



UNIVERSITY OF
WINCHESTER
SPORTS FACILITIES

Winchester Sports Stadium Track Etiquette

It is essential that during the course of track & field training sessions everyone operates within a safe environment.

Athletes and coaches must familiarise themselves with the safety recommendations listed below and act accordingly.

Lane discipline – must be maintained by all training groups.

- Wheelchairs – lanes 1 & 2
 - Middle & long distance – lanes 2 & 3
 - Sprints – lanes 4, 5 & 6
 - Hurdles – lanes 6, 7 & 8
1. Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addresses during training sessions.
 2. The track & field environment can be very busy can be a very busy place – always look both ways before crossing the track and / or run ups.
 3. Always be aware of other track users.
The shouted word ‘track’ indicates that another athlete is approaching.
It is the responsibility of the athlete in the lane to move out of the way.
 4. Athletes must only run on the track in an anti-clockwise direction – this includes warming up and warming down.
 5. Junior athletes must be supervised at all times while training.
 6. Be aware of roped-off areas and never cross through them.
 7. Sprinting “returns” should be clearly coned off before activity takes place.
 8. Should there be a need to conduct “turnabouts” within a session then this must be done once the prior agreement of the other coaches has been secured. Turnabout sessions must be clearly segregated from other groups by at least one lane (preferably two) and clearly marked off with cones. If possible they should only take place when no other groups are using the track.
 9. To help preserve the track surface, please do not conduct any warming up activity in the final 50m of the home straight.
 10. Hammer, discuss, javelin and shot should only be issued and used under the direction of a qualified coach.
 11. Equipment must not be left unattended around the track or infield. It must be returned to the equipment storage facility immediately after use.

12. The central grass area is completely 'out of bounds' to all athletes other than those retrieving thrown implements.
13. The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage (this includes warmup drills).
14. All rotational drills will be subject to the correct positions of the throwing cage gates.

Please remember the safety and wellbeing of all athletes is the top priority at all times.

Any individuals that are noted to continually negate these track rules will be asked to leave and will be reported. Should any individuals be noted to break these rules it should be reported to the on duty staff member.

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