

Track Etiquette for Athletes

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

- ALWAYS listen to the instructions of your coach.
- NEVER enter or leave the track without STOPPING & LOOKING in BOTH directions!
- NEVER cross the central grass area when any throwing activity is taking place. So if the athletes are in preparation to throw or rehearsing drills then the grass area should be avoided.
- If during competition or training you suffer an injury or you feel unwell, immediately advise your coach.
- ALWAYS check before going near the THROWING areas.
- ALWAYS check when going near the JUMPING runways & pits.
- When warming up AVOID using lanes 1 and 2.
- 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.
- If you hear someone shout "TRACK!" it means someone is approaching you at speed probably from behind you, so step aside quickly.
- On arrival go to the pavilion first and sign in.
- PARENTS / GUARDIANS
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.