



1. General Track Rules

It is essential that the running track and in-field is used safely and considerately by all users regardless of age or ability. **Earphones and headphones are not to be worn within the Arena area.**

The responsibility for safe use is down to you either as a coach or as an athlete on your own or as part of a group.

The running track is an area where you should expect others to be running near or past you. Provided you anticipate the use of the track by others, you should not be placing yourself or others at risk of a collision. Please inform your group as to which lanes you will be using prior to the session starting.

The call of "TRACK" is a warning call to beware of a runner approaching from behind and to check what if any avoidance action is required. The caller makes the assumption that athletes will get out of the way. Some scatter left, some scatter right and others not familiar ignore the call or freeze. If you are running on the line between lane 1 and 2, do not move in or out but keep running forward on that line.

Do not cross the grass inside the running track when any long throw training is taking place. This is exceedingly dangerous and selfishly demands extra caution from the throwers (long throws are hammer, discus and javelin).

1.2 Detailed Track Rules

1.2.1 Warming up, warming down and jog recovery runs should be done in the outside lanes 5-6 if necessary but where possible off the track.

1.2.2 The inside lanes 1& 2 are to be used for distance runners and should not normally be used by sprint groups.

1.2.3 At the end of a run do not loiter on the track. Check left, right and behind you and safely and promptly get off the track.

1.2.4 When preparing to run, do not block the track for other users. It is your responsibility to move for the athlete running as it is far easier and safer.

1.2.5 Always look to the right before moving from the infield onto the track.

1.2.6 It is the responsibility of the runner(s) approaching an athlete or group from behind, to shout "TRACK!" and the responsibility of those at risk of collision to move to a safe location and not obstruct the athlete.

Overtaking should be done by going outside the other runner(s).

Endurance runners, use lane 2 to over take or in the case of large groups, use lane 3. The call of "TRACK!" should only be used to warn off anyone about to encroach onto the track being used as a warning and instruction to keep moving in direction along or around the track.

1.2.7 Do not cross the infield when any hammer, discus or javelin throwing is taking place regardless of the distances being achieved.

1.2.8 wear appropriate footwear for the training you are doing. Spiked shoes are essential for hurdling when the track is moist.

1.2.9 Coaches and athletes should be alert to the areas of the track in use so that the movement around the track does not impede the activities of other groups.

1.2.10 Track coaches should make each other aware of their intended session so that possible disruption is avoided or kept to a minimum.

1.2.11 Hurdles should be placed on the track shortly before they are actually going to be used and removed immediately afterwards. The use of hurdles should be limited to lanes 7&8 for sprint hurdles and lanes 5&6 for 400 metre hurdles training.

1.2.12 Starting blocks should be placed on the track shortly before they are actually going to be used and removed immediately afterwards. They should be positioned to cause minimal impact on other track users (e.g. at the 110 metre start).

2. General Field Events Rules

The essential features are that all equipment must be handled and used with care and that all training must be supervised.

It is vital that athletes are aware of the activity around them in order to avoid needless accidents. Tripping over equipment, dropping equipment and being hit by thrown objects need never happen. Staying alert, watching and listening are key factors in avoiding an accident. You are responsible for your own safety.

You should expect any hard surfaces around the high jump and pole vault beds to be covered. No hurdles should be on the track adjacent to the pole vault to ensure a safe escape for vaulters. The long and triple jump pits should be dug or raked to ensure safe landings.

If you have to take equipment from the store to your activity area, ensure you cross the track without impeding any runners. Make sure ALL equipment is returned to the store after use.

Fundamentally, do not do anything that puts you or others at risk.