

Paddock Wood AC Track Safety Rules

- Track spikes maximum 6mm only.
- Look both ways before crossing the track or jump run-ups.
- No crossing the roped infield throwing areas at any time.
- Bags and clothing must be out of the way of other users.
- All equipment must be returned to the storage container at the end of training. Any damage to equipment must be reported to a coach immediately.
- All athletes must be under the supervision of a qualified coach during club training nights. No throwing/jumping without a qualified coach present.
- No head or ear phones to be used whilst using the facility.
- All litter to be placed in the bins provided or taken home.
- Treat other people as you would like to be treated.
- Respect other track users, coaches and officials.

Repeated breach of rules may result in a ban from the facility

PWAC COMMITTEE