Pre-Season Team Pole Check

30 minutes with your pole rack before the first practice. Works for any brand.

1. Log every pole

☐ Lay out every pole. Write down the length, weight rating, brand, serial number (if any) and the year you got it.

☐ **Label check.** The weight rating must be readable: a contrasting color, at least 3/4" tall, within or above the top handhold, with a 1-inch band marking the maximum handhold (NFHS). Missing, peeling or unreadable? Pull that pole until the maker relabels it.

2. Inspect every pole, end to end

Good light. Sight down the pole, then roll it slowly while you run a gloved hand along the full length. **Retire the pole if you find:**

☐ A crack or split, or fibers lifting off the surface

☐ A cut or gouge into the surface (spikes, standards, the box edge)

☐ A crushed, flat or soft spot, or a bulge or bubble

☐ Whitened or cloudy patches in a fiberglass pole

☐ A pole you know was run over, stepped on with spikes, or dropped hard on an edge, if you aren't sure it's sound

☐ **Ends:** the bottom plug and the top cap or tip must be present and intact. Replace worn ones before anyone jumps on it.

Retire it for real. Tag it "DO NOT USE" and take it off the rack the same day. Many coaches cut retired poles so they can't drift back into use. In doubt, retire it, or ask the maker.

3. Weigh your athletes, dressed

☐ Weigh each vaulter in spikes and uniform (usually about 2 lb over everyday weight).

☐ NFHS: *the competitor's weight shall be at or below the manufacturer's pole rating.* Check every athlete against every pole they jump.

☐ Weigh again in January and before the first meet. Athletes grow over the winter.

☐ Check your state association's verification procedure. It varies by state.

4. Find the gaps in your size ladder

Athlete (initials)	Dressed weight	Pole now (length / rating)	Next pole (length / rating)	Do we own it?

A gap: an athlete with no pole rated at or above their weight at their length · already on the stiffest pole you own at that length · new vaulters with nothing short or light enough to start on · two of the same pole while another step is missing. Many programs space ratings about 10 lb apart and fill in between with grip height and approach length.

5. Store it, then plan the order

☐ Rack poles off the floor, supported along their length, out of direct sun and hot vehicles. Tubes or bags for travel, both ends padded.

☐ Turn your gaps into a list of length and rating. Take it to your AD or booster club early: school purchase orders take time to approve.

☐ Deliveries to a school need someone there to sign during business hours. Don't schedule one over winter break.

Filling gaps with FiberSport poles? Order at list price on fibersportusa.com, or see who to contact for your state (a dealer may offer team pricing and help picking sizes): fibersportusa.com/dealers/. Quotes, purchase orders and W-9s: **fibersportusa.com/schools/**
FiberSport USA · Poles built and flex-tested in Oxford, Mississippi