

Track Etiquette

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

General

1. Athletes and coaches must familiarise themselves with the track etiquette detailed below and act accordingly.
2. Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addressed during training sessions.
3. Junior athletes must be supervised at all times while training.
4. Athletes must not wear spikes in the reception area of the clubhouse as they damage the floor.
5. The track & field environment can be a very busy place – always look both ways before crossing the track and/or run-ups. When throws training is taking place, the central grass area is completely out of bounds to all athletes, other than those retrieving thrown implements.
6. Be aware of roped-off areas and never cross through them.
7. Always be aware of other track users.
8. To help preserve the track surface, do not run in lane 1 and adhere to any request by the university to avoid an area.
9. Hurdles training should take place in the outer lanes (primarily lanes 6, 7 and 8), whilst middle- and long-distance training should take place in the inner lanes (primarily lanes 2 and 3). Sprinters should take note of any hurdle training taking place and any middle- and long-distance runners also using the track, and use the other lanes namely 4, 5 and 6 (in consultation with other coaches).

Track – Coach Responsibilities

- 10. Coaches must use discretion at all times; respect and communicate with other coaches in an appropriate manner, and ensure the stadium is used safely and for optimal benefit of all users.**
11. Coaches should brief all athletes in their group on working areas for the current training set including areas for preparation, active training, run-off, and best return path. Coaches should also make their athletes aware of other groups that may be using the same lanes and areas.
12. Warm-up drills should be performed off the track if there is space available.

Track – Direction of Use

13. Groups should train in an anticlockwise direction, with the exception of point 14 below. Warm up and cool down laps should also be run in an anti-clockwise direction, and in lanes that do not impede other training groups. Any warm-up drills and other drills should be done off the track unless directed otherwise by the club or with the agreement of other coaches on the track.
14. During some training sessions, groups may alter the direction of training in order to perform shuttle-runs / turnabouts or wind-affected sessions, when it is safe to do so. The coach shall make other coaches aware of the activity that will take place and ensure that they do not impede their sessions or occupy lanes also being used by other coaches in that area of the track. Coaches should allow for a safety lane and cones should be used to identify the area in which this is taking place.

Track – Athlete Responsibilities

15. When athletes finish a rep or stride, they should not just stop on the track as they may be blocking other groups coming up quickly behind. Athletes should step aside when it is safe to do so.
16. Faster runners approaching slower runners signal their approach by calling out “Track” loudly – this signal is also used to warn people who are standing / walking on the track and need to move. It is the responsibility of the athlete in the way to move. If you cannot react in time and in a safe manner, stand still.

Track – Hurdles

17. Coaches should only place hurdles on the track when it is safe to do so, especially with regard to other users who may already be working in lanes normally used for hurdles.
18. Athletes should only be asked to run over hurdles in the correct hurdling direction.

Jumps

19. Jumpers should ensure the runway and landing area is clear before jumping.
20. Athletes should not cross runways in front of jumpers preparing to jump. They should either wait for the jump to take place, or cross behind the jumper.
21. Jumping pits should be re-covered after use.

Throws

22. Hammer, discus, javelin and shot should only be issued and used under the direction of an athletics coach.
23. Throwers must ensure that no-one is in the throwing sector when they are throwing.
24. Do not cross the throwing sectors when in use. Walk around the back of the cage, circle and runway.
25. The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage (this includes warm-up drills).
26. All rotational throws will be subject to the correct positions of the throwing cage gates.

Equipment

27. Equipment must not be left unattended around the track or infield. It must be returned to the equipment storage facility immediately after use.
28. Groups using the jumping pits for plyometrics / steeplechase practice should ensure that any equipment used for these purposes is moved away from the long jump area and returned to its original location after use, and that the pits are re-covered.

Please remember that the safety and well-being of all athletes & coaches is the top priority at all times.

If it is noted that an individual is not adhering to this etiquette, it should be raised with them personally, in a respectful manner, highlighting the issues. If coaches are unable to resolve issues arising then they should refer this to the chairman.