

Athletics Tracks & Field areas can be very busy and sessions require respect and consideration to other users, vigilance and your own common sense. Other athletes and members using the track may be less familiar with track etiquette than yourself.

The following guidelines should be followed to help everyone safely use the Track & Field, and Trail sessions:

Designated Lane Use:

- Lanes 1 to 2 Endurance/Race Walkers.
- Lanes 3 to 7 Sprints/Hurdles.
- Lane 8 Warm-Up/Cool-down.
- Home straight Lanes 9 & 10. Optional hurdle/sprint use.
- In-field 60m straight. Short hurdle/sprints practice area.

Track Etiquette:

- Be aware of the activities of other users and avoid hindering their training.
- Run anti-clockwise.
- Stay in Lane.
- Do not stop or linger on the track.
- Do not cross the track, jumps and/or throws areas at any time, without looking. Look both ways before stepping onto the track from any direction.
- Never cross the infield, even if no infield activity is being undertaken. Never walk in front of the throwing cage, Shot-Putt circle or javelin run-up. **Best practice is to never cross the infield.**
- When passing other athletes allow reasonable space.
- A call of 'Track!' is a polite way to warn others they need to clear the way. Promptly look and safely move out of the athletes/group's way.

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Track Etiquette Cont/d.:

- Do not engage in play activities with other athletes in the training areas, other than if specifically instructed to do so by a coach as part of the training activity.
- Do not use any throwing implement, or rake, broom etc. except in the way that it is intended to be used and only with permission. You must carry them properly at all times, with awareness of who is around you.
- Do not throw anything such as plastic bottles, balls, water etc. around in the area where others are trying to train.
- Return all training equipment to its proper storage area.
- At the end of training promptly leave the Track/Jumps/Throws area in a safe manner.

Trails Etiquette:

- Be aware of the activities of other users and avoid hindering their training.
- Run anti-clockwise. (Unless otherwise agreed with other Trail users).
- Stay to the left of the trail lane.
- Do not stop or linger on the trail.
- When passing other athletes allow reasonable space.
- A call of 'Track!' is a polite way to warn others they need to clear the way. Promptly look and safely move out of the athletes/group's way.
- Do not engage in play activities with other athletes on the Trail areas.
- Do not throw anything such as plastic bottles, balls, water etc. around in the area where others are trying to train.