

## Track Etiquette for Athletes

*In order to ensure everyone's safety whilst using the track area, we kindly ask athletes to strictly observe the following rules:-*

- NEVER go onto the track without STOPPING & LOOKING in BOTH directions!
- NEVER cut across the central grass area
- ALWAYS check before going near the THROWING areas. These include the shot (near 100m start), the throws cage & javelin runways (to the side of throws cage and pole vault runway/shot put area).
- ALWAYS check when going near the JUMPING runways & pits
- ONLY warm up as directed by your coach & AVOID THE INSIDE THREE LANES Remain off the track until this time.
- ALWAYS leave the track by walking outside the barrier- not along the track.
- NEVER stand on the track when you are not training ESPECIALLY NEAR START / FINISH LINES.
- NEVER set off to run a rep or stride around the track if you can see a faster group or athlete coming towards you, wait until they have passed!
- When you have just finished a rep or stride don't just stop on the track as you may be blocking other groups coming up quickly behind you.
- Make yourself aware of what other groups are doing in their session before you start your own.
- If you hear someone shout "TRACK!" it means someone is approaching you at speed probably from behind you, so step aside quickly.
- PARENTS / CARERS Please do not enter the track area. By all means go and stand outside the barrier near where your daughter/son is working. The coaches will be pleased to chat to you when the session is over and they are outside the track.