soap and a damp cloth if necessary.
Always use a rain cover when it rains and when not in use.
Check zippers, fasteners and parts regularly to ensure the safety of the athletes. When the landing areas are not in used for a longer period of time, they should be stored in a locked garage or in storage.

Throwing implements (javelins, shots, discuses and hammers)
Use a cloth to wipe the implement clean from dirt and grass and make sure it gets completely dry after every throwing session and store it inside in a dry place when not in use.

General
Make sure everything is in place, if not ask authorized personnel for help to fix problems
Check any bolts, zippers, fasteners and parts regularly to ensure the safety of the athletes and officials.
Report defects if any are discovered so that these are rectified by the necessary personnel at the sports ground before the equipment is put into use
Study the manuals before use and ensure that only trained personnel operate the equipment.
If defects are discovered, these should be rectified immediately.
Clean the products with a damp cloth and soap and, if possible, store the products dry.
Lubricate required parts regularly to reduce friction and surface rust.

After season
• Store all equipment where possible, indoors or in a dry area under cover or roof.