

TRACK & FIELD ETIQUETTE

GENERAL

- ✓ Athletes using track/infield **MUST** be coached/supervised at all times by qualified staff.
- ✓ Always respect Coaches, Officials and other athletes. **Good manners cost nothing.**
- ✓ Look **both ways** when crossing lanes.
- ✓ Always use track in **anti-clockwise** direction only, unless directed by a coach.
- ✓ Use the **correct lanes**. General rule:- the slower the runner the higher the lane number:
 - Inner lanes (generally 1 and 2/3) reserved for faster runners or speed workouts
 - Outer lanes (5-8) reserved for walkers and those doing cool-downs
- ✓ When finishing a repetition, **move over** to the outside lanes or the grass if safe to do so.
- ✓ A shout of “**TRACK!**” is a WARNING that someone/something is bearing down on you. Look behind to determine safest action which may be moving to the right or if safe, onto the grass. It may be necessary to stand still and allow people to go past you if you cannot move out of the way in time.

DO NOT...

- ✗ ...**walk across the infield** during training/competition (areas usually coned off when in use).
- ✗ ...**stop, stand or sit on the track** causing a lane blockage.
- ✗ ...change **clothes/shoes** on the track/infield.
- ✗ ...**jump** or **throw** **until directed by the coach**, and the runway/landing areas are clear.
- ✗ ...enter a **throwing** area to pick up equipment **without express permission from coach**.
- ✗ ...run when retrieving equipment, **you must always walk**.
- ✗ ...allow dogs, cycles or ball games on the track/infield. They are **not permitted** at any time.
- ✗ ...use headphones or mobiles on the track/infield. They are **not permitted** at any time.

COACHES:

- ✓ Always liaise with other coaches to ensure there is adequate space on the track for your session and that it is safe to train.